



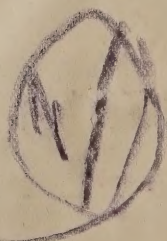




A. XXIX. Wit

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THE GENERAL Practise of Physick.

➤ CONTAINING
All inward and outward parts of the body, with all the
accidents and infirmities that are incident unto them, even
from the crown of the head to the sole of the foot.

Also by what means (with the help of God) they may be
remedied: very meet and profitable, not onely for all Physicians, Chi-
rurgions, Apothecaries, and Midwives, but for all other estates
whatsoever; the like whereof as yet in English hath
not been published.

Compiled and written by the most famous and learned Doctor
CHRISTOPHER WIRTZUNG, in the German tongue,
and now translated into English, in divers places corrected, and
with many additions illustrated and augmented.

By JACOB MOSAN Germane, Doctor in the same faculty.

And now in this fourth and last Edition are very many Additions added by some of our
English Physicians, which you may know by this mark



LONDON,

Printed for J. L. Henry Hood, Abel Roper, and Richard Tomalins, and are to be sold
at their Shops in Fleetstreet, and at the Sun and Bible in

Pie-Corner. 1654.

*in Page 809 are
to make
shing come*

*Dark night for Painters
Inks.
for Oyls in 609
In 809 & 10 to make
Ink & Dark night
In 749 is a direction
for the making of
marabado
the same*

How to make the Bremond plaister
℞ of Burgandy pitch, Resin, Gum Ammoniac, gum Elemi, and Boj wa
Zij or .4. ounce. Sallet oyle .2. or 3. spoonfuls, and one ounce of Wax
pitch. putt these in a stillit upon the fire melt them together, and
stirre well, when you see them all melted, dip the Linnen cloth so
and so long as you will have the plaister to be, —

This plaister cures all sorts of Impostumes, Tumors, ulcers, Kin
Evill, and is good for a Cataract, the Sciatica, It fortifies the
and Nerves, also the stomach, helps difficulty of breathing, It dra
out splinters of wood and thorns, that are in the flesh or under
nayles





TO
THE READER.



As the true scope of all actions and endeavours ought chiefly to tend to the glory of God, and to the good and common utility of many : so are those men worthy of great praise and commendation, who not regarding their private gain or glory, have laboured their wits, and spent their studies, in composing, translating, and publishing in our vulgar either their own works, or such learned writings of others, as they think most necessary for the publike weal ; imitating therein the most famous Authors of ancient and modern age : namely, such as Hippocrates, Galen, Avicen, Paracelsus and others, that have in their native tongues opened and revealed to posterity the very depths and secrets of that excellent Art of Physick : which as it is more ancient, more necessary, more profitable, and more pleasant, than any other Art or Knowledge whatsoever (except the knowledge of true felicity :) so it may boldly be said (though not without apprehension of grief) no Art more falsified nor more abused in these dayes, as well by the presumptuous intermedling of audacious and unskillful persons ; as for lack of good and wholesome Writings in English for the instruction and safe direction of all those that have not alwayes a good and Learned Physitian at hand. Therefore (gentle Reader) that you may the better avoid these and such like mischievous inconveniences, here is presented to your view the Learned work of that worthy Physitian *Christopher Wirszung*, first written and published by himself in the high Dutch or German Language, wherein it hath been more often Printed there, than any other Work of like nature : Afterwards Translated into the low Dutch or Flemish tongue, by *Carolus Battus* Doctor in Physick, whose judgement and experience, the City of *Dort* in *Holland* doth willingly acknowledge, and now likewise Englished for the Publick benefit of our Countrey, by *James Mose* Doctor in Physick. What pains and labour hath been taken in the Translating, it is referred to your own favourable censure, after you shall have perused and made tryal of it. Onely this for the present may with your good favour be boldly added out of the testimonies of men Learned and skillful in this faculty, that there is not published in our English Tongue the like Work, wherein the whole body of Physick is so succinctly, so absolutely, or so Artificially digested and compiled. For whether you consider the matter therein delivered, or the manner of the delivery it self, which as it is altogether profitable, so is it easie and methodical, descending from the head to the foot,

To the Reader.

shewing all manner of Diseases incident to each part of our body, and setting down,

First the causes from whence they spring ;

Secondly, the signes and tokens whereby they are known :

And thirdly, the remedies and helps whereby they may be cured and eased.

There is no doubt, but when you have indifferently perused, and heedfully noted the same, you will not onely concurr in judgement with others, but also accept in all kindnesse the work it self, and make such favourable construction of the good endeavours of those that have laboured for your preservation, as your self would look to be rewarded withal in the like.

Farewell.

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The Contents of this Book in General.

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The first Part is a very necessary introduction, which is marvellous needful for this whole Work, and is subdivided into Eleven Chapters and twenty five S. Page 1.

The first Chapter speaketh of the manifold miseries and calamities of mankind. *ibid.*

¶ The 2. Chapter, sheweth the causes of mans miserie and wretchednesse. 3

¶ The 3. Chapter, declareth the necessity, profit and praise of Physick. 4

¶ The 4. Chapter, maketh a division of the whole work. 6

¶ The 5. Chapter, sheweth how all manner of roots, barks, herbs, flowers, fruits, and such like may be gathered. 7

¶ The 6. Chapter, is of the preparation of some things for Physick. 8

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¶ The 10. Chapter, of the diminishing of blood by Horseleeches. *ibid.*

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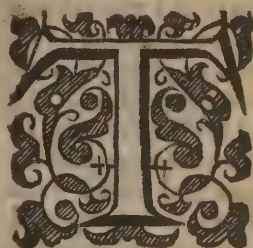
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A
Very meet and necessary Introduction, for the better
understanding of all such things as are handled in this
present Practise of Physick.

The Contents of the Introduction.



He misery of mans life caused by sin; hath constrained us to think on such meanes, by the which the diseases that daily are incident unto it, might be eased; which truly by the mercy of God, and Physicks rule at length have been found out. The profit and necessity whereof together, are just causes why Physick may thoroughly be praised. And because the sicknesses are manifold, and the body of man also divided into many and sundry parts and members, but principally into four; the Head, the Breast, the Belly, and the texernal or outward parts: Every Malady hath her due remedy: also where, when, how, and in what sort every remedy is to be gotten, gathered, and kept: likewise if any superfluity were in it, how and what is to be separated from it, what regiment or order is to be observed in Purging, Letting of blood, Cupping, or fastening of Horse-leaches. Then is shewed the due and true use of the Ayre, of moving, and quietnesse: of waking and sleeping, of meat and drink. At length also are expounded the weights and measures which are used in Physick.

The first Chapter.

Of the manifold miseries and calamities of mankind.



He innumerable miseries, calamities, dangerous diseases and sores, which the life of man is daily and hourly subject unto, hath even from the beginning of the world until this day, moved, nay rather constrained divers learned men, to examine and try whatsoever the earth and nature her self hath yeilded, by that means to find ease for the disease and wretchednesse of mankind. Some Philosophers there be, that wholly have employed and applyed themselves, to amend and heal the infirmities of the mind, have extolled vertue, advanced honesty, and planted reason in the heart of man: they have also set forth vice in a most ugly shape, so to fear men from it, and to induce them to lead an honest and vertuous life. But because all this was grounded onely upon the reason of man, and altogether without a sure foundation, it hath pleased God of his infinite mercies to supply the wants by his Spirit in the holy Scripture, and there to teach whatsoever is necessary unto a vertuous and honest life; yet is the nature of man by sin so overtaken, by the first fall so over-reached, so wrapped and rooted in iniquities, that at no time in him any goodnesse either is or may be found.

Others there are, that have taken no lesse pains, in seeking out the means to cure and help the innumerable maladies, accidents, sicknesses, and sores of the body, and therefore are forced to try and approve all the creatures of God, as Roots, Herbs, Flowers, Fruits, Stones, Woods, Metals, all living beasts, yea every element, each by himself, to find out the hidden vertues and properties, and to know to what use they might rightly be applyed.

A

This

This was the first finding and foundation of this noble science of Physick, and hath been from time to time by divers and sundry experiences of the old Physitians diligently observed, truly taught and written: and at the last also imparted unto us, and shall be reserved untill the end of the world.

*The wretched-
nesse of mans
life.*

And indeed, if we behold our own wretchednesse, we shall evidently perceive, that we in the whole course of our short life in this world, are as it were swimming in a boysterous and bottomlesse sea, where wave upon wave uncestantly covereth us, and is ready to swallow us up; where we are tossed to and fro, not finding any place to rest our foot, or free our head from water: and albeit at length (with much ado) we do from stormy seas arrive on shore; yet there we find as many thistles and thornes, calamities and miseries about us, which do prick and plague us on every side, untill our miserable flesh at the last return (whence it began) to the dust and worms meat. This is it that the Prophet *Esay* acknowledgeth, when he saith, *What is man? All flesh is grasse, and all the glory thereof is as the flower of the field. Behold, the grasse withereth, and the flower falleth away, for the breath of the Lord bloweth on them. And David saith, What is man, that thou art so mindful of him, and the son of man, that thou visitest him? Man is as it were nothing, his dayes passe away like a shadow.* With many such like sayings in divers places of his Psalmes. And in very truth, if we rightly weigh our estate, what is our life (so long as we remain on earth) more then a continual anguish and pain, labour, fear, sorrow, and alas, altogether troublesome?

*wretchednesse
of new borne
babes.*

Behold our wretchednesse, even from the hour of our birth; we are brought forth not onely in peril and danger of our selves, but hazarding also our mothers life. But granting that happily we are born, yet are we not able in any wise, or any way to help or aid our selves, but are as it were thrust headlong into an everlasting and terrible prison: for we are no sooner come into the world, but presently we are fettered and bound both hand and foot; then must we eat and drink what others command, we must sleep and awake when others will: there lie we wrapped in our own filth, then do we abide pain in the belly, gnawing of the worms, ache of the gums and teeth, neither can we (which is the greatest misery of all) complain and shew our pain and grief, but lie weeping and wailing evermore. Beside all this, how long creep we upon all four, not having use of leg or hand? how long live we, before we chat or prate any whit at all? Thus without hand, without foot, without tongue, yea without any joynt that doth his duty aright, live we (though not seeming to live) some years together: and thus we spend our infancy in misery. Afterward coming peradventure a little further, what followeth more then stripes and blowes, brawlings and chidings of the parents, schoolmasters, and over-seers, till at the last (if so it please God to preserve us) we with no small sorrow, care, and trouble of our parents, leave childhood and enter into youth? But now alas, with much travel and pain being come to youths estate, we are in ten thousands of perils both of body and soul; for now we grow wanton and lascivious, stubborn and obstinate towards our parents, vicious and ungodly in the sight of God, as by experience daily we find and see, and need not any further proof. What sorrowes and cares after all these, bring mans years with them? great labour and pains taking do they again require to maintain himself, his wife, his children and family, to feed and find them honestly and well, to supply their wants, to esteeme of friends, to beware of enemies, and to take care for the Common-wealth. If then at length peradventure he come to any preferment, office, or governance in that place where he liveth, he is not onely constrained to set behind, and omit his own affaires and businesse, but is hated also and envied of others, now sorroweth, now joyeth for his Countries estate, now with one thing, now with another troubled and vexed in mind. Furthermore, the turmoile and pains he taketh, resteth neither night nor day, otherwhiles called upon for one matter, straight-way for another, and then at the last reapeth his pains for his labour, and is rewarded with ingratitude, yea oftentimes he is endangered of goods, of honour, of life and all. Thus with much travel, with many perils, and with great pains gaineth he nothing but gray hairs and old age. And to conclude, what is old age else then a very sicknesse it self, feeble, weak, full of sorrowes, and an heap of cares, not regarded and esteemed of those that should most account of it? I will not here rehearse the temptations of Satan, vexations and troubles in mind, pricking of the conscience, and many other heavy matters, which age is subject unto; but end with this, that the old man goeth with one foot in the grave, and hath nothing more sure then death

*Old age a sick-
nesse of it self.*

death at his door. Then we begin to bethink with our selves, either what sicknesses we have had and withstood, or what we have seen in others, and what diseases we are subject unto, what strange, how diverse, and what incurable calamities, even from the hour of our birth, till our dying day are incident unto us, as leprosie, falling sicknesse, lamenesse, blindnesse, deafnesse, &c. Out of all which we may easily gather, and evidently see, that our short life is nothing else but a long dying day, in the which all miseries meet. This may well be a just cause to admonish us to think upon another home, which is promised and prepared for us, of that most cunning Physitian and Saviour of our soules Christ Jesus, which we shall find to be without all troubles or cares, without wants, and without end.

The second Chapter.

The causes of mans miseries and wretchednesse.



The reason of man (as alwaies it hath done even from the beginning) seemeth to complain greatly, that our nature should be subject unto so many infirmities, miseries, and calamities: yea, it doth as it were chide with God, and accuse him of tyranny, for creating of man so wretched. And in very deed, a worldly minded man, that neither acknowledgeth God, nor the cause of his natural imperfections, might easily be brought and carried away with such like opinions and with great reason bewail the infinite wretchednesse of mankind, seeing he findeth no creature on the face of the whole earth, that is vexed with so many adversities, but man onely: But contrariwise, they that are endued with the knowledge of God and godlinesse, will not accuse him of tyranny that is most gentle; will not accuse him of evil, that hath created and made all things most perfect and good, nay, that never could or would do harm. Adam was created in the beginning sound and whole, perfect, wise, absolute, and without any blemish or spot whatsoever; but by disobedience, transgressing the Commandement of God, in that he would without contradiction be made like unto God, and know both good and evil, which he did of his own stubborn head, and in despite and contempt of his Creator; herewith hath he not onely brought and wrought unto himself, but unto all his posterity after him, an everlasting mishap and infelicity, as a well worthy and deserved punishment for his and our mis-deeds together. Wherefore sin is the first and only cause of all our distresse, of all our sicknesses and heaviness here on earth; which hath brought us to that estate, that after all our turmoyling and pains taking, we must at the last taste and take death as a merit and payment for our sins.

*The cause of
mans wret-
chednesse.*

This if a godly man consider wth himself, and (as Saint Paul saith) sigheth for sinnes sake, then doth he bear the crosse patiently, acknowledgeth it to be a fatherly warning and rebuke, useth due and true means: First, calleth to God even from the bottom of his heart, committeth both his life and his death into his hands; afterwards cometh unto Physick, the which he hath pleased God of his mercy to ordain for the behoof and need of man, and hath taught it his servants the Physitians. Also it is his will and pleasure, that we should use his creatures in our necessity, and give him praise and thanks for them. And to the end the aforesaid means might the better be used, he hath mercifully lent and sent us the Physitian and Physick, and hath shewed us a way, by which those means might best be wrought.

*Christians bear
their crosse
with patience.*

And to the end, this might in our native language be better published and shewed abroad, I thought good not to bury, but to employ this little talent of mine, which for this end and purpose I have received of God.

In which work, my purpose and intent is, to begin and divide the body of man orderly from the crown of the head, and so descend downward from joynt to joynt, till I come to the sole of the foot; and withal to shew, what infirmities every part and member is most subject unto: And lastly, how, and by what means they may be cured.

But seeing this cannot be done without Physick and Physitians help; I thought it best, first to shew the just dignity and worthy praise of them both, before we go forward with our intent and purpose.

The third Chapter.

Of the necessity, profit, and praise of Physick.

*The need and
praise of Phy-
sick.*

Seeing it hath pleased Almighty God, that we should, with many infirmities of body, and with great and heavy troubles and vexations of mind, run on and continue this our race and pilgrimage on earth; and that we might preserve this lump of clay, flie and avoid those things that might harm it, take away the incident infirmities, and to keep our bodies a pure habitation for God and his holy Spirit, as it pleaseth him to grant us life, he hath also of his infinite mercy and goodnesse created (as is above shewed) natural and effectual means revealed them, and in pity, so bountiful by the art of Physick imparted and communicated unto man, that *Iesus Sirach* saith in this manner, *Honour the Physitian with that honour that is due unto him, because of necessity: for the Lord hath created him; from the most High cometh healing, and he shall receive gifts of the King: The knowledge of the Physitian lifteth up his head, and in the sight of great men he shall be in admiration: The Lord hath created medicines of the earth, and he that is wise will not abhor them. Was not the water made sweet with wood, that men might know the vertue thereof? So he hath given men knowledge, that he might be glorified in his wondrous works.* And giveth thereupon a good lesson well to be noted and kept, as that we should leave off from sin, and not fail in our sicknesse that we should pray unto God that he would heal us, and afterwards give place to the Physitian.

What greater praise also can we have of Physick, then that onely example of Christ our Lord and Saviour? What else was his short life, whilest he was amongst us here upon earth, but first as it were a spiritual curing and healing of the soul, and afterward also of the body, shewing thereby that he was the true Physitian, the onely healer and helper both of body and soul of man? He made the blind to see, the deaf to hear, the dumb to speak, the lame to go, he cleansed the lepers, stayed the bloody flux, which all Physitians could not do, drave the Devils out of the possessed; and to conclude, he raised the dead. Such expert and cunning Physitians after him were his Apostles, who oftentimes have expounded this healing of the sick, to be a shadow of our salvation, and mystery of his holy Word, and a rule or path-way for the whole life of a Christian. Is not this a sufficient praise and commendation of this Art?

The heathen and wise men heretofore have so esteemed of this great gift of God, that they have not onely ascribed the Art it self unto the gods, but also have revered all those that were skilful in it, with such honour, as was due unto their gods; as we may read of *Apollo, Esculapius, Chiron, Machaon, Paon*, and also *Hippocrates*.

*Physick is a
sure pawn.*

If thou regard riches: What expert Physitian ever lacked wealth, (as *Galen* testifieth) that respected and cared for it? Most true it is, that Physick is a most firm and sure pawn, that defendeth the possessor from extreme poverty: An approved Physitian may go whither he will, every where findeth he store of sick and diseased people, and if peradventure some speak not well of him, yet others will, so that never he can want where ever he be. Neither is there any vocation under the Sun that is lesse hated and envied, then the estate of a Physitian: for the greatest tyrant in the world, if he fall into an extremity of sicknesse, and know a renowned Physitian, whom he hath ever hated, and greatly injured, his counsel will he seek in the time of his infirmity, forgetting all rancor and evil will and laying aside all the injuries that passed between them; yea he will commit both life and death into his hands, and afterward reward him honourably. A good Physitian also may save the soul of an ungodly and vicious man; for although he were never so wicked, that never had once thought on God, or his Judgment to come, and falling into a great sicknesse of body, very seldom seeketh for God, but sendeth onely for the Physitian of the body; who coming, may very conveniently mixe spiritual Physick with his corporal medicines, admonish the diseased to repentance, to sorrow for his sins, and to lead a more righteous life hereafter: The sick taketh his counsel kindly, assuring himself that it proceedeth from a good mind, and spoken by him that seeketh not onely to save and prolong his life; but also by Gods help, to cure him of his present infirmity. And indeed we find by daily experience, that in such a case a godly Physitian

more

more effecteth then a good Divine or Preacher: It is also an even pathway for the Physitian to obtain the blessing of God, when he saith, *Come ye blessed, inherit the Kingdom of my Father, which hath been prepared for you, even from the beginning of the world: for I have been sick, and you have visited and comforted me, &c.*

Physick is thus defined or described: Physick is an art, which doth no lesse maintain health, then cure and take away sicknesse. The definition of Physick.

Physick is a supplying of that which is wanting, and a diminishing of that which aboundeth: If any one list to hear a longer and a larger discourse of this, let him reade *Galen* in his book *De Arte medendi*.

And albeit, that there have been some learned men heretofore, and peradventure yet are, that do seem to scoffe and mock at physick and Physitians; as *Cato*, *Pliny*, and the rest: yet let them say what they list, the art of physick shall to the end of the world well and worthily be esteemed and accounted. Neither needeth any one to be offended, for that there are many, that fallly use and abuse the name and title of Physitian, thrusting themselves into Physick, that never learned the art, neither studied or made any one thing in it; deceiving all men under a colour of fair speeches and flattery, with costly apparel, with chains of gold and jewels so bedeckt, and so adorned with every costly thing, that many are induced to wonder at them. In *Egypt* were all Physitians very gallantly and well maintained, although they had but one particular remedy for one onely disease. A Physitian (as *Homer* saith) is a man, that is to be esteemed as a great number of men: and *Seneca*, speaking in the commendation of Physick, saith, We buy of the Physitian an inestimable treasure, namely, life and health of body: and we do daily find by experience both in Court and Country, that there is not a more ample vocation then that of physick; for certainly we see that every one striveth to be a Physitian; and no sooner can any one either be pricked with a pin, or stung with a Bee, yea scant bitten with a flea, but every one straight-waies giveth his counsell, and as it were presenteth himself to be Physitian for the aggrieved patient.

There are two Instruments in Physick, Reason and Experience.

Reason to judge and discern the state of the Sick, the cause of the Disease, and the symptoms and quality of the disease.

Experience, to know the quantity and quality of Medicines to be given and applyed, to cure the sick and diseased.

Galen in *sectarum libro*, observes three sorts of professors of Physick; the Emperical, the Methodical, and the Logical.

The Emperical Physitian is such a one as is led by opinion of receipts; as many women and ignorant people, when they hear of a medicine that did good to a man or woman, they will presume to give it to any one, without any consideration of the cause or quality of the disease, or condition of the diseased; whereby most commonly they doe great hurt: therefore let such endeavour to know the disease, and the nature of the diseased, before they presume to give medicines, although approved.

The Methodical Physitian, is such a one as is led by a certain form of giving Physick, because his books have taught such things: like the former, neglecting Reason and Experience: but let me tell such, that *Medicus in libro non valet Obolo*, a Physitian onely by book, without experience of approved Medicines, is not worth a straw, such do more hurt then the former; for in all diseases most commonly such being called to the sick, prescribe a Glyster, and presently let blood in all diseases, and so proceed in their method, till the sick hath neither blood nor life. Blood is the life of man, and the meanes to help nature, to expel evil humours, therefore let such let as little blood as they can, except in urgent causes.

The Logical Physitian is such a one, as refuseth not reason, and is not without experience of approved medicines; for he by reason considers of the Patient, his strength, his age, his disease, and of the Region where he lives, his manner of diet which he used, and the time of his sicknesse, and after these he endeavours to find out the cause of the disease, the symptoms and seat of the disease, and then he proceeds to apply his approved medicines to heal the sick: And these are truly called the Emperical Physitians; for the word, *ἐμπειρία*, signifies experience. And they by experience, reason, and knowledge, endeavour to cure the sick; leaving the successe to God; by whose blessing we have both health and life.

Galen's defini-
tio in primo
tegin.

Medicina scientia est sanorum: et aegrorum, et neutrorum corporum.

Physick is a knowledge of the state of the body, whether it be whole, or sick; or neither whole, nor sick.

As every Art hath his subject and end; so Physick hath his subject and end.

The subject of Physick, is the body, and medicines: for it behoveth the Physitian not onely to know the state of the body, but also to know medicines fit for the bodies health.

The end of Physick is to procure the health of the body; for as it is written in Ecclesiasticus, Chap. 38. 4. *The Lord hath created Medicines out of the earth, and he that is wise will not abhor them: for as you read in the 7. verse, with such doth he heal men, and taketh away their pain. Then give place to the Physitian, for the Lord hath created him; and there is a time when in their hands there is good success, vers. 12, 13.*

The fourth Chapter.

The division of this present Work.

The division of
the whole
work.



He causes that have induced me to compile and make this present Book, I have partly shewed before: partly also intreated, and very earnestly requested by such persons, whom I could not, and willingly would not deny a greater matter then this was: as that I would comprehend in writing, not onely such things as by long experience my self have approved, but also whatsoever I had either seen, read, heard, or duly and truly observed and noted, amongst the most expert and learned Physitians of all nations, as well the ancient as later Writers. And that I would not onely write according to the common custome, *Fiat secundum artem*; but as much as is possible and as need shall require, adde also the preparation of every remedy: for in this if a little error be once committed, a great displeasure and fault might easily ensue, the operation of the medicine weakned, and oftentimes altogether lost and perished.

In fine, this whole work was made, to the intent, that every good householder in the time of sicknesse, having neither Physitian nor Apothecaries near him, or at least none skilful in that Art, might himself know how to prepare and use any medicine that might serve for his disease, or what he might as best and meetest send for at the Apothecaries for his purpose. In like sort also may he judge of the properties and vertues of compounded or mixed medicines, as Electuaries, Syrupes, Pills, Powders, &c. and which of them in every disease might rightly be applyed and used. Furthermore, I have very diligently observed and noted the just dosis, proportion, or quantity of every medicine that is at one time to be used, and what things are to be avoided and shunned. And for this cause have I parted it into six treatises or parts, named and shewed divers kinds of poysons, to the end that better heed might be taken in shunning them, and if by some mischance they had been taken inwardly, how to infringe and break the force and violence of them. And albeit there be some things noted and set down in this Book, which might seem better to have been passed over in silence, yet was it done to such an end, that the deceits and knaveries, by which the common sort of people is oftentimes illuded, might be disclosed and bewrayed, to teach them also to take heed hereafter of those that would deceive them, and onely to regard those things that are grounded on reason and skill.

All such things as are noted with Latine names, are either those that have no English name as yet known, or else that are not growing here in England, but are commonly found at the Apothecaries.

The method we have observed in this Book, is according to the customes and orders of the ancient Physical Writers, who dividing mans body into four general parts, to wit, the Head, the Breast, the Belly, and the external or outward parts; so also have I divided and cut this present work into four books: The one for the head, the other for the breast, the third for the belly, and the fourth for the outward members; as at large in the beginning of every of them shall be shewed. Unto these four first are adjoynd other

four

four books, and not without cause; for that the method and order I have observed, requireth and asketh no lesse, as shall be shewed hereafter.

The ancient Physitians have (as is already said) for sundry and very necessary causes, divided the body of man into four general parts. The first part containeth the head, and stretcheth no further then unto the neck: the second hath the breast unto the midriffe, or to the lowermost short ribs: the third part is the belly, with all that is in it, even unto the hips: the fourth part are the outward members, as Armes, Hands, Thighes, Legs, Feet, &c. with all their particular parts and joynts. This very same method (if God of his infinite mercy give me grace) do I purpose in this my work to follow.

And this may suffice, to let us see the wretchednesse of mans nature; the fountains and causes of all infirmities, and also the necessity, profit, and praise of Physick. But before I proceed any further in describing of diseases with their appropriate remedies, I think it were very meet and necessary to give a more cleare instruction in some points of Physick, to the end that such as shall use this Book, might have the better understanding in the preparing of medicines.

The fifth Chapter.

How all manner of Roots, Barks, Herbs, Flowers, Fruits, and such like, may be gathered and kept.



He best time and most convenient to dig or pluck up roots, according to some mens judgment, is the harvest or Autumne, when the leaves do wither and fall away. Others suppose the Spring time to be most meet for the same intent, when the herb doth first begin to appear and creep forth of the ground: But the greatest and fittest observation in the gathering of them is this, to note the place or ground they grow in, the time when they are sappiest and fullest of juyce, and the use, as either that we must needs have them, or that we must needs have them green and fresh. We must endeavour also to have them fresh new digged out of the ground, to wash them clean, to separate the small haire and lesser branches from the root, to crop off the stalkes and tops, to cut away that which is rotten and Worm-eaten. Of all these roots which are woody within, as of Fennel, of Cichory, of Parsly, &c. shall the hard and woody heart be taken out. The biggest roots must be split asunder, and afterwards dried in the shade and in open ayr. And if it be moyst and wet weather, they are to be put in a warm place, where no ill smoke cometh, with often turning them upside down. They must also be kept free from Sun, moysture, dust, and smoke, and be hanged up in such a place, where the wind and fresh ayr may sometime come to them. The lesser roots, as of Sparage, Valerian, Azarabacca, are kept longer then a year, and continue of like force and vertue. The great and hard roots, as of Brionie, Gentian, and Aristolochie, as also amongst the lesser, both kinds of *Neeswort* may well be reserved three years together, without any let or hinderance to their vertue: the rindes of the roots being separated (as is aforesaid) from the innermost woody parts, shall in like sort be dried and kept.

As concerning herbs, it is the common opinion, that they ought to be gathered within thirty daies, as from the 15. of *August*, unto the 15. of *September*. But seeing that some herbs do sooner come to their full perfection and growth, other some later: (which difference for the most part dependeth on the diversity of the Countrey, or else of the ground and place where they grow) the best time of gathering them shall be either when they bear their flower, or when the leaf is at the biggest, and when they smell strongest, and are best coloured. They must be dried in the shade, or else in a reasonable warm place, where neither dust nor smoke can come at them. They continue not in their full vertue and strength above one year.

All manner of Flowers shall be gathered when they are full blown and wide open, while they be fresh and not withered, not when they have lost their smell. Roses must be gathered when they begin to blow, and as yet not full blown: None of them all may be kept

kept above one year, except the flowers of Cammomil, and that is by reason they be naturally dry: the sweet smelling flowers are longest preserved, and kept in boxes of Lentil wood.

Fruit.

Concerning Fruits, Nature it self teacheth us, that they ought to be gathered or plucked from the tree, not bruising them, at such a time when they are at the ripest; those that have stones in them, may have the stones (if it so seem good) taken forth, afterwards thoroughly and well dried, or preserved and confectioned in honey or sugar, as is taught in the 8. part of this book.

Seeds.

Seeds are ripest and of most vertue, when the fruits are full ripe, and when herbs are at their full growth, all dust shall be sifted and fanned from them, then bound up in Paper, which longest keepeth them good. Some seeds may be kept longer in their full vertue and strength, others must be new gathered every year, but easily it may be discerned by the taste, which of them hath lost his vertue, and which hath not.

Addition.

For the gathering of simples and their parts, there be almost as many minds and diversities of opinions, as Authors that write of them. The one will have them gathered when they bear their flower: the other before, or when the leaf is at the biggest, and they ready to have flowers: the third sort, when they are but young, and new come forth of the ground. Some do gather one and the self-same herb at sundry times, as when it first springeth out of the earth, when it beareth his flower, and when it beareth seed: adding, that the first is for children and young folks, the second for middle aged, and the last for old men. Other some would have the leaf, the stalk, the root, the flower and the seed each gathered and reserved apart, affirming each part of them to serve for sundry uses. There are yet others, that gather all manner of herbs in their several moneths, beginning the moneth still when the Sun entreteth into one of the twelve celestial signes, saying, that every herb hath most vertue when it most flourisheth; some adde unto this the full Moon. But howsoever it be, this I know by experience, that not onely the diversity of the time in gathering them, in preparing and in reserving them, but also the manifold uses of them, are just causes of sundry, clean contrary effects and operations in them. For this I have seen, that one and the self-same Simple being gathered at sundry times in one and the self-same place, shall purge and bind, which are quite contrary effects. And therefore it is no marvel, if sometimes we misse of our expected purpose and hope, in not finding those vertues in the Simples, that by Hippocrates, Galen, Dioscorides and others, are ascribed unto them, seeing they are of divers men gathered without regard of time or place, prepared without care, reserved and kept they passe not how nor how long. I remember, that as I travelled through the Dukedome of Brunswick, I heard of a woman that was very famous (in the Town there called Gosler) for Womens diseases, but especially in staying and provoking their menstrual fluxes; with whom when I had conferred about her Art, I found that it was one onely herb, but gathered at sundry times. The reason of all these opinions and sundry operations, because it is not our intent nor meaning here to recite them, we will defer them till a more fit opportunity be offered.

The sixth Chapter.

Of the preparation of some things for Physick, as followeth.

The preparation
of Simples.



What Aloes
Hepatica is.

It is also very necessary and convenient, to know the true preparation of divers and sundry things and Simples that are used in Physick, and to take away or diminish, or at the least correct that which is, and might be hurtful in them; For if this should not be done, they would oftentimes, by reason either of their sharpnesse or venomous nature, do a great deal more harm then good. Neither shall it be amisse, to shew and declare the nature and properties of the principal simples and drugs in Physick.

Aloepatica is the juyce of a very sappy herb, which groweth in the Countries that lye Eastward, and is in taste marvellous bitter. The best is that which

which glistereth, is light, clear, like a liver, without sand or gravel admixed, and as yet cleaving to the skin wherein it is brought. There is another kind of *Aloes*, called *Aloes Gaballinum*, which in colour is very black, and not used in Physick.

Aloes is hot in the first, and dry in the third degree, purgeth gall or choler, and waterish flegme. It is corrected two sundry waies, as followeth:

Take of very fine powdered and sifted *Aloes*, as much as thou wilt, put twice as much rain water to it, stir and mix them well together, let it then rest all night, that the sand, stones and other filth may fall to the bottom; in the morning after, strain off the clearest, cover it with a linnen cloath, and set it in the hot Sun, or in some other warm place till it be somewhat dried; then make little rowls of it.

The other manner of washing *Aloes* is done with spices thus; Take of *Aloes* (as afore) powdered and sifted six ounces, of the sweet wood called *Cassia Lignea*, Spikenard of India, *Asarrabacca*, sweet Cane, *Cubebes*, *Lignum Aloes*, Cinamon, *Xylobalfami*, Saffron, Masticke, prepared *Lacca*: of each one ounce and a half. Boyl all these together in a glass or pot in water, until all the vertue be boyled out of the ingredients and gone into the water; then strain it through a cloth; after this dissolve your *Aloes* in this water, stirring it continually, and at the last strain and dry it as is aforesaid. This is called of the Apothecaries *Aloe Lota*, or washed *Aloes*, either with or without spices; of this may, boldly without any danger be given a quarter of an ounce at once.

Aloes much used of it self, as many ignorant people use it, causes hurt and obstructions in the Liver and parts adjacent, as by experience I have proved, and *Jo. Anglicanus* in his second book testifies the same out of *Avicen*.

Aloes applyed outwardly to the eyes, healeth the watering and blemishes of the eyes, as you shall learn more in the Tract of eyes.

Aloes applyed to sores, helps to heal them.

Aloes taken in any medicine is hurtful for those that are grieved with any disease in the Liver, and those that are troubled with Tympany or Dropfie, &c.

I observed one, who by frequent taking of Pills of *Aloe Rosata*, had a violent Gonorrhea, and his wife was affected with diseases in the Matrix and Flux of whites, &c.

Therefore I wish the Ignorant to use *Aloes* qualified, or not to use *Aloes* but by the judgement of some discreet Physitian.

The boyling of Gums consumeth the strength and vertue of them; therefore it is better to grind them upon a Marble stone or plate of steel made hollow, and so cleanse them from filth, with Vinegar or some other liquid matter.

Or rather prepare Pitch, Rosen, Turpentine, and such like things, on this manner, seeth the Pitch, or Rosen in a strong and well glazed earthen pot till it will rise no more into froth, then strain it into fair running water, and this is the best way.

The Julep of Roses, and the Julep of Violets is made of the Syrrup and water of Roses, and of the Syrrup and water of Violets.

Or, R. of the Syrrup of Violets, \mathfrak{z} . i. β . of Syrrup of Vinegar, which is made of Sugar and Vinegar; of Julep of Roses, ana. \mathfrak{z} . β . of barley water, \mathfrak{z} . 10. or of water of Lettice, Endive, Sorrel. ana. \mathfrak{z} . 3. mix it for 2. or 3. doses.

Or, R. of syrrup of Violets, \mathfrak{z} . i. β . of water-lillies of Endive, ana. \mathfrak{z} . of Lettice-water, Cichory, Endive, ana. \mathfrak{z} . 2. and thereof make a Julep for 2. doses.

Emulsions of the four greater cold seeds, Poppy, Lettice, &c.

As R. of the four greater cold seeds, their Pills taken away, \mathfrak{z} . β . of white Poppy, seeds, \mathfrak{z} . 2. of barley water simple, \mathfrak{lb} . β . of Lettice, \mathfrak{z} . 3. of water-lillies, \mathfrak{z} . 2. of Roses, \mathfrak{z} . 1. and thereof make an Emulsion, add unto it the syrrup of the Julep of Violets. \mathfrak{z} . i.

Electuaries.

R. of the conserves of Roses, of Violets, ana. \mathfrak{z} . i. of water-lillies, of Lettice conserved, ana. \mathfrak{z} . β . of the species of *Diamargariton frigid*, \mathfrak{z} . β . and with the syrrup of Violets makes an Electuary.

Or, R. of the conserves of Roses, of Borage, ana. \mathfrak{z} . 2. of the four greater cold seeds pilled, ana. \mathfrak{z} . i. of the species of *Diamargarit frigid*, \mathfrak{z} . β . and with the syrrup of Violets, make a conserve.

Outward

The vertues of the same.

His preparation.

Hand

Outward compounded medicines.

Rx. of flowers of Roses, of water-lillies, *ana.* \mathfrak{M} . β . of Alder flowers. *P.* 1. of leaves of Willow, Vine, Lettice, Barley, *ana.* \mathfrak{M} . 1. seeth them in water, until a third part is consumed; then add of Vinegar, \mathfrak{z} . 1. β . to the same being strained, and apply it hot or cold with linnen cloth to the forehead, and hinder part of the head, or pour it upon the head, or sprinkle the head with it.

Or Rx. of Rose water, \mathfrak{z} . 4. of oyl of Roses, \mathfrak{z} . 2. of Rose-Vinegar, \mathfrak{z} . β . the whites of two eggs, beat them together, and with a folded linnen cloth apply it to the head behind, and the temples.

Or, Rx. of oyl of Violets, of Roses, of water-lillies, *ana.* \mathfrak{z} . 2. of water of Roses, of Lettice, of Houfleeke, *ana.* \mathfrak{z} . 2. of Vinegar, \mathfrak{z} . β . mix them, and with a double linnen cloth, apply it to the fore-head.

Or, Rx. of the juice of Lettice, of Purslaine, of Night-shade, of Pennywort, *ana.* \mathfrak{z} . 2. of Houfleeke, \mathfrak{z} . 1. apply it with a sponge or cloth to the forehead.

Or, Rx. of the mucilage of the seeds of Fleabane, \mathfrak{z} . 1. of oyl of Roses, \mathfrak{z} . 1. β . of Vinegar, \mathfrak{z} . 1. apply it as aforesaid.

Liniments.

Rx. of the juice of Lettice or Plantain, \mathfrak{z} . β . of the mucilage of the seeds of Fleabane, Lettice-water, \mathfrak{z} . 1. oyl of Roses, Violets, water-lillies, *ana.* \mathfrak{z} . 1. β . seeth them till the juices are wasted and make a Liniment.

Unguents.

As, *Unguentum Rosaceum frigidum*, *Galenii unguentum populeum album camphoratum*, both which unguents you shall have at the Apothecaries.

Or, Rx. of oyl of Violets, of Roses, *ana.* \mathfrak{z} . 1. β . of Poppie, \mathfrak{z} . β . of the juice of Houfleeke, of Nightshade, \mathfrak{z} . 1. seeth them till the juice is wasted, then add red and white Sanders, *ana.* \mathfrak{z} . β . of the mucilage of the seeds of Fleabane, \mathfrak{z} . β . of Camphire dissolved in Rose water, q . 6. of Wax, \mathfrak{G} . β . and make an unguent thereof.

Or, Rx. of the *Cerat albi Galeni*, \mathfrak{z} . 2. which you may have at the Apothecaries, juice of Nightshade, or Cucumbers, \mathfrak{z} . beat them in a mortar, and make an unguent.

Cataplasmes.

Rx. of red Rose leaves, of Violets, of water-lillies, of Mallow seeds, of Barley meal, *ana.* \mathfrak{z} . 3. of white and red Sanders, of the seeds and rindes of Poppie, of Lettice seeds, *ana.* \mathfrak{z} . 2. of Melilote, \mathfrak{z} . 1. pounder them, and with oyl of Roses, juice of Lettice and Vinegar, make a Cataplasme for the fore-head and temples.

Or oyl of Roses, Violets, Poppie, *ana.* \mathfrak{z} . β . Barley meal, white Poppie seeds bruised, Camphire, \mathfrak{z} . β . mix them with the white of an egg, and make a plaster for the temples and fore head.

Or, Rx. of white Poppie seeds, \mathfrak{z} . β . red Rose leaves, *P.* 2. Barley meal, \mathfrak{z} . 1. and with womans milk and oyl of Roses, make a Cataplasme, and apply it to the forehead, folded in linnen cloth.

Or, Rx. of Lettice leaves, \mathfrak{M} . 2. Rose flower, \mathfrak{M} . β . white Poppie seeds, \mathfrak{z} . β . seeth till they are soft, bruisse them and add of Barlie meal, \mathfrak{z} . 1. of oyl of Violets, q . β . and a Cataplasme and apply it to the fore-head.

Cerotes, and emplasters.

Cerotum santalinum, which you may have at the Apothecaries.

Rx. *Ceroti santalini*, \mathfrak{z} . 1. β . beaten in a mortar with the juice Lettice, and make a Cerote for the fore-head.

Or, Rx. of the powder of red Roses, of Poppie heads, of Lettice seeds, *ana.* \mathfrak{z} . 2. of Camphire, \mathfrak{G} . 6. of oyl of Violets, of Wax, q . β . and thereof make a Cerote.

Baggs are made for the head, by putting herbs or flowers or other things into a bag and applying it to the head, or by quilting the like into a Cap.

As Rx. flowers of Violets, of water-lillies, of Roseleaves, *ana.* \mathfrak{M} . β . white Poppie seeds, Lettice, Sanders, *ana.* \mathfrak{z} . 1. bruisse these, and make a bag or quilt for the head.

Odours.

Oodours.

Rx. flowers of Roses, Violets, water-lillies, Sanders; sprinkle them with Rose water and Vinegar, and put them in a cloth, and smell unto them.

Or, Rx. Sanders, flowers of Roses, Water-lillies, and Camphire, and seeth them in a vessel narrow mouthed, and smell therunto.

Pomander.

Rx. Rose-flowers, Water-lillies, Poppy-seeds, Lettice, Henbane; and with gum dragant, dissolved in Rose water, make a Pomander.

To make burned Allume.

Take of the best Allume, as much as thou wilt, beat it not very small, put it into an earthen pot upon a little cole of fire, boyl it till it be thick, white and light, and stir it well in the boyling: if it were not altogether dry, then take it out by pieces, and lay it in the hot fire, and it will be dried incontinently.

How to calcine Allume,

Ammoniacum and such like gums, that cannot be beaten small, and are very unclean, are cleansed as followeth: Put strong vinegar upon them, and let them melt together on the fire, strain and presse them through a strong linnen cloth, to separate pieces of wood, strawe, and whatsoever else is with it, let it afterwards boyl till it be thick, pour it out on a stone that is be-oyled, and make it up as pleaseth thee best.

Ammoniacum

Sallet Oyl, or oyl of *Olives*: it is oftentimes commanded to use old Oyl of *Olives*; in place of which (if it be not to be had) thou shalt take one part of Oyl and two parts of water, and let them boyl together easily on the fire until the Oyl become as thick as hony and so use it. Others add more water to their Oyl, but that cometh all to one end.

Oyl of olives.

Pitch is sometimes used in form of powder, and is prepared on this manner: Take one part of Pitch and twenty parts of water, let them boyl together in a great pot, till such time, as that the Pitch do no more smell as it was wont to do, and be molten again together: then let fall one or two drops upon a cold stone, and if (it being cold) thou canst rub it to powder between thy fingers, it is sufficiently prepared. After the very same manner is also *Turpentine Rosine*, and such like things prepared.

Pitch.

Pearls shall be beaten very small, and searced thorow a lawn searce, then moul or grind them on a mortar or marble stone with Rose water, until thou find or feel no sharpness or sandiness between thy fingers, then let them dry in such a place where no dust can come at them: on this manner are all other precious stones prepared.

Turpentine.

Rosine.

Pearls.

Precious stones.

Lead being burned to ashes is used to many purposes, and it is thus to be burned: Take as much Lead as thou wilt, put it in a little pipkin, and stop it very close, set it in a potters fornace, there let it grow and burn while his pots be a baking, then let it cool: if it be not calcined or burned inough, lute it and set it on the fornace again, and so burn it till it be so fine as ashes. *Lead* is also washed and prepared thus: Take Lead and beat it in a Leaden mortar, put rain-water to it, and beat them both together a good while, till the water begin to be very thick, and troubled like puddle, strain this thorow a cloth very wel, and let it dry in a warm place.

Lead calcined.

Lead washed.

Take Bloodstone which now in use at the Apothecaries, is the mine of Quicksilver: powder it, and searce it finely, then put it in a mortar, and pour clear fresh water on it; stir them well together, and let it settle to the bottom, then pour away the foul water on the top, and put more clean water to it, and do as before, till it be clean washed, but much better it is to wash this stone with Plantain-water.

Bloodstone.

The preparation of Bucks blood is this: in the Summer time when the Sun is in the Lion, thou shalt then take a black Buck or Hee-goat, that is some three or four years old, keep him by himself the space of three weeks, and feed him with nothing but these herbs, as Smallage, (which is so good for the gravel, that of some for that cause it is called the hand of God) Parsley, Mallows, Pimpinell, Ivie of the Oak, Pauls Betony, Saxifrage, Saxifrage of the wall, and such like herbs with their roots: Item Strawberry leaves, Bean husks, the lesser branches of the Vine; give him these herbs one after another; thou shalt also give him red wine to drink, but every third day give as much fair water as he is able to drink. Now when he hath thus been fed three weeks together, he shall at the first full moon be killed or stuck; the first blood shalt thou let passe away, and receive that which is the middlemost or second, dry this in the Sun until thou canst powder it; or else if it cannot be done at the Sun, dry it in an oven, and so reserve it in some dry place, &c.

Bucks blood.

Goats



The distillation
of buck
blood.

Goats blood is good for the stone, and used in Camps among Souldiers for bruises, and blood congealed in the inward parts.

Those that take great delight in distillations, do feed the Buck with meat and drink, as is before said, onely excepted that they give him no water at all; they take ten pounds of this blood, and five pounds of wine-vinegar that hath been twice or thrice distilled, one pound of salt, of Radish, of *Cicorie*, *Pempinel*, of each of them three ounces, *Valerian*, *Cicorie-roots*, *Ginger*, *Winter-Cherries*, *White Amber*, *Sulphur vive* that hath been well washed in wine, *Cinnamon*, *Aniseeds*, *Fennel-seed*, *Cummin-seed*, *Wilde rape seed*, *Parsley-seed*, of each two ounces; of the juice of *Agrimony*, *Rue*, *Penroyal*, and of *Pauls Betonie*, of each six drachmes: These things being cut somewhat small, and well mixed together, they shall be put into a pot close luted and stopped, and buried in horse-dung for one fortnight or three weeks, then distilled in a glasse limbeck: The first water that distilleth is very clear, and so soon as the colour of the water altereth, thou shalt change thy recipient or receiver; this iterate in changing of recipients as often as thou seest the colour of that which distilleth to change. Others distil it all over together into one receiver, and afterward reiterate or repeat their distillations twice or thrice, till neither the taste nor the smell do offend them: In the first and second distillation ascendeth also some oyl with the water, which shall be let alone with the liquor; and albeit the liquor do seem nothing troubled or thick, thou shalt not regard that, for it is but so much the stronger. This liquor and oyl together, if it be kept close stopped, remaineth good and vertuous two or three years after the first making of it. Of this mayest thou give at one time two drachmes, or half an ounce in wine or mead, against gravel and dropsies before meat; it doth also wonderfully provoke sweat.

Bole Armenack.

Bole Armenus or, *Bole Armenack*, is a red stone or earth that is brought from *Armenia*: This hath an especial vertue to purge melancholy; the weight of a crown at once is sufficient, for it purgeth somewhat violently; but if it be washed, thou mayest exhibite the weight of two crowns at one time, for then purgeth it gently.

Bole Armenack, purgeth not, for it is astringent and bindeth, therefore it is given inwardly to help the flux of Rheume and bloody flux, and to stanch blood.

Beat as much of this Bole as thou wilt, pour upon it Rhenish or French wine, or fair water, stir and mix them well together, let it settle again, pour off the humidity or water, or wine, and put on fresh and stir it again as before: this do as long as thy water cometh coloured from it; which will be some sixteen or twenty times; after this, wash it yet ten times with Rose water. Some there be that do add such things as do comfort and strengthen the heart, which in very deed is not to be misliked.

Camphire.

Camphire will in no wise be beaten to powder except it be rubbed and chafed in a mortar, in the which mortar hath first been beaten some piece or part of an *Almond* or *Almonds*, according to the quantity of *Camphire* which thou wilt prepare.

Camphire is easily beaten to powder, if you put a little fair water unto it, in a very clean mortar.



Cassia.

Mastick is powdered also by adding a little fair water into the mortar.

Cassia which is in the pipe, quill, or cane, is one of the best purging medicines, and is sufficiently known. The best pipes are chosen by weight, and in which the kernels do not rattle, which is a sure sign that the pith or marrow in them is succulent and moist, and nothing withered or dried. It is used on this manner: Take as many of the pipes as pleaseth thee, beat upon them softly from one end to the other until they rend or split asunder, take out all that is in it with a knife into a hairen strainer, and lay it over a boyling pot of water, that the hot vapor may come to it; When the *Cassia* is reasonable warm, take off the hairen strainer or sieve, hold it over a dish, & with a round pestel squeeze it through the strainer, and all the black pith will pass through and hang on the outside of the strainer, which thou shalt scrape off with a knife, and keep it; then set thy sieve or strainer over the boyling water, as is aforesaid, and afterwards squeeze it through again as at the first. This work shalt thou do again so long, till no more pith passe through, and nothing but kernels remain in thy strainer: this prepared *Cassia* is called by the Apothecaries *Cassia cribrata*.

Note, that when thou wilt use this *Cassia*, it must alwaies be new taken out of the Pipes: for being reserved out of the Pipe, presently it waxeth sower, and especially in the summer time.

time. Of this strained *Cassia* maiest thou exhibite at one time one ounce, or one ounce and a half, in hot burning agues unto his children and women in child-bed, to every of them more or lesse, as they are able to bear.

Also if thou wilt have this *Cassia* to purge more effectually, then put either the blossomes or leaves of the Peach tree in the boyling water, before thou hold thy *Cassia* over the vapour of it. The vertue of *Cassia* is to purifie and clear the blood, to quench thirst, and to allay heat, being taken with Endive water: also to purge the stomach, to drive out choler and flegme without any danger: for it hath no sharpenesse or corroding vertue in it. In like sort it is very comfortable for the breast and liver, and is very good for the kidneys, being mixed with the appropriate waters that drive out gravel, and beaten Licorice, then ministred, it doth scowre away the gravel, and hindreth the growing of the stone. It is used in a confection with Manna, and is also prepared for *Clisters*.

Coloquint is a very bitter apple, and is oftentimes sown in gardens for pleasure sake, yet it is found very seldom to be ripe. The use of that which is brought us from Venice or other places, is this, and no otherwise. The innumerable white kernels being cast away, the rest shall be beaten very small, and sifted thorow a very fine searce, and so be brought to as fine a powder as possible may be; when it is wet, it swelleth as if it had never been powdered: and for that cause it is straightly charged to be reduced into so fine a dust: for if never so little a peece should by chance remain in the stomach or guts, it would easily excoriate and hurt them, so that hereby the sinewes might take some harm, yea lamenesse and cramps ensue of it. The right preparation of it is this that followeth.

Take of the aforesaid fine powdered *Coloquint* two ounces and a half, rub it a great while with two ounces of oyl of Roses, then take of the gum *Tragacanth*, of gum *Arabicke*, of *Bdellium*, of each of them $\mathfrak{z}.\beta$. steep them in a little rose water untill they be dissolved: put of this mixture unto the beaten *Coloquint*, and form little cakes of it; let them dry, beat them smal again, and fashion your cakes again with the gum water, and keep them: On this wise prepared are they more safe than the crude *Coloquint*, and are called *Trochi/ci Alandali*: To what end they be used in Physick, shal be shewed hereafter.

This prepared *Coloquint*, may be exhibited from $\mathfrak{D}.\text{i.}$ to $\mathfrak{D}.\text{i.}\beta$. $\mathfrak{D}.\text{ii.}$ but it purgeth vehemently, it draweth the tough flegmatical humours from the head and other parts.

Coloquint is supposed of some to be hot and dry in the second: of others, in the third degree.

Corral, both red and white is prepared in that manner as is aforesaid of the Pearls.

Corral.
Coriander seed.

Coriander seed being hurtful unto the brain, both by his hot nature and by his strong smel, is very profitable for many uses: ye shall correct it as followeth; steep it the space of twelve hours in good strong wine vinegar: afterward evaporate or dry away your vinegar from it in a warm place, then it is prepared. Black Coriander is the seed of *Nigella*, and is prepared as that abovesaid.

Nigella seeds.

Dates both sweet and sowre do purge very easily especially in hot diseases and great drithes: being prest close together as they are brought unto us, they are kept good a long time: you may minister of them from two ounces to four at once. They need no preparing or correcting at all, for that they purge so gently, and can do no harm.

Dates.

Dates purge not, for they are used to stay fluxes of the belly, and fluxes of the matrix; they are hard of digestion and cause headach: yet they are to be used for diseases of the matrix the bladder and bowels. *Dioscor. & medici Colonienfes*.

Gems.
Horseleaches.

Gems or precious stones are prepared as is abovesaid of pearls.

Horseleaches, the blood sucking water worm, shall be keep some dayes in fresh water before they be used; putting a little blood and bran into the water for their food, then do they lose their venome.

I hold it is not good to use horseleaches, because of their venomous quality; and the conscionable Physitian that regards his patients good more then his own purse, may use better means to procure health. I will not use them, and divers other learned Physitians beyond the seas use them not.

Scoria ferri, the refuse of iron, shalt thou cast into fair water: wash it, and let it settle to the bottom, powre of the water from it untill it remain very clean and pure, afterward

Scoria ferri.
Refuse of iron.

put

put it in an earthen pot that is well leaded or glassed within: put as much vinegar to it as will wet it onely, and not overflow it: let them stand so both together the space of thirty dayes, in the mean while often times stirring them: afterward moul or grind them on a marble, as thou didst the pearls.

Polipody.

Polipodium, little fern or polipody doth willingly grow on old walls and mossie stones, but the best groweth on oakes: it purgeth gall and slimy superfluities: It is somewhat hurtfull to the stomack, it is therefore corrected with Anniseeds, Fenelseeds, Cloves, Cumine seeds, and is administred either with hony water, or else with the water of grapes, and very seldom by it self alone.

Dodder.

Epithymus, Dodder is used in many profitable medicines: the gold coloured and strong smelling Dodder is the best: four drachmes of it in powder, or at the most six, driveth out melancholy and choler. It is almost never given by it self, but alwayes admixed with other things, but specially it is sodden in drinks or portions, at which time thou maiest use one ounce at once. It is put in last of all into the boyling potion.

Elaterium.

The juyce of wild cucumbers (called in Greek *Elaterium*) is pressed out of the wild Cucumbers: the Physitians command that it should not be used till it be two years old, it may be kept ten years together, the older it is, the better: and when it is moistened it is like unto milk: being put to the fire, it doth presently burn. It purgeth flegm, water and all superfluous humidities most violently, and in like sort gall and choler also. It ought not to be used unadvisedly, or without the counsel of a skilful Physitian, for that an error might be committed in a few grains.

Euphorbium.

Euphorbium, is a strange gum so called, amongst all the purging simples the strongest and hottest, very sharpe and byting on the tongue, it seemeth to burn in the nostrils, and provoketh neefings, it stoppeth the breath, as if it would choke one, if the dust of it be received. Therefore great heed is to be given: for two or three drachmes of it is rank poyson. In extreme diseases of flegme and dropsies, when no other remedies will help, thou maiest use it from four grains unto twelve, but no more: Mastick and Spike of India do greatly diminish his hurting quality. The ancient Physitians did minister it with meade or honey water.

Suets.

Marrowes

Sewets and marrowes of sundry beasts are prepared as followeth: first wash them clean and often in cold water, then chop and melt them together with a little fire in a several pot with boyling water and wine, or else with rose water: after this, presse and strain them thorow a cloth, and keep it in a vessel or pot of pewter in a cold place. The marrow must especially be taken out of the bones in the beginning of winter.

Ivory.

Ivory is thus prepared: take of it in quantity as you please: cut it into thin chips, put them into a new pot, and stop him close with a pot lid that is unbaked: put him into a potters fornace amongst other pots to be burned. When your pot is cold, take out your Ivory, beat it to a small dust or powder and searce it thorow a fine hairen searce: put it into a leaded or glassed pot, powring as much rose-water on it till it be clean covered. Afterwards, take for every twelve ounces of Ivory half an ounce of Camfere: moul or grind them on a marble together, and when it is hard like dow, form or make little square cakes of it called *Trochisces*: keep them in a glasse well stopped, that they lose not their smel. Note also, that if thy pot be not very closely luted and covered, that thy Ivory cannot be burned white, and that it loseth a great deal of his vertue. This is used against all manner of poysons.



Ivory in most places by experienced Artift it is used without burning or calcining: And so is heartshorn used with burning or calcining.

Hermodactilis

Hermodactilis some suppose it to be our Daffodils, and indeed I do take it to be a kind of them, but the Greeks do call their *Hermodactilon*, *Ephemeron*, and *Colchicon*, of the place where it groweth. And although this root may kill a man in one day (as also our Daffodils, do excitate a flux or lask in the belly even till the very blood do follow) yet hath it his use, as in other places shall be shewed. This root shall be digged up out of the earth in the beginning of the summer, and those that are sappiest and whitest within, shall be reserved. Those that are withered and soft, have lost their vertue: such as grow in wet, waterish and low ground, are very venemous. And albeit that they be very clean and dry, yet shall they not be used in half a year, and are very seldom in request. One drachme, or one drachme and a half at the most is sufficient at one time. Cinnamon, Ginger

ger, Mastix, long Pepper do greatly correct their venomous quality: they are given in the vinegar of Squils, honey of Roses, or Oximel.

Hartshorn is prepared as is aforesaid of Ivory.

Lacca the gum or sap so called, do we not use very often, notwithstanding that, we will not passe over her preparation, which is as followeth: Take of Hartwort, of Fenegreek, of each one ounce: boil them in a sufficient quantity of water, untill the fourth part be consumed and that there remain but ten ounces: being strained, put into this liquor eight ounces of the aforesaid *Lacca*, boil them together on a little fire, till the water become as red as blood, and all the best of the gum be dissolved in the water: then strain it thorow a cloth, and let your bloody liquor boil in a glasse in water, till it become thick unto a firupe, and more thicker and harder: make it up into little cakes, and dry them.

Hartshorn.
Lacca.

Agaricus, a kind of well known Mushrome: the white, compacted light and soft, is al-
ways the best: that which is hollow, full of holes and black, is rejected. The one is taken to be the male, and the other the female kind: the best is at the first in tast sweet, but presently afterwards very bitter. Being given by it self, one drachme or one drachme and a half, is enough at once: but being boiled in drinks, or other decoctions, thou mayest use half an ounce, it is hot in the first, and dry in the second degree. It doth purge tough flegme, and openeth all obstructions. When thou wilt administer it, thou shalt add a little salt gem and Ginger to it, also Oximel and honey of Roses, by the which his venomous quality is very much delayed. The Apothecaries do diversly prepare this *Agaricus*, as followeth: Take of it as much as thou wilt, cut it small, moule or rub it in a mortar (for it will not be beaten to powder) make it in a form of a dow with wine, in which ginger hath been steeped eight or ten houres, and then make little cakes or *Trochiscos* of it. The other manner of preparing is this: Take Malmesey or Muscadell four ounces, vinegar of Squils, three drachmes, white ginger two drachmes, Spike of India half a drachme; let them boil together with a soft fire: strain it, and steep in this liquor three ounces of the beaten *Agaricus*, but not too fine powdered, and let it stand and dry very well in a glassed pot, and when it is almost dry, make little cakes of it with the slimy of Polipody. They purge the head and the breft of superfluous and stinking humidities, they are called at the Apothecaries *Trochisci de Agarico*.

Agaricus.

Manna may we call (as it is indeed) a dew of heaven, seeing that this precious liquor falleth in the morning with the dew from heaven. This is now in great quantity and very good brought unto us out of Calabria, situated beyond Italy. The best is that which is a little yellow, and somewhat perspicuous, or clear like Mastick, in tast sweet, and without any filth admixed. This *Manna* is an easie, harmlesse, cooling and fine purging medicine, which may be given to women in childbed and to young children, with distilled waters, or any broth of meat, from one ounce and a half untill two ounces and more at once; when it is moulten in the waters on hot coals, strain it thorow a cloth, that all the uncleannesse might be separated. It needeth no correction, for it hath no venomous or bad quality at all with it.

Manna.

Myrobalani, these are strange fruits, of the which there are five sorts; of some of them are the rinds or barks dried: of others is the whole substance dried and brought unto us. All of them do purge and draw tough flegme from the head; they dry the brain, &c. But every one of them hath an especial and severall vertue; which ought to be noted.

Myrobalani.

Citrini, these are yellow, having a thick skin or rind with a hard stone or stony kernel. They purge cholerick and hot humors.

Emblici do comfort and dry the brain, and are conected or preserved.

Bellirici have the same vertues with the first.

Kebuli are big, black, and somewhat long, dark and of a Chestnut colour: the heaviest and thickest of rine are the best. They purge flegme, and may also be preserved.

Indi, of these are the barks onely brought unto us, which are in colour black, for which cause they are also called *Nigri*: they are weighty as the others also are: they do purge melancholy.

The powder of either of them by it self (which is not usual) may be given the weight of one drachme or twaine: they be commonly used with an admixtion of many things; with Almonds, Currants, Fenelseeds, Spike of India, in the whay of goats milk, and the juyce of *Fumitory*, they may very meetly be administered.

Neeswort.

Neefewort or
Elethbor.

Neefwort, of this are two sorts or kinds, the white and the black, and it is concluded amongst Physitians, that the best time to gather them is the time of harvest: they purge both upward and downward, and must therefore be very warily used: yea if it be possible it is good to refrain from them altogether. The whiter that one of them is, the better it is: it ought also to be soft, unperished, and not too sharpe or byting on the tongue. With this root have ancient Physitians done great marvels, and have had many strange opinions of it, that it should strengthen memory, sharpen the wit, and should be very commodious against the falling sicknesse. They compare it to a captain, who placing his souldiers to the Battel, is himself the first that forsaketh the field. Both of them may be used, but (as is abovesaid) with great circumspection; for that they be venomous, as presently appeareth in the digging of them up: for if the sent of them chance to ascend into the face and nostrils of the digger, it doth grievously distube his brain, and causeth both a great pain and swelling to follow: and for this cause shall they be digged up in hast, and he that diggeth them shall stand with his back to the wind, that the smell of them may not annoy him; and before he begin to dig he shall eat garlick, and drink some wine. The white Neefewort purgeth very violently by vomit, and is not so hurtful for beasts as it is for man; of neither of them may be given above a drachme at a time, and that in no wise unprepared, that the patient be not choked with it. It is corrected by the addition of Pepper, Parsley seed, Anniseeds, Marierome, and wild mints.

The black Neefewort killeth horses, oxen and hogs, and purgeth by stool. In fine, these roots may the ancient Physitians praise as highly as they list, yet it is forbidden that neither women nor old men, nor children, nor men of a weak constution, nor those that have a short breath should in any wise use them. To what other uses they are put, shall be shewed hereafter.

Opium.

Opium is the juyce of a strange kind of poppy dried, being too much used it killeth by sleep: it hath a strong and unpleasant smell, which may be corrected as followeth: take a little pair of tongs, which is somewhat broad before, make it red hot, hold a little peece of Opium in it, and lay it down again presently, and so do as much as thou wilt.

Rubarbe.

Rhabarbarum, Rubarbe, how far this pretious root is esteemed above all other purging simples, shall openly appear in this book. The best is that which is without, of a Chestnut and darkish colour, but commonly that which is brought unto us hath the rind taken off, and is yellow coloured. That is also commended which is reasonable heavy, in the breaking spongiuous, and not hard, very red, with white specks; also that which hath yellow spots, and in chewing coloureth like Saffron. The preparation of it is very easly, for that it is so harmlesse that it may be used without any adition, yet do Physitians commonly use to add to every draehme of Rubarbe three or four grains of Spikenard, Squinanth, or sweet Cane, or Mastick, and most fit, with whay of goats milk; in the winter time with wine the weight of one dragme, or one drchame and a half, being finely powdered; but steeped, two or thee drachmes, according to the state and ability of the patient.

Juices.

The saps or juyces of herbs, flowers and roots, for sirupes and other compositions, are thus prepared: presse out your juyce into an earthen pot, let it boil on the fire three or four bubbles; then let it settle from the fire, till all the thickest drosse be sunk to the bottom, poure of the clearest from the top by inclination, which onely shall be reserved and used, casting away the unpure setlings.

Wild Saffron.

Wild Saffron, or *Carthamus* is very offensive for the stomach, and is hot in the third degree. Of this is used the innermost part or kernel of the seed; it purgeth all superfluous humidities, dropies, and flegme. It is given to the weight of half an ounce in barley water sodden, and well pressed, but not without the admixtion of such things as doe comfort the stomach. It is also used to other in tents, as hereafter in this book shall appear.

Scammony.

Scammony or *Scammonia*, is a strange juyce, and used in many compositions and purging medicines, to increase and sharpen their purging quality: the best Scammony is brought to us from Asia: when it is prepared, it is called *Diagridion*. It is given from four grains unto twelve at the most in one day, or at one time. The best is discerned by that, that it is black, lean, not or gummy, shining, and with many little holes, much like unto bread; and as soon as it is touched with the tongue, that presently becometh milky white,

white, not sharpe or biting, not sandy, not heavy or weighty, and very brittle. In the second year is Scammonie in her flower, and most vertue: afterward doth it decay, and waxeth obsolete and old. It is thus prepared: Take two ounces of Scammonie, powder it very finely in a mortar, put a little oyle of *Ireos* to it, to bring it to the consistence of dowe: then make hollow a Quince, in which thou shalt put thy Scammonie, and stop the whole with a piece of a Quince very close; wrap the Quince in dowe, and let it bake in an oven. Afterward take one ounce of yellow Myrobalans, steep them fowre and twenty houres in two ounces of the juice of Quinces, setting it on warme ashes; then presse them very hard thorow a cloth, mingle it with the Scammonie, and let it dry in a warme place. Some men do admixe some Mastick with it; others take nothing else but the juice of Quinces: but the former preparation is that which is commonly used.

The juice of Sloes is every where taken and used likewise for the strange sap *Acatia*, *Juyce of Sloes*. yet it doth not agree in all points with the vertues of *Acatia*. The true *Acatia* is the sap of of the tree, from which the gum Arabick is taken; notwithstanding if any man would make a mixture that might have the same vertues with *Acatia*, *Valerius Cordus* doth teach it him thus: Take the kernels of fowre dates, seed of Sumach, of each one pound: bruise them, and put upon them three or foure pints of rain water: let them steep together foure and twenty houres, then strain them thorow a cloth, boyl that is strained till one third remain, clarify it with the white of eggs. set it on the coales again, and let it boyl softly, till it be as thick as the juice of Sloes, which then may boldly be used.

Brimstone is thus prepared: Melt thy Sulphur or Brimstone at the fire, then pour it into the water of Lettice; this reiterate eight or nine times: when it is dry, beat it to powder. This is commonly used to stop the blood, as hereafter shall be shewed. *Brimstone*.

Sene leaues with the husks and their seed is a common purgation for every man, for that it purgeth all bad humours, and especially choler and flegme. Great store of it is brought from Florence. It is also set in our gardens, but the very best is brought from Alexandria. The husks of them are of more force and vertue then the leaues. Two drachmes of them in powder is a sufficient dose at once: but either steeped or sod, an ounce is little enough, as in this booke shall appear. They are corrected with Ginger, or salt Gem: and may be given in the decoction of Borage, Buglosse, Violets, Mastix, Cloves and Cardimonie, or else being powdered, may any of these be admixed with them and so exhibited. *Sene leaues*.

White Mustard seed may in no wise be inwardly used, except it be first corrected as followeth: Steepe it one day and a night in good *Aqua vite*, and then evaporate or dry it away from it: then powre upon it fresh *Aqua vite*, that hath been made of the best Malmesey, or of some other strong wine with Lavender flowers in it: then let it stand and soke as before, and afterwards also evaporate: then is thy seed prepared. This seed may be made up in Sugar, or confectioned and so used, or by it selfe, but very little of it at once. It is very good to be mingled with any stomachical powder: it dryeth up all moistures of the brain, it helpeth the swimming in the head, falling evill, and the dead Palsie: but unprepared may it in no way be used. *white mustard seed*.

Mezercon, of some purge, or *Chameles* of the Apothecaries *Cocconidion*. The ancient Physitians were wont to give seven or eight of the seeds of it, wrapped up in a green fig or date; but experience doth teach us, that three of the seeds are sufficient enough to purge the body. Sops of bread may be used instead of the figs or dates; for it is onely done to the intent, that they by reason of their extreme heat should not harme the throat. They also commanded a good draught of water to be presently drunk after them. But flee the use of such medicines, which described for none other cause, then that we might know and shun them; let Empericks and the outcasts of physick use them. *Mezercon*.

Take filings of Steel, cast them into fair water, and rub them well between thy hands in the water, powre away the unclean water from thy steel remaining on the bottom; this washing reiterate so often, that the water come clear from it. Then put the Steel into a well glassed earthen pot, powre strong wine vinegar upon it, as much as will onely moisten it and not cover it; let them so stand together thirty dayes, but in the mean while oftentimes stirring it; afterward beat it to powder, and moule it on a marble, as is before said of the pearles. *Steel*.

Turbith is the bark of a root, and at the Apothecaries well known and very common, for that it is added unto many purging confections. It is thought to be a kind of Wolfesbane. *Turbith*.

bane. It is given in powder from one drachme unto two at once; but being decocted, half an ounce every time. It purgeth flegme mightily. All his maliciousnesse is corrected by the addition of one third part of Ginger, and so, either with honey of Roses, or the water of grapes, exhibited. When it is used in powder, it must not be beaten very small.

Tutia.

Tutia, Tutty is commonly used for the eyes, and in all kinds of infirmities where exsiccation is required, and is thus prepared; Make it red hot in a Goldsmiths crucible or melting cruse: then extinguish it in the urine of a male child; this reiterate the seventh time, afterwards also five times in Fennel water: then powder it as thou didst the pearls. Item glow it, as is now said, five or six times, and ever cast it into Rose water, and powder it as above. This is the common preparation of *Tutia*.

Wolfs liver.

Wolfs-liver must be taken fresh out of the Wolfe, and be washed with good warm wine; cut it into little pieces, put it into a pot, and set it into a warm bakers oven: keep it in a dry place well wrapped in Wormwood, lest the worms do spoyle it.

Esula.

Esula, is taken for the root onely at the Apothecaries. It is a strong purging roor, and ought not to be used unadvisedly; being prepared, not above the weight of a drachme or lesse, as occasion serveth. There be seven kinds of it called *Tithymalus*, and are all more fit to be used outward, then inward in the body. It purgeth choler and melancholly. Take either the bigger or the lesser roots of *Esula*, steep them four and twenty houres in wine vinegar, and let them dry again. When thou wilt use them, cut off and cast away all the hairy and hard parts of them, and beat the rest to fine powder.



The seeds of *Tithymalus* cause vomit, and purge downward; take from 6. to 20. of the seeds to cause vomit, but drink butter-milk after them, because they cause corrosion in the throat and whelsand, except they be qualified.

Palma Christi seeds.

The seed of *Palma Christi* or *Ricinus*, being purified, doth by his purging vertue drive out choler and flegme. The ancient Physitians do command not above ten in number at once to be exhibited; but because they are very greatly hurtful to the stomach, they shall in no wise be used: but in place of them, other things which are lesse hurtful. There is a false opinion amongst the common sort of this *Palma Christi*, to wit, that if the seed in the gathering of it be plucked upward, it provoketh vomit; if it be plucked downward, it should move stools: but howsoever they be gathered, by reason of their venomous and hurtful quality, they may purge both upwards and downwards.

Laurel.

Laureole, *Daphnoides*, and *Laureola*, Laurel. These leaves have a sharp purging quality, to drive out flegme and choler. Of the powder of them prepared may be taken from four grains unto six, and no more; and with other spices and simples corrected, not above one drachme. There is nothing of it in use, but onely the leaves: it is prepared by steeping of it four and twenty houres in wine vinegar, and then dried.

Sugar.

Sugar is used in many things, as hereafter in this book may appear; but to boyl it, there be divers and sundry waies: and first of all shall be shewed, how the common and course sugar must be severed from his filth and dregs, and clarified for sirupes, and other necessities in Physick.

How to clarify Sugar.

Take (for example) two pounds of common sugar, put it into a certain quantity of water; set it on the fire until it be ready to boyl or seeth: then have in a readinesse the white of five eggs, beaten to water with a little rod, and sprinkle them with thy rod into thy boyling sugar; let it boyl afterwards a pretty while, then doth the filth of the sugar adjoyn himself to the whites of the eggs; then set it from the fire, and when it ceaseth boyling, take away the filth from it with a skimmer, boyl it again, besprinkle it, and skim it as before, so often, until thou find it bright and clear. For sirupes and other confections, let this Sugar boyl somewhat longer, let two or three drops of it fall on a cold stone, dip thy finger in them, and see if it do string or glue, or draw out in a threed, which is a sign of a sufficient cocture.

Mannus Christi.

For to make sugar cakes, or *Mannus Christi*, the foresaid sugar must boyl yet longer; and if thou wilt know if it be sufficiently boyled for this thy purpose, take a little of it on spatens or skimmer, and throw it from thee into the ayr; if it flye very white and fiery from it, then is it boyled enough; set it from the fire, stirring it continually untill it begin to be stiffe or hard, then adde and mixe those things with it, which thou wilt: then very speedily cast it on a cold stone, whereupon a little flour hath been cast or sifted before, lest they should stick or cleave fast to the stone.

Saccharum Penidium, called Sugar pennets, is best made of the whitest sugar that is brought from the Island of *S. Thomas*. Take of this (if thou canst tell how to work it) from two until five pounds at once, pour upon it a good pretty quantity of water, and if it be very unclean, clarify it as afore, continue the boyling easily untill it begin to be thick, and that it rise up in great bubbles; then have a spindle or the like little round stick being wet with cold water, thrust it into the boyling sugar about a fingers breadth, that some of thy sugar may cleave to it, and cool it in cold water: if then it easily come from thy spindle or stick, if it be reasonable hard, and if in the biting or chewing it stick and cleave not to thy teeth, then it is ready to be wrought: Take it from the fire, let the bubbles settle themselves, pour it out upon a stone or table, that is moistened all over with the oyl of Olives; when it is run flat or abroad, take up the ends, corners, or edges of it, and throw them upon the midst of it: this continue, until such time as it all do remain in a heap or lump; then dip thy hands in fine flour, lest the sugar stick to them; hang or fasten the whole lump of sugar upon a strong hook or crooked nail fastned on a wall, and draw one part of thy sugar towards thee about a cubits length; fasten the end in thy hand to the hook again, and pull again; thus continue pulling and fastening, untill thy Sugar become very white. There must at the least be a couple to work it, that the one being weary, the other may go forward with it; besides that, by reason of the great heat of the Sugar, it is not possible that one should do it well alone. Now when it waxeth white and cold, thou shalt draw it out in long ropes, and lay them on a table whereupon a little flour is sprinkled, and so make it up in rowles. This whole work must be done in haste; for otherwise the Sugar will wax too hard, which notwithstanding, it is not spoiled: But if thou wilt bring it into Sugar pennets again, it will be somewhat blacker then otherwise it would be.

This shall suffice at this present concerning the principal purging simples, and after what sort they are best prepared and corrected; and those things that have as yet not been spoken of, shall hereafter (as need shall require) be shewed and treated of at large.

Addition.

Succus rosarum, the juyce of Roses, or their infusion, purgeth choler gently, and cooleth withall. It may be given from one unto two ounces very safely.

Serum lactis, whey of milk or of cheese, is a lenitive and laxative medicine, it doth also purge choler. It is exhibited from three unto five ounces.

Mechoacha (in English *Mechecan*) is an Indian root, of some called white *Rubarbe*. It may be taken in substance from two scruples unto one dragme with broth, wormwood wine, or sweet wine, as followeth: Take *Mechecan* one dragme, *Gentian* one scruple, *Cinnamon* half a scruple, beat them into a fine powder, exhibit it three houres before meales with wormwood wine. It purgeth flegme and waterish humours without any molestation or trouble unto the patient. It is given for the pain in the head, that hath continued long; for agues, for the Collick, for the drop sic, and for the shortnesse of the breath.

Opopanax is the juyce of the herb *Ferula*. The best is white within, and yellow without, bitter, brittle, and of a strong sent. It is commonly given from one unto two dragmes. It evacuateth the grosse and tough flegme that is inherent in the brain, nerves, breast, and joynts.

Sagapenum is a certain juyce or gum so called, of a dark yellow colour, white within and strong in taste. It may be given from half a dragme unto a whole, with the water of Rue, or of *Elecampane*. It doth in like manner purge grosse and tough humours. Both these gummies are corrected with *Mastick* and *Spica*, &c. Taken out of *Dioscorides*, *Mathiolus*, *Wekereus*, and others.

The seventh Chapter. Sect. 1.

*A general Rule to be observed in purging.**A rule for
purging.*

Orasmuch as the especiallest point in sanation is to unburden the body of man, of abounding superfluities, and cleanse it of all corruption and uncleanness; which indeed may be done, either by prescribing a moderate dyet in meat and drink, by leading a well ruled life, or rather if in these any thing be wanting, by purgations: Therefore it seemeth needful here to set down a general rule, which every man is to observe and keep, that purpōseth to purge, as thus; He must have a great regard of the nature of the disease, of the diseased, of his age, of the time of the year, and such like. And where (as it is already said) all sicknesses and inward griefs do proceed of corruption of the blood and bad humours, (as in this our work doth appear,) necessity therefore doth require that such superfluities and corruptions should be expelled and banished out of the body, which for the most part is perfected by drying or purging medicines, whereof now shall be mentioned. The best counsel therefore is, that not unadvisedly, but very warily thou meddle with strong medicines. For as in all infirmities purgings are very needful and profitable, so also the use of bad and too strong purgations is very hurtful and dangerous. Wherefore in sharp and perilous diseases shall the advice of a learned Physitian be asked, or else in his absence to choose and use things that are easie and safe, of which in this book every where mayest thou have choise.

*What persons shall abstain from purging, and the impediments thereof, §. 2.**what persons
are to refrain
from purging.*

ALL such as use a moderate dyet, and eat nothing but that which ingendreth good blood, they have no need of any purgation.

Those that do abound in blood, may in like sort omit purging; but good it is for them to be let blood.

If any matter or bad humour do settle it self in the concavity or hollownesse of the articles or joynts, and is inherent, as in the Leprie, and such like happeneth, in vain it is also for them to purge; for if such humours be moved onely, and not wholly expelled, they might easily be drawn to some noble and principal part of the body, whereby the diseased might be greatly weakned, and fall into a worse inconvenience then before.

In great heat or cold mayest thou not purge, for the heat divideth and spreadeth the matter over all the body, and weakneth greatly: at which time if thou purge, thou doest stir and move the humour, and dost overthrow the strength of nature. In great cold is the matter tough and thick, and altogether unapt for Physick to work upon.

It is also forbidden in weak persons, whether their weaknesse proceed from nature or some other accidental cause, to purge strongly, although gentle purgations for their ease in some sort be allowed.

Hot and dry natures must forbear purgings, for all purging medicines for the most part are hot and dry, and by that meanes do they augment heat and drought, and hurt the body.

Very nice and dainty persons shall not take any strong purgation, for in them are the humours easily moved.

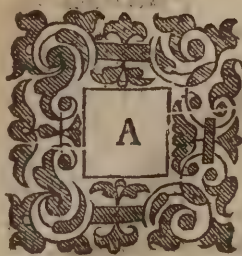
In like sort might fat bodies, which commonly are but weak, by strong purgations incur the danger of stifling.

Young Children and old men shall shun purgations: and those also that labour much, and carry great burdens; for they are alwaies weary, which is contrary to all purgations.

What

What is to be observed in and after the taking of a purgation.

Sect. 3.



After the taking of a purge, is a moderate motion up and down, and stirring of the armes commodious, that the matter fall and remain not all upon a heap in the body. But if thou fear that thou shalt cast up the purgation, thou shalt be at rest and quiet till thy stomach be stayed.

In, and after purging.

If the purgation that thou hast taken be gentle, and a little potion or drink, thou shalt forbear to sleep after it; but upon hard or solid medicines, as pills, tabulats, and such like, is sleep and rest granted, that by the inward and natural heat the substance of the pills might the sooner be dissolved and dispersed.

The purgation being taken, it is not amisse to use some sowre thing after it, as a Pomegranate, unripe Grapes, Oranges, &c. for that strengthneth the stomach, that it draweth no ill humour to it, and it stayeth all the vomiting. It is also good after the taking of any purgation to drink a draught of Whay or warm Beer; it helpeth the operation of the medicine, and dulleth her sharpnesse. It is also good to keep the belly warm, lest by force he draw away the medicine from the stomach. To this end is nothing more commodious then warm water to set thy feet in, for that warmeth all the body. The belly may also be covered with a little bag, and some bran in it.

When the medicine beginneth to purge, it is not much amisse to move the body somewhat; for by that motion descendeth it downwards, and all the harm or badnesse which the medicine hath with it, is thereby taken away: the motion helpeth also to expel the humours.

Whilest the medicine doth yet purge, thou shalt neither eat nor drink, lest it hinder the operation thereof. Notwithstanding if the patient cannot forbear so long, let him use the broth of a hen, or some such like thing, or else the sirupe of Violets, to delay the heat of the stomach, and to preserve him from an ague: For a great quantity of choler being drawn into the stomach by reason of hunger, might easily cause such an accident as might be very hurtful for the diseased. Secondly, if a great hunger should overtake him, he may boldly take a piece of a toast and dip it in good Wine, or any such like liquor, but not so much in quantity, that the medicine might be hindered of her operation.

Sleep, after the operation of the purge, is permitted: for as the purge doth weaken and distemper the body, so doth rest and sleep strengthen it again.

After thy sleep thou shalt make but a small and easie meal: for considering that the natural powers and vertues of the body be somewhat weakened, they might by too much and too hasty eating be quite overthrown: so that this is a general rule; The more the medicine hath purged, the lesse ought to be eaten after it.

The next day after purging, is good to bathe in warm water, if at the least the feeble estate of the patient do not dissuade from it: for thereby are the reliques that are left after purging moistened and digested, and it supplyeth also the dry body.

On the third day shall a vein be opened, by the which the vapours (of the humours that were moved and expelled) are taken away, which otherwise would be no small hurt unto the body. This shall suffice as concerning the rules and ordinances that ought to be observed in purging.

Open no vein except thou have a Plurisie, or other urgent occasion; for blood is the life, and is the onely strengthener of nature, and qualifier of evil humours in the body.

The eight Chapter. Sect. 1.

Of Phlebotomy in general.

He health of man is no lesse maintained, and being in decay restored by right use of Phlebotomy, then by purging; and therefore ought it not at this present time to be passed over in silence. As concerning every particular disease and causes of it, shall hereafter particularly be mentioned. First, one that is in good health, needeth neither boxing nor cupping, nor the letting of blood. Also the Phlebotomy is fruitlesse to

Phlebotomy.

such as have so strong a nature, that (being overladen) is able to expel all superfluities through natural passages, as by bleeding at the nose, by the piles or hemorrhoides, by the flowers in women, and such like: to such is nothing else to be done, but to ayd nature in opening of those passages that she hath chosen to ease her self by. But now might some man ask this question; Why, or for what cause is Phlebotomy used? Whereunto may thus be answered: When the above-named natural evacuations have not their course, then are there four reasons why this letting of blood might be used. First, when blood aboundeth, as commonly in those that have a hot liver, full veins, a high colour and brownish, and are not too fat and corpulent; also in those that eat and drink abundantly, live at ease, and not use meats that engender much blood; which when nature cannot altogether digest, doth smother, rot and corrupt in the veins; from which dangerous and deadly diseases do ensue. Wherefore if phlebotomy be in due season adhibited, it hath these commodities with it. First, that the whole body, or the part affected, may more surely by this means then by administration of inward Physick be eased. For in the letting of blood, being ruled by art, thou mayest draw as little as thou wilt, and as much as seemeth needful; which in purging can in no wise be done: for that which is taken into the body, that remaineth there, whether it be too much or too little, whether it do good or evil. Furthermore, phlebotomy doth strengthen the brain, comfort the sight, warmeth the cold marrow in the bones, freeth the inward parts of many infirmities, stayeth vomiting, helpeth also oftentimes the flux or lax, cleareth the senses, restoreth sleep, reviveth the spirits, because melancholy blood is by it diminished, cureth deafenes, reduceth the lost voice, augmenteth the powers and vertues of all the body, by reason that it is by this means rid of superfluities. In the same sort also is anger delayed by it, because that choler or gall is by Phlebotomy also diminished. The abundance of blood is known no less by the thickness and troubled consistence of urine, then by the signs before mentioned.

Secondly, although the blood be not inflamed, but onely superabounding, yet doth it cause grievous agues and other perillous diseases; wherefore, whensoever we finde an inflammation and an abundance of blood, presently we open a vein. Also if any one every morning about the dawning of the day doth use commonly to sweat, it is a sign of a superfluity in the veins.

Thirdly, where bad and cold blood is, there must a purgation precede Phlebotomy; otherwise the good blood will be drawn forth, and the thick, tough and cold blood remain in the veins.

Lastly, it is profitable at some times to be let blood, not for any of the aforesaid causes, but only that the blood might be led or drawn from the one vein into the other. For example, If a woman do over-passe the time wherein she should have her flowers, then do we open the vein *Saphena* in the foot, thereby intending to draw the blood downwards. Others comprehend all these particulars in these two points; namely, such ought to be phlebotomized that abound in blood, and for that cause are very subject unto sicknesse. Secondly, that are full of bad humours, or that do abound in a corrupted mass of blood, and are diseased: of all which points, and how every vein shall be opened, we will more at large speak hereafter, where we shall treat of every sicknesse in particular.

*Of the causes that prohibite or forbid Phlebotomy. Sect. 2.**causes that
hinder phlebo-
tomy.*

WE have before shewed what persons ought to be phlebotomized : also what profite this letting of blood causeth. Now we will declare what persons must forbear it, and what might hinder it. First, *Galen*, commandeth that no body, before the fourteenth year of his age should be let blood ; but his successors the latter Physitians, will that no man should have a vein opened before the seventeenth year : also those that are above threescore and ten years old should in no case meddle with it ; adding that youth being hot and moist, doth consume much, and therefore needeth much blood for the sustenance of life. In like sort also have old men small store of good blood, but rather great store of bad humours ; where the letting of blood, might take away the best blood and leave the worst behind : Beside this, they are weak, and their strength doth daily decay, but those that are of a middle age from thirty to fifty, may most safely use Phlebotomy : for they neither incline to the one, nor to the other.

To those that are cold of complexion is phlebotomy forbidden, as also to such as dwell in cold countries : for their blood lieth deep in their bodies, is thick and unapt to be educated. Also where there is a great pain shall it be omitted, except it were in a hot ague ; and there shall so much be drawn that the patient do swoon, to the intent the whole body thereby might be cooled, and the heat taken away.

Also it is not good presently after a bath to be let blood, nor after the use of Venery, nor after any long lasting sickness, unlesse the patient do abound in unclean blood : neither must any one that hath overladen his stomach with meat or drink, and as yet is undigested use phlebotomy. They that are constrained to much vomiting of choler in the stomach, must also forbear it, otherwise it will greatly weaken them.

Lastly, no man shall after much bleeding at the nose, or much bleeding of the hemorrhoides or piles, or after great store of the flowers in women, be phlebotomized ; for it will cast him down and weaken him, because the blood is the treasure of life.

*At what time and in what sign a vein ought to be opened. Sect. 3.**when phlebotomy
ought to be
used.*

FOR the preservation of health, it is best to let blood in April or in May, because at that time man doth most abound in blood, and it shall be done on the right side, either in the hand, arm, or foot : for in these moneths and in Summer also increaseth choler, which proceedeth from the liver and gall, that both lye on the right side.

In Harveft groweth melancholy blood, and then must the vein of the spleen be opened on the left side, and in winter also.

In like sort it is ordained to be let blood for diseases of the heart in the Spring, of the liver in Summer, of the feet in Harveft, and of the head in Winter. And to the end it might more clearly appear at what special times Phlebotomy may be used, it shall now be shewed from moneth to moneth, which times are most convenient, and which are not.

January.

In January shalt thou by no means be let blood, except necessity constrain thee, and that in diseases of the head.

February.

In February, if necessity require, mayest thou use it.

March.

In March it is altogether forbidden.

April.

In April it is alwaies convenient to open a vein, but not the Median.

May.

In May it is very good and convenient, but not in legs nor feet.

June.

In June (if need require) thou mayest sometimes Phlebotomize.

July.

In July it is hurtful, by reason of the heat.

August.

In August likewise, unlesse it be towards the latter end of the moneth.

September.

In September it is as convenient as it was in April or May.

October.

In October and November mayest thou also phlebotomize.

November.

In December is phlebotomy prohibited, partly by reason of the extreme cold, partly also because at such time there is small store of blood in the body of man.

December.

There is a great abuse among the common people committed, to look for the sign in the Almanack, and so where the Moon resteth. They make also great difference between the height and lownesse, dryth and moistnesse of the signs, also whether the Moon be new or full, increasing, or decreasing, and divers things more, which of some very superstitiously

superstitiously are observed. Furthermore, if the Moon be in *Aries*, then it is forbidden to let blood in the head vein and under the tongue. And if the Moon be in *Taurus*, it is thought unmeet to open any veins in the neck, or to box or cup about the neck and shoulders. When the Moon is in *Gemini*, which rule the arms, and is supposed to be a hot and moist sign, the places governed are not to be touched. *Cancer* is hot and moist, where if the Moon be, neither the hand nor the left arm ought to be touched. Because, *Leo* is hot and dry, no phlebotomy is permitted concerning the heart. *Virgo* is thought to be a very bad sign, and to be cold and dry, and to rule the guts : at which time ought neither phlebotomy nor any purgation to be used, but all kind of Physick to be abandoned.

But I take it to be a great deal more meet that every Physitian examine well the estate and manner of the diseased patient, and to judge wisely thereof : and first to feel the pulses, and seek out the infallible signs of the infirmity, before he run up to heaven to see the celestial signs : for in sharp and very hot diseases there is no leisure to expect a good sign celestial, but immediately to open a vein, and that so often reiterated as need shall require. But in such like infirmities must the counsel of an expert Physitian be alwayes used : for if Phlebotomy in the like extremities be not in time adhibited, life it self might oftentimes be endangered.

An admonition to those that let others blood. Sect. 4.

ALL those that let others blood, must take great heed they enter not too deep with their lancet, for fear of pricking an artery or sinew, because they are placed very near underneath, and about the veins. And if a sinew be wounded or hurt, great danger is like to ensue, as *spasmus*, great tumours and swellings, or other more grievous accidents, and at the last a terrible and hard death, or at the least a resolution or lameness of the whole member so grieved ; for a wounded sinew is counted incurable, as at another time and place at large shall be shewed. Also if an Artery be touched, then either gusheth forth that excellent blood of the heart, in which the soul of man resteth ; or else *Sinovia* which very hardly will be stinted, because rest and quietness in all consolidations and healings are required, where indeed all arteries are in continual motion. But to stay the running of *Sinovia*, thou shalt have very good and expert remedies in the fifth part of this book. Notwithstanding it is sometime permitted to open an artery, but onely when the greatest need requireth that may be, because (as is already said) it can by no means be done without great danger. But because there is no such peril in the opening of some veines as in others, let this instruction that followeth be diligently observed.

The Cephalical or head vein is without danger, for that there is neither artery nor sinew near it.

The Median is somewhat perillous, for there lieth a sinew just under it, which is to be regarded.

Basilica or liver vein is not without danger, for under it is placed both an artery and a sinew.

The Spleen vein hath no other danger, but that it is small and hard to be pricked : and therefore shall the hand first be layd in warm water. But whatsoever is more to be said of these and the like other veins, shall immediately hereafter be declared.

In this point all Physitians do agree, that wherefover is great store and very thick and grosse blood, there must the incision be made the larger, that the vapors and bad blood might the better issue forth : for if it be not large enough, then cometh forth the thin and subtile blood, and that which is grosse and bad remaineth behind. But if the patients be very weak, then of necessity must the issue be made the lesse, that their little strength be not overthrown, and their vital spirits let out.

What is to be done before, in, and after the letting of blood. Sect. 5.

WHENsoever thou doest purpose to be let blood, use some four daies before meates that are subtile, light and easie of digesture, especially if thy blood be grosse, thick and heavy, that thereby it be made thinner, more fluid and subtile, and so much the easier issue forth : neither is it amiss to bathe thy self two or three daies before, but not on the day appointed for letting of blood. It is also good in the precedent daies to use the sirrups of vinegar.

Note

Head vein safe

Median somewhat dangerous.

Liver vein dangerous.

The spleen vein.

Incision great or small.

Note also, that thou be not phlebotomized presently after awaking out of thy sleep, but rather two or three hours after it, and when thou hast walked before. All the learned Physitians also do counsel (although it be against the common custom) not to open any vein, the Patient being fasting, or not having eaten a new laid egg, and drunk a good draught of wine upon it; then to be let blood, and three hours after to break his fast again: the cause whereof is, that when the stomach hath taken a little food, nature is most strong.

The member likewise which is to be phlebotomized, ought first to be somewhat chafed and rubbed with warm clothes, that the humors thereby might be drawn thither. It is also not amiss to bind the member with a band: for that in like sort draweth the humors into the veins.

It befallerh oft in phlebotomy, that the blood by no means can be stanch'd or stopped: for the which thou shalt finde in the fifth book divers approved remedies; but for the same is the powder of calcined or burned Vitriol very highly commended, being cast upon it.

If the Patient chance to faint in the letting of blood, let him drink a cup of good wine, for that reviveth the vital spirits, strengtheneth the heart, and refresheth the blood. We also for the same use those things that do comfort the heart, which thou shalt find in the second book.

If the opened vein should swell and puffe up, then boyl Rue in the Oyl of Olives, and apply it to the vein. This also is very good to be used after cupping, if the place should begin to rancle.

After the letting of blood the Patient shall forbear sleep at the least six hours, and not eat in the time above specified, that the humors now stirred and troubled in the body might be settled again in the mean while. Afterwards let him use light meats, abstain from milk or any thing that is made thereof, and then at the last commit himself to sleep. Lastly, he is not to use any thing either inwardly or outwardly, but that might warm and comfort the body, and to follow that most learned man *Ioachim Camerarius*, who excellently and briefly observed these rules after the letting of blood.

Prima cœna die sit missio sanguine parca:

Lux abeat laetis anctâ secunda modis.

Tertia sed placide debetur tota quieti:

Quarta & quinta sibi mollius esse volunt.

Balnea sexta petit: mox septima colligit auras,

Fertq̃, vagos circum rura nemusq̃, pedes.

Octava amplexus dilecta conjugis: & qua

Aniè fuit, vitam restituisse solet: That is,

The first day not much meat be spent;

The second day to mirth be bent:

The third day use thy rest and ease;

The fourth and fift eat what thou please;

The sixth day bathe in any ease;

The seventh walk from place to place:

The eight mayest thou lye with thy wife,

And after live thy wonted life.

What veins ought in every disease to be opened. Sect. 6.

Seeing that the body of man is every where full of veins, here shal now be shewed which of them ought to be opened for the ease of any one member, or for cure and help of any disease whatsoever. First, therefore shall be noted, that phlebotomy may be used in divers parts of the body, partly as the disease requireth, partly also according as the veins are aparent. Amongst others, there are six from the armpit downward to the elbow, with those on the hand, that may be opened. The first is called *Cephalica*, the head vein. The second *Basilica*, in Latin *Hepatica*, the liver vein. The third *Mediana*, *Cordica*, *Corporalis*, *Nigra*, *Matrix* and *Communis*, that is, the median, heart, corpulent, black, mother and common vein. The fourth, *Axillaris*, the vein of the armpit, because in the armpit it most plainly appeareth. The fift on the beginning of the hand, which now is no longer phlebotomized. The sixt is also on the outside of the hand, between the little and fourth finger, which of the Physitians is called *Scieles*, *Splenetica*, *Salvatella*, that is, the spleen vein:

The

The lower parts of the body (as the legs and feet) have three special veins: the one *Ischiadica*, the hip vein: the other is *Saphea* or *Saphena*, the womb vein: the third *Poplitea*, the knee vein, which is the just middle vein. They are the special veins that commonly are opened; of which and others more, we will hereafter speak at large.

of the head vein Cephalica. Sect. 7.

THis vein is also called *Humeralis*, the shoulder vein, because it easeth all the veins that are above and beneath the neck, whensoever it is opened. This vein being opened, it doth much help the head-ach called *Hemicrania*, madnesse, and such like, that proceed of an extraordinary heat. It beginneth to appear about the armpits, and passeth along by the left arm.

To the end then that the Reader might more cleerly understand and know, in what infirmities this vein may conveniently be opened, I will briefly rehearse out of other places of this our book, and shew when it is usually opened. As for example; in head-aches with agues, heat and fluxes: in tumors of the arm-pits; in the pains, inflammations and apostumations, with other impediments of the eyes; in frenzies or madnesse, in the night-mare or hag; in accidents of the mouth and throat; in all rheumes, in hot agues with an infection of the lungs. Here mayest thou perceive and see manifestly, that this may justly be called the head-vein.

of the liver vein Basilica. Sect. 8.

AMongst all others is this liver vein *Basilica* the principallest, whose name is sufficiently known both in Greek and English. This being opened, unburdeneth all the parts below the neck, as breast, liver, &c. of their superfluous blood; so that if any of these be any kind of way diseased, it may by that means be recovered again; it taketh her beginning of the armpit vein or *Axillaris*, and goeth down to the elbow. The diseases in the which it is usually phlebotomized, are these. In tumors of the eyes, in unmeasurable bleeding at the nose, in wheefing or ringing of the ears, in extreme melancholy, in rheumes with heat and agues, and in all infirmities of the lungs, in broken veins or varices of the breast, in the panting or beating of the heart, in great faintnesse, in ruptures, in bleeding of the hemorrhoides, in barrennesse of women that proceedeth of heat, in an obdurate and hardned liver, in melancholy, in hot swellings of the stomach, in obstructions of the urine, in impostumes of the womb, in the pain of the hips, in the gout, in wrenchings of the joynts in broken veins, in great inflammations, in the Pox, and in the measles.

of the Median or middle vein. Sect. 9.

THis is for the most part of all our Physitians and Chirurgians called by the Latine name *Mediana*; because it lyeth between the abovesaid veins, and taketh his beginning also from them both. This being opened in all infirmities doth most good, for that it easeth both the upper and lower parts of the body: for which cause it is called *Universalis*, the common vein, and not as some suppose, because it cometh from the heart. Here is to be observed, that if the head vein or *Cephalica* should be opened, and it no where appeareth; in stead of it the Median shall rather be used then the head vein: likewise if the Liver vein be not seen, open rather the Median then the head vein. As for example, this vein is conveniently opened in swoln eyes, bleeding at the nose, outrageous melancholy; hot rheumes, panting of the heart, ruptures, to procure children in women of hot complexions, bleeding of the hemorrhoides or piles, and to procure the flowers in women, &c. by which every skilful man may guide himself.

of the armpit vein Axillaris. Sect. 10.

THe fourth vein is called (as is aforesaid) *Axillaris*; it is a branch of the great liver vein, called *Vena cava*, the hollow vein, which cometh from thence into the arms, and sheweth

sheweth it self in the bending of the arm. It hath great correspondence with the head vein, as is already sufficiently shewed. After the same sort it is with the fist, which is on the end of the arm: so that all that hath been said before, and which shall be said hereafter of the Spleen vein, the very same may be said of these two.

Of the Spleen vein or Salvatella. Sect. 11.

THe sixt principal vein lyeth between the little and fourth fingers, on the outside of both hands. It is oftentimes opened, because it cleanseth the Spleen, liver and brest, cleereth the voyce, preserveth the internal parts, but especially the stomach and mouth from all accidents whatsoever, easeth the pain of the heart, and taketh away all the superfluous blood of the before named inward parts. The later Physitians make this distinction: they call this vein on the left hand *Splenetica*, the spleen vein; and on the right hand *Salvatella*; for this cause have divers opened that on the left side, letting it bleed till of it self it stancheth, supposing thereby to heal all infirmities of the spleen. It is also opened in blood spittingss, in obstructions of the spleen, and in the French pox: That on the right hand in infirmities of the liver, in shaking palsies, in contractures of the mouth, in all manner of stiches, in the gout, in the pockes, and in fine, almost in all other diseases.

Of the hip vein. Sect. 12.

After the description of the veines that are in the arms and hands, it followeth now to treat of the three principal veines apparent in the legs and feet. The first and uppermost of them is called in Greek *Ischiadica*, and in English the hip vein. It is commonly opened upon the left foot, thereby to draw the blood downwards, and to ease all the maladies of the same side, of the kidnyes, of the wombe, and such like: also to make the piles bleed, to help the pain of the hip, to cease the raging of the gout, if it be opened hard by the little toe, although it specially appear upon the ankle on the outside of the leg.

Of the womb vein or Saphena. Sect. 13.

THis commeth from the great liver or hollow vein, and descendeth from the fore side of the leg down to the inward ankle, where it very manifestly appeareth: for the which cause it is also called *Manifesta*, the apparent or manifest vein, otherwise *Saphena*, and not *Saphena*. This is especially opened to draw the blood downwards from the privy parts of man, from the womb in women, in sore eyes, in madnesse, in the the pallsie, in the night-mare, falling evil, blood spittings, womens flowers, and barrennesse of them, in the suffocation of the matrix, or the rising up of the womb or the mother, in the gout, and in the plague.

Of the ham or knee vein. Sect. 14.

THis also is a median or middle vein, which descendeth downwards through the calf of the leg into the foot, as the median of the arm doth into the hand: and it is more meet to be opened to the aforesaid infirmities, than either the hip or womb vein, because it is nearer adjacent to the womb with her annexed parts then either of them, and therefore draweth with more force.

Of the vein in the forehead. Sect. 15.

IN the middest of the forehead is also a very apparent vein, which usually was opened in all pains of the hinder part of the head and neck, although it have continued very long; also in all pains of the eyes, but first of all ought the head vein to be opened. It is also used in the frenzie, night-mare, and pallsie.

Of the veines of the eyes. Sect. 16.

THese little veines appear in the corners of the eyes, hard by the Nose upwards toward the forehead. They are commonly opened in inflammations of the eyes: but first of all open the vein of the head.

Of the vein in the Temples of the head. Sect. 17.

IN the temples of the head are veines, which some men do counsel to be opened in the pain of the eyes, if the same proceed of hot humors or windinesse, as is before said. But it is not without great danger, because there is an artery hard by it, which easily may be felt. The same may be said of the veins behind the ears, which also are very commodiously opened in great pains of the head, as *Hemicrania*, in a continual pain and swimming in the head. But *Avicenna* supposeth, that such as use it thereby are made barren or unfruitful.

Of the vein upon the Nose. Sect. 18.

IN like manner also is there a vein upon the nose close by the forehead, which may be opened: but first must a towel or napkin be tied hard about the neck and throat, that the vein may swell or puffe up, and be the better seen.

Of the veines in the lips. Sect. 19.

THese are opened in all putrefactions and rottings of the gums, and many other infections of the mouth, but not before the head vein.

Of the veines of the Almonds or Kernels in the throat. Sect. 20.

THere be four of these veines apparent, the which being opened, help very greatly in all rheumes and defluxions, as also in tooth-ach, but it is not good to open them but when the rheume beginneth to fall.

Of the veines under the tongue. Sect. 21.

Under the tongue are also some veines, which in dangerous diseases may well be opened, and especially in the squinancy, and in all other flegmatical tumors of the throat, in the night mare, and all maladies of the tongue.

Of the veines of the neck. Sect. 22.

TO conclude, there be certain veines in the neck, called of the Arabians *Guingedes*, which usually were opened in the beginning of the leprosy, in the pain of the throat called *Angina*, in shortness and oppression of the breath, impostumes of the lungs, in affections of the spleen and sides. Thus ending this Chapter of the opening of all kind of veines, we will treat of boxing or cupping, which also is greatly commended in Physick.

The ninth Chapter.

Of Cupping.

His is the second means, whereby the abundance of blood in mans body is diminished. *Galen* did so highly esteem of it, that he termeth it a precious help, and commendeth it in many diseases, but especially where flegme and windinesse doth exceed. He ascribeth unto it the attraction of humors, ceasing of pain, diminishing of flegme, dissipation of windinesse, to provoke hunger, to withdraw and to stay rheumes, and to stanch bleeding. He adviseth also to use it in great pain of the belly proceeding of wind, as the most true and present remedy, namely, to fasten a great box or cup on the place pained, and often to renew it:

it: for thereby is the wind marvellously drawn forth and dissipated: and not onely for this, but for the hardnesse and other accidents of the Spleen, but without picking or opening of the skin. But note that this boxing or cupping ought not to be used, except the patient have first of all thoroughly been purged; otherwise it doth draw the superfluous humidity, which lyeth deep underneath, outward to the skin. These boxes also are not to be set just upon the place affected, but hard by it thereabout, that by them the matter might be dissipated and withdrawn: As for example, if a woman had too many of her flowers continuing the cups or boxes shall be set upon her breasts. In too much bleeding at the nose, upon the navel, and so in more places contrary still to the course of the blood, or else upon the veins whence the cause proceedeth; likewise to provoke or move the terms in women, the cups shall be fixed upon the thighs: in sore eyes, behind the neck, as in many places in this book shall be shewed. Thus much for the cupping without opening the skin.

But if thou wilt open the skin also, as commonly is used in divers parts of the body, and especially in any hard tumor or *Schyrhus*, or other swellings with a great distinction and pain. In like manner when thou wilt draw the peccant matter from the infected place to another, as to remove head-ach, the cups are fixed on the caves of the legs with opening of the skin: which also is done if the terms or flowers in women be stayed, and in such like other accidents, as hereafter in this book at large shall appear.

The tenth Chapter.

Of the diminishing of the blood by Horfleaches.



He third means whereby the blood is drawn forth of the body, is that blood-sucking water worm, which the ancient Physitians by their experience for the help of man have found out. These Horfleaches are of divers and iundry colours, some black, some red, some greenish, and of many other colours. They are all of them somewhat venomous, but especially those that be party coloured with green stripes, big, and live in stinking pools, which altogether are to be avoided. Others that appear in May, and most of all about noon, abide in other pools and waters, where also they are taken: How to prepare them for to use, hath been shewed in the sixt Chapter.

Before they be fastened, the place must first be well chafed, with water moistened, and well scratched with the nails; then take they the better hold. When they are fast, anoint the place with warm oyl that it cool not: and if they be fixed to either hands or feet, then put that part into luke-warm water, whereon they be fastened: but if they draw or suck not strong enough, clip off a little peece of their tails, that the blood may passe thorow them; for they will not leave sucking for all that, unlesse a little salt or a few ashes be cast upon their heads, or that they be stricken on the head with a little wand or rod, or that they be burnt with a wax candle. After they be fallen off, thou shalt fasten a box or cup upon the same place to draw out the remaining blood and venome, or else moisten it with a warm sponge: add if it continue bleeding, cast some meal on it, and lay sheepes wool dipped in oyl upon that, or some other thing; as in the first part of this book is taught how to stanch blood.

Here is also to be observed, that these horfleaches do not draw the blood out of the inward parts of the body, but onely that which lyeth in the flesh thereabout, so that they can onely be used in place of boxes, and especially in black melancholy blood, which by nature they onely suck forth. And this is all the difference between the use of them and of cups.

In the application or fastening of Horfleaches, they must be put into a quill, reed or cane, that they take hold of no other place but where they should.

It is furthermore well known, that great store of superfluous humidities are expelled by baths, sweat, rubbing, vomiting, and such like: but because these things must be altered, augmented and diminished according to the estate of the person, great heed ought to be given, what here and there in this book is spoken of them.

The

The eleventh Chapter.

Of the six things not natural, called of the Physicians

Res non naturales.



He cause why we make no mention of these six things, is, for that by them a general rule of the life is to be observed; but most of all in the time of sicknesse, when every one (according as necessity requireth) is taught what order is to be kept in every of them.

The first is air, to wit, what air ought to be elected, what to be refused, and if neither of these may be, by what means to correct it.

The second is moving or motion, which is not a little to be regarded, because some diseases require much moving, others little, and some none at all.

The third is sleep and watching, which is of no lesse account then motion.

The fourth is fulnesse and emptinesse, which teacheth what order is to be followed in meat and drink, as also in hunger and abstinence: the meanes also to restore that which either is wanting in the one or in the other.

The fifth, the accidents or motions of the mind, as anger, fear, gladnesse, sorrow, love, hatred, &c. which oftentimes cause great change and alteration both in sicknesse and in health.

The sixth is meat and drink; which is meet for every disease, which unmeet. Of the which in every particular disease, several instructions shall be given: this general rule presupposed, that no man diseased shall overlade his stomach with meat or drink, except it were to vomit it up again. It is also better to eat thrice a day, and a little at once, then but twice abundantly.

If of all these things thou wilt have a more just explication, look in the second part of the wheesing and stopping of the breath, by the which thou mayest also rule thy self in other infirmities.

Furthermore, whatsoever might be said of the four complexions or humors of mans body, as blood, choler, flegme, and melancholy; with their in compassed mixtures called *Intemperies*, which are eight fold, and what else doth appertain unto them, shall sufficiently as opportunity serveth hereafter be declared.

In the course of physical observation 3. things are to be observed; that is to say. Things natural, Things not natural, and Things against nature.

There are 7. things natural, Elements, Complexions, Humors, Members, Vertues, Operations, and Spirits.

There are (by some) 4. things annexed to things Natural, Age, Colour Figure, and diversity of sexe or kind.

There are 6. things not natural; Aire, Meat and Drink, Sleep and Watching, Motion and rest, Fulnesse and Emptinesse, and affections of the mind.

There are 3. things against nature; Sicknesse, cause of Sicknesse, and Accidents which follow sicknesse.

There are 4. Elements; fire, which is hot and dry: Aire, which is hot and moist, Earth which is cold and dry, Water which is cold and moist.

Complexion is a commixtion of two divers qualities of the four Elements in one body, as hot and moist, hot and dry; cold and moist, cold and dry.

*In Isagoge
Ioannit.*

The body hot and moist is called Sanguine, and is known by these signes.

Sanguine { *Visage, white and ruddie.*
Hair, plenty and red.
Veines and arteries large.
Sleep, much.
Carnositie.
Dreams of bloody or pleasant things.
Pulse, great and full.
Digestion perfect.
Angry, shortly.
Siege, urine and sweat, much.
Apt to bleeding.
Urine, reddie and grosse:

The body cold and moist, is called flegmatick, and is perceived by these signes.

Flegmatick { *Colour, white and pale*
Hair, much and plain.
Veines, narrow.
Fatnesse and soft.
Sleep, superfluous.
Dreames, of watery things.
Slownesse in action.
Cowardise.
Dulnesse to learn.
Digestion weak.
Spittle much.
Urine, grosse, white and pale.
Pulse, lowe and little.

The body hot and dry, is called cholerick, and is perceived by these signes.

Cholerick { *Leannesse, Hair blackish and curled.*
Costivenesse.
Colour red as fire, or Sallow.
Little sleep.
Dreams of fire, fighting, or anger.
Wis quick.
Apt to learn.
Voyce sharp and shrill.
Hardy, and fighting.
Urine high coloured and clear.
Pulse swift and strong.

The body cold and dry, is called Melancholick, and is perceived by these signes.

Melancholick { *Leannesse and hardnesse of skin.*
Hair plain and thin.
Colour dusky, or white with leannesse.
Sleep little.
Dreames fearful.
Stiffe in opinions.
Digestion slow and ill.
Fearful.
Angry long.
Seldome laughing.
Urine, watery and thin.
Pulse little.

These

These four humours, Blood, Flegme, Choler, and Melancholy, are not simply in any body, but are alwaies mixed in each body; and where blood abounds, that body is called Sanguine, and so of the rest. Where flegme abounds, that body is flegmatick. Where choler abounds, that body is cholerick; and where Melancholy abounds, that body is melancholick. Some bodies by nature are neither simply sanguine, nor simply flegmatick, nor simply cholerick, nor simply melancholick, but are mixed, partly sanguine, partly flegmatick, partly cholerick, partly melancholick.

When these humours keep their natural proportion, then the body is in health; but when the natural temperature of these humours in the body, do either abound or want in quantity or quality, over or under their natural assignment, then the body is in sickness, more or lesse, according to the malice of the humours abounding or corrupting.

Blood is the qualifier of humours in the body, the cause and treasure of life, the nourisher of the body, and the preserver of Natural heat and moisture: the losse of blood bringeth death suddenly, for as the Scripture saith, Gen. 9. 4. blood is the life; blood is hot and moist. And the property of blood is to nourish and strengthen the whole body, and to make flesh.

These humours have their proper receptacles in which they are contained, the veines, are the vessels containing blood; the stomach or ventricle containing flegme; the blauze of gall containing yellow choler; the milt or splene, the vessel containing black choler or melancholy.

Blood is two-fold, to wit, natural, and unnatural.

The natural blood is hot and moist, of a red colour, of a good smell, and of a sweet taste.

The unnatural blood is, when blood is altered from his natural substance or quality. It is altered in quality, when it is distempered with much cold, or inflamed with much heat.

And this distemperature of the blood, in heat, or cold, is the cause of many diseases in the body.

It is altered in substance, either when the blood is changed into evil humours, or when it is mixed with evil humours, or when the humours of flegme, choler, or melancholy, abound and corrupt it.

Flegme is natural, or unnatural.

Natural flegme is blood not well concocted; and in the due concoction it is apt to be made blood; And it is cold and moist. And the property of it is, partly to make the blood more thin, to be conveyed to nourish the flegmatick members; and partly to moisten the Joynts and members of motion, lest drynesse should hinder motion, by reason of the heat which motion procures.

Unnatural flegme is that, which is mixed with other humours, and is altered in his qualities, and is of four sorts.

Salt flegme, is more cold and dry then the rest, and is mixed and corrupted with the cholerick humour.

Sowre or sharp flegme, is coldish and dry, infected with melancholy.

Viscous or glassie flegme, is caused of great cold and congelation, either by reason of cold external, or else by want of natural heat, which is common to old men.

Sweet flegme, is hottish and moist, mixed with blood, and differs from natural flegme onely in this; to wit, that natural flegme is sweetish, without mixture of blood; and this is mixed with blood: and natural flegme is cold and moist; and this is hottish and moist.

Choler is natural, and unnatural.

Natural choler is the spume or froth of blood, and is of a reddish colour and clear, and is hot and dry. It hath beginning in the liver, and is divided into two parts, one part goes with the blood, the other part goes into the blauze of the gall.

And the property of that which goes with the blood, is, to nourish those members, which require a greater part of that humour, as the Lungs, and to be a help to make the blood more subtil in his passages, and more apt to penetrate.

And the property of that which goes into the blauze of the gall is, either to cleanse the whole body of superfluity; or else to nourish that one member of gall. And also to cleanse the Intrals of dung and viscous flegme; and to provoke the intestines and muscles of the arse, to have necessary sense; and to cast out the excrement. And therefore

fore the *Colica Passio* is caused of opilation, which is in that hole which descends from the gall, unto the Intestines.

Unnatural choler, is that which is mixed with other humours, or is altered in his qualities, and is of four sorts.

Citrine, or yellow choler, is not so hot as natural choler, and is mixed and corrupted with flegme,

Yolkie, like the yolk of eggs, which is mixed and corrupted with viscos flegme, and hath lesse heat then the former.

Green, like Leeks, which is caused of choler adust, not so much in the liver, as in the ventricle, filled with sharp flegme, and evil humours.

Green like the Canker of brasie, is very hot and dry, caused by mixture of sower flegme, and choler adust, and is poysonous and deadly.

Melancholy or black choler, is natural or unnatural.

Natural Melancholy, is the dregs of good blood, and is cold and dry, and hath beginning in the Liver, and is divided into two parts; one part goes with the blood, the other part goes to the spleen.

And the property of that which goes with the blood, is to nourish the melancholy members, as the bones; and to thicken and fortifie the blood.

And the property of that which goes to the spleen, is either to help to cleanse the whole body of superfluities; or else to nourish the spleen. And also, to close and comfort the mouth of the stomach or ventricle, and to stir it up by his acrimony unto hunger and desire of meat.

As the natural red choler doth waken nature to use her expulsive quality to cast out the excrement downward: so the black choler doth waken nature in her desiring quality, to receive nourishment upward.

Unnatural Melancholy, is caused of adustion of cholerick mixture, and is hotter and lighter then the other, having in it a violent and killing nature.

Members are bodies which are generated of the first commixtion of humours, even as humours are bodies which are generated of the first commixtion of meats; and as meats are generated of the first commixtion of elements.

Of members some are simple, some are compound.

Simple members are such, whose parts in name, definition, and division are the same; and they are called similar parts: as part of the flesh is flesh, part of the bone is bone, part of the nerve is nerve, part of the fat is fat, and so of the rest.

Compound members are such, whose parts in name and division differ in respect of the whole: as the face and the hand; for part of the face is not the face, and part of the hand is not the hand, and so of the like.

1. The bone is a similar body and hard, created to be a supporter and upholder of the body in his motion.

2. The cartilage or gristle, is softer than the bone, yet harder then any other part of the body, created that by it there may be a more apt continuation of the bones with the softer parts of the body, that the soft parts should not be compounded with the hard parts, without a mean or medium, lest that the soft parts should be hurt and destroyed by the hard parts. In which behold and magnifie the excellent goodnesse and wisdom of God, in making a mean or mediator in the body, to qualifie the extremes for preservation and ease of the body.

3. The Nerve or sinew is a long body, round and solid, which hath beginning from the brains and pitch of the back, created to the end, that by it the members may have sense and motion; *nullus quidem motus fit, nisi per nervos & ejus villos.*

4. The Ligament is a body like the nerve, and hath his continuation and being between the extremes of the Joyntures of bones, and between other members, whereby they are more firmly knit and united together; and the Ligament hath of it self no sense, and therefore feeleth no pain by motion or rubbing, although it is rubbed and pressed by the bones in motion of the joynts.

5. The Arterie is a body round, sinewy, and hollow, which hath his beginning from the Concave of the heart, having motion to open and to shut it self; created to vent the heart, and to expel and carry away from it fumes and vapours, and to convey and distribute the vital spirits and pure blood to the members of the body.

6. The

6. The vein is a body round, sinewy and hollow, like the artery which hath his beginning from the liver, created to convey the blood to every member of the body, to nourish and strengthen the same.

7. The pannicle or tunicle is a body compact of nervy threads not to be perceived by the sense, whose substance is very thin, and covereth the superficies of other bodies, and keeps them in their proper form and figure, and by means of the nerves whereof the pannicle is so made, it gives sense unto the body which it covers; and as some affirm the Lungs, the Liver the Splene, the reines, in their own substance have no sense, but by means of the pannicle which covers their superficies.

8. The flesh is a soluble body, made of the digestion of pure blood created to fill the hollow parts of the body, that it may be the more beautiful.

In every of the members, there is a natural vertue, to draw, to retain to assimilate, and to unite nourishment unto it self; and also to expel superfluity and excrement.

Of members, some are principal, some are lesse principal.

The principal members are the braines, heart, liver, and stones.

The lesse principal members are the stomach, the reines, the bowels, and all the great sinewes.

The principal members are those members which have the principal and chief vertue in preserving of the whole body, and are called preparing. As the heart hath the principal vertue in preserving life. The brains have principal vertue of sense and motions; the liver hath the principal vertue in nourishing; and the stones have the principal vertue of generation.

Some members are official and serving unto these, and are called serving members, as the sinewes, arteries, veins and vessels of seed.

They are called official and serving members, because they convey and carry unto every member, that preserving vertue which the principal members have prepared.

The service { Of the sinewes is to convey sense and motion from the braines.
Of the arteries, is to convey the vital spirits from the heart:
Of the veins, is to convey the blood from the liver.
Of the vessels of seed, is to convey the seed to the stones; but I hold, that the vessels of seed have both a preparing and conveying vertue unto the act of generation.

The preparer of nourishment for the stomach, is the mouth, the conveyer is the *Aesophagus*, or wheefand.

The preparer of nourishment for the liver is the stomach, the ventricle, and mesentery; the conveyer is the vein called *vena porta*.

The preparer of nourishment for the heart, is the liver, the conveyer is the great vein called *vena cava*.

The heart either prepareth or sendeth nourishment unto the lungs or lights, which is conveyed by the Arterial vein, which proceeds from the right ventricle of the heart.

The preparer of nourishment for the brains is the heart, and all inferiour members, the conveyer is the *vena porta*, and *vena arterialis*, and their branches.

Vertue or power (in Physical observation) is that which gives unto nature, the faculty and beginning of operation. And this vertue is three-fold, that is to say, Animal, Natural, Vital.

And every one of these are seated in his principal member as in his proper seat: the Animal vertue hath his seat in the brain, the Natural vertue hath his seat in the liver, and the vital vertue hath his seat in the heart.

The Animal vertue doth prepare the members which are under his government, to receive the vertue of sense, motion and operation.

The Natural vertue doth conserve the liver and the vessels of seed, and prepares the one to minister nourishment for the preservation of the whole; and fits the other with the operation of generation for the preservation of the species.

The Vital vertue doth conserve the life of the whole, and is the chariot of sense and motion, and administers life unto the whole.

Operation is a disposition of nature, which arises from the vertues or powers: from the natural power arises the operation of Appetite, Digestion, Retention, and Expulsion.

The Appetite is moved by heat and dryth.

The Digestion is made by heat and moisture.

The Retention is effected by cold and dryth.

The Expulsion is moved by cold and moist.

Spirit is an aery substance subtile, stirring the powers of the body to perform their operations; which is divided into Natural, Vital, Animal.

The Natural spirit taketh his beginning of the liver, and spreadeth into all the body, by the veins which have no pulse.

The Vital spirit proceedeth from the heart, and is sent into the whole body, by the arteries and pulses.

The Animal spirit is ingendred in the brain, and is sent into the whole body, by the sinewes, and maketh sense and motion.

The twelfth Chapter

An Explication of all the Weights and Measures which commonly are used in Physick.



Here be two sorts of pounds; the common pound containeth sixteen ounces, but the Physical pound hath but twelve ounces. It is abbreviated thus, lib. but to avoid all errours, we have set down the word pound; and where a Physical pound was meant, there are twelve ounces specified. An ounce containeth eight drachmes, which every where is noted by this name ounce.

Half an ounce is four drachmes, which is noted by the physitians and Apothecaries with this mark, $\mathfrak{z}\text{.}\mathfrak{ss}$. which might breed error, and therefore doe we set the name of halfe an ounce.

Drachma is the eight part of an ounce, which we write thus, drachme or drach. lest by the character some error might be committed, marked thus, \mathfrak{z} .

Scruple is the third part of a drachme, and shall be written after this manner. scruple or scrup. marked thus, \mathfrak{s} .

Grannum a grain, is the weight of a barley corne, whereof twenty do make one scruple: but because that barley cornes are bigger in one country then in another, thou shalt instead of them use Pepper cornes, and so take twenty of them for a scruple: This shall be noted by the name grain, marked thus, G .

Manipulus is a handful of herbs, flowers or seeds, and this shall be marked thus with an M . and halfe an handful, which is called of the Apothecaries *Pugillus*, shall be noted thus, with a P .

Measures of water, honey, and such like liquors, do we esteem every wine-pint at eighteen ounces.

Note also, that if thou happen to find any unknown name or word in this booke, either in Latine or English, that thou shalt find in the Table or Index at the end.

After all the instructions we will by Gods grace come to the principal, and beginning at the uppermost part of the body, that is the head, and defending downward to the foot.

The most high Physitian God our most dear Father, through Jesus Christ our onely Saviour, give us his blessing and grace to finish it.

The End of the Introduction.

The



THE
First Part of this Book containeth the HEAD, with all
the parts thereof, to the very Neck, as Face, Hair, Beard, Scull,
Brain, Nose, Eares, Lips, Mouth, Tongue, Teeth,
Speech, &c. with all such accidents as are incident unto
them, and their appropriate remedies.

The first Chapter.

Of Pain in the Head.



Here are many pains in the Head, by the Arabians commonly called *Soda*; which as they proceed of divers causes, so do they also differ in nature. They are delivered unto us either in particular, proper, principal or universal affections, under which all the other are comprehended, as *Cephalalgia*, *Cephalaa*, *Hemicrania*, and *Congelatio*.

Of giddinesse of the head, falling evil, dead pallsie, and such like infirmities shall be spoken hereafter, where we treat of the brain; for that these and divers other diseases are caused for the most part of a debility and weakness of the brain.

The brain is the primarie part of the head, and is compassed with two membranes. The outmost is next unto the inside of the Skull, and is thick and hard, and is called the Dura mater. The inmost involves the substances of the brain and is thin, and is called the Pia mater. And these parts may be distempered with heat or cold moisture or drynesse; and they may be distempered with heat and moistnesse, with heat and drynesse, or with cold and moistnesse, and with cold and drynesse.

In curing the diseases of the brain, rectifie the ventricle and parts below; that the humours ascending hurt not the braines, as also hempseeds, flaxseeds, rockets, mustard, Daucus, Onions, Juniper berries, Dates; these are to be eschewed in all diseases of the head, vine seeds, wormewood, milk, Acornes, black Olives, Crabs, Lentiles; also Myrrhe, Olibanum, Ivie berries, which hurt the joynts; also the fruit of Lentiske, or mastick trees saffron, horsestrange, Sowebread, Styra, which disturb the mind; also hasel nuts, Wallnuts, Chestnuts, Squinant, and violent exercise after meats; and sudden sleep after meats; also want of food, or an excesse costivenesse in the bowels fill the head with evill humours: or to slip with shoos on the feet.

His internal simple medicines in hot causes.

Leaves of Lettice, of Purslain, of Plantaine, of garden nightshade, flowers of Rosemary, of Violets, of Waterlillies, of white poppy seeds, of Lettice, of white Poppy, Melons, Cucumbers, Gourds, Citruls. Barley.

Woods of Sandals, and other cooling hearbs.

His outward simple medicines.

Leaves of house-leek, willow vines, penny wort, Myrtles, Gourds, Water-Lillies, the herb fleeting vpon the water called Ducks-meat, seeds of fleabane, Lettice, Poppy, Roots of Sumach, Mandrages.

Juyces of willow leaves, vines, Sengreen, water-Lillies, plantain, nightshade:

His inward Medicines Compound.

Waters distilled of Roses, Violets, Lettice, Purslain, Water-Lillies, Nightshade, Gourds, Conserves of Roses, violets, water-Lillies, Citrons, Syrupes of violets, Roses, water-Lillies, Conserves of Coleworts, Lettice; Of these you may make Julips.

His Oyles to anoint the temples and head.

Oyl of Violets, of Roses, Lillies, Myrtles, Quinces, Gourds, Poppie, Lettice.

Oyntments.

The Oyntment called *Unguentum Rosaceum*, or *refrigerans Galeni*, *populeum album camphoratum*.

Signes shewing What humour causes Head-ache.

IF the Head-ache be of bloud, there is great heat in the head, heavinesse in the forehead, the veins of the eyes and whole face is red, the veins of the face are full, the urine is reddish and fatty, and the pulse is soft.

If it be of red choler, there is great heat in the nostrils, the tongue is dry, with much watching and thirst, and the greatest pain is on the right side of the head.

If it be of black choler, the head is cold, the colour of the face is swarth, the veins appear not, little sleep, much fear and pensivenesse, and the greatest pain is on the left part of the head.

If it be of flegme, the senses are heavy and dull, much sleep, heavy retention of the spirits with moan, and the greatest pain is in the hinder part of the head.

Of all outward accidents, as blowes, bruises, wounds, and falls on the head, shall be shewed in the Chapter of the brain-pan or scull.

Cephalalgia.

Cephalalgia, by the Greeks so termed, is such a disease that almost affecteth the whole head: which sometimes is very violent, otherwhiles more tolerable, and either continueth long, or passeth over speedily.

Cephalaea.

Cephalaea is an intolerable head-ache, which (notwithstanding that it hath some communion with the aforementioned *Cephalalgia*) doth marvellously weaken all the powers of the head, and at some time ceaseth, seeming as though it would not return again, yet (in manner like unto the falling sicknesse) by fits returneth with such violence, such noise in the eares, such beating in the forehead, such thrusting forth of the eyes, and finally with such swelling up of all the veins of the head, that both hearing and sight thereby decayeth; yea taketh divers with that extremity, that it seemeth unto them as if something did beat on the inside of their head with a hammer, and would rend and tear their head asunder. This ache sometimes cometh in the sinewes of the eyes, and doth oppilate and harm them greatly, and at the length induceth blindnesse altogether. And albeit this affection of the head oft times groweth of a light and small cause, yet procureth it divers times very heavy and grievous accidents.

Hemicrania.

Hemicrania is also an head-ache, wherewith either the right or the left side, the back or forepart of the head is infected; it taketh commonly the one side of the head, even from the midst of the forehead, and so passeth through the boll or concavity of the scull to the very back part of the head. It doth also very often so disease the eyes, that it perissheth the sight of them: insomuch, that this pain is so like to the above named *Cephalaea*; that *Galen* and many others do not only describe them both together, but use also one and the self same remedies for them both, as hereafter may appear.

congelatio.

The fourth kind of head-ache is *Congelatio*, as it were a cold nummednesse; this proceeding from the back part of the head, taketh away all sense and feeling of the patient, and therefore it is not unlike unto that heavy and drowsie disease *Lethargus* and *Stupor*, wherein also the affected body is suddenly deprived both of sense and feeling.

Of the causes of the head-ach. S. I.

The common causes of head-ach in general are innumerable; as heat of the Sun, bathings, change of ayr, a continual South-wind, a strong sent of spices, whether they be hot or cold by nature; also the smell of wine, drunkennesse, stinking meat, Garlick, Onions, Mustard, strokes or blowes, bruising, or great motions of the brain, sleep presently after dinner, much bleeding, wormes in the eares, nostrils, or stomach, choler in the stomach, fumes and vapours out of the same, too much repletion of the stomach

mach, *Intemperies* or an unnatural mixture of the humours, with many more, which for brevities sake we omit, and will treat of more necessarily matters. But for the most part (as hath already been said) this pain in the head proceedeth of the intemperature of the four humours, namely of blood, choler, flegme, and melancholy. The Physitians have found out eight kinds of this intemperature, with their appropriate and due remedies, as hereafter at large shall be shewed. As concerning the aches and paines of the head, we do divide them into hot or cold aches, in which all others that we purpose to treat of are comprehended, and so begin with the hot paines of the head.

*The signes of a hot head-ach that proceedeth from
choler, Sect. 2.*

IN this kind of head-ach are these common signes, belching, or breaking of wind upward with lothsomenesse and thirst, dryth of the mouth, tongue, and nostrils. The pain is pricking, sharp, and rather in the right then in the left side of the head, heat over all the body, but especially in the nostrils, no appetite, no sleep, the pulses hasty and quick, the urine reddish, the face yellow. The surest notes are, if the time of the year be hot and dry, the Patient young, and hath used those things that procure heat and dryth.

The causes, and signes then being knowne, now follow the first and especiallest means to ease it, namely in shunning those things that in any way might either procure or continue it, as hot wines, the sent of hot and strong things, the use of meats hot in operation; then to begin (not onely in this, but in all other infirmities whatsoever) with the easiest remedies at the first, and most of all if this hot pain of the head be but new and of no continuance; at which time, to delay the heat, thou mayest safely use these that follow.

For Head-Ache in a Fever, rub the feet, and bind the extreames, and it helps, and anoint the nostrils and crown of the head with oyl of Violets, or apply *emplastrum psilliticum* to the forehead and temples, which is made thus; take the mucilage of flea-bane infused in Rosewater, and then with Rosewater and vinegar, make it somewhat thick: proved.

Or bruise attriplex, and apply it to the forehead or head; Or bruise wood-sorrel, called alleluja, and vervine, and apply it as a plaister to the forehead, temples, and grieved place.

But my vomiting potion never failed me in this disease; which Vomit is made of Stibium, Saffron, Angelica Roots, Castoreum, and honey dissolved in wine: the manner of making hereof, I shall expresse hereafter.

Or make a plaister of the white of eggs, and the powder of Comin, and apply it to the forehead, the crown of the head and nape, let it lye 24 houres.

Applications, Oynments, Plaisters, Lotions.

O*Xyrrhodinum* applied outwardly is greatly commended, that is, Oyl of Roses, water and vinegar of Roses, of each a like quantity: in this mixture dip double linnen clothes, and lay them so cold and wet to the forehead, from one temple to another, and as often as it dryeth must it be refreshed again. Others make it stronger thus: Take of Rose water five ounces, of Melilot water four ounces, water of Nightshade two ounces, oyl of Roses one ounce and a half, Rose Vineger one ounce, use it as the other before. These two compositions, by reason of the Oyl and vinegar of Roses which are in them, are called *Oxyrrhodinum*; unto which (if the heat be very extreme) thou mayest adde one drachme of Camphire. Also take the white of an Egg well beaten, Rose water one ounce, water of Elder, and Fennel water, of each half an ounce, five small Nuts well beaten in a mortar, a little Saffron; lay this to the forehead with wool. Another that is more stronger, the water of the white water-Lilly, water of Endive, of each three ounces, red, white, and yellow Saunders, or one of them, of each one drachme, beaten Rose leaves half a drachme, beaten Camfere half a drachme, mixe them all together, and use them as is above shewed. This cooleth greatly, and easeth the pain of the head.

The Ointment of Roses described by Mesues.

Take fresh or new hogges greafe, as much as thou wilt; wash it very often with warme water, afterwards with cold water; then take as many Roses in weight as thy greafe weigheth, beat them both together in a mortar, let them so rest the space of seven dayes: then strain it thorow a cloth, and beat as many Roses with thy greafe as before, and so let them stand other seven dayes; strain them again, and adde to thy greafe halfe the weight of the juice of Roses, and the sixt part of the oyl of sweet Almonds, and boyle them together untill all the juice be consumed, which thou shalt know thus; put one or two drops of it into the fire, where if it make no noise or hissing like unto water, then it is sufficiently boyled: then take it from the fire, stirring it continually with a wooden pestle until it waxeth stiff and white; some add a little *Opium* unto it to make it cool the more, but it is needlesse; for if it be necessary thou mayest add it at all times afterward. This ointment is an especial good remedy in *Cephalalgia* and heat of the head, it stayeth flegmatical rheumes and phlegmons, it mitigateth the canker, it is also good for the heat of the stomach, liver, kidnyes, &c.

Take bears greaf. ℥. β. camphire powdered. ʒ. β. melt the camphire, and bears greafe, till the camphire is dissolved, and anoint the aking head with it: if it be for a woman you may add the powder of castoreum unto it.

The manner of purging for head-ach.

If the head-ach be caused of blood corrupted, or choler, purge with these, or the like: Take ceterach, Venus hair, maiden hair, Scolopendia, seeds of cucumbers, citrons, melons, 26. pompons, prunes, Violets, sebestens, of each, ʒ. i. boyl these in water, then strain it, and put into the liquor so strained, of Cassia, and Tamarindes, of each, ʒ. 6. or, ʒ. i. of Manna, ʒ. iij. or so much Rubarb, of Myrabolanes Citrine, ʒ. β. let it infuse all night; strain it in the morning, and put an ounce of the syrup of Violets unto it, and drink it.

If it proceed more of choler and blood, then adde Lettice seed, purslain, and white poppy seed; and instead of Rhubarb, Myrabolanes and Manna, you may take the pulpe of Coloquintida, a scruple, more or lesse according to the strength of the patient; or you may give the patient a drachme and a half of Tryphera Sarafenica, with a scruple of Rubarb, in fumiterre water: but in this case my vomiting potion before named in this Chapter, hath cured without any other thing; and give it after the former purges if they prevail not; or give it before, or without them.

I am not ignorant of the commendation of Diarodum Albatis, Diapapaveris, Triasantalorum. Dracytonitis frigidi, or of Rosata novellæ with syrupe of Violets, which you may use as need requires.

For outward meanes.

You may take Oyl of Roses, oyl of Violets, vinegar, Juyce of house-leek, Juyce of Knot-grasse, of Plantain, of purslane, mix them, and anoint the head and temples therewith; if the pain be great, you may adde some *Opium*: if sleep is wanting, take oyl of violets, oyl of Mandrage and *Opium*, and rub not the head too much, for it causes the humours to ascend to the head.

If the head-ach be caused of flegme or melancholy, you may digest the humour with this oximel; take a quart of vinegar and see the in it reddish roots, fennel roots, mallow roots green, of each 4 ʒ. bruised; Rewe, Rosemary, Sage, Betonie, wild marjerom, of each a little, shred small, and when it is sod to half, strain it very hard, then put half a pound of clarified honey into the liquor, and see the it to a thin syrupe.

Then you may purge with my vomiting potion which I have used with good successe; or else you may purge with pills called *pilule aurea*, or *pilule arabace*, or with *benedicta laxativa*, or the like.

Or take Cloves, Maces, Pepper, of each ʒ. 2. Cyperis Roots, ʒ. i. the inner bark of Ash, ʒ. i. β. Cardamom. Cubibs, of each ʒ. i. Nutmeg, ʒ. β. let all be bruised, see the them in wine and water unto half, strain it, and put into half a pint of it, half an ounce of *Myrabolanorum Indorum*, or lesse, and half a drachme of *lapis lazuli*, let them infuse all a night, in the morning strain it, and drink it. You may also take the other half pint with the Myrabolanes and Lazuli infused as before; and this may be given to those that are delicate and nice, or those that are troubled with fever quartanes or others.

For.

For outward means use that which I expressed in the second Chapter.

Above all things in purging you must consider the Age, the Time, the Region, ability of the Patient, and quality of the disease, and thereby thou must take of the purging simples more or lesse.

I will in this book as occasion requires set down the medicines observed by an Author unknown, of which approve as thou findest, and in every place; thou shalt know them by this observation, *viz.*

Medicines of the unknown Author.

Omitting his rules of opening veins and Arteries, and of applying horseleaches and cupping-glasses, and leaving that to those which love and use it; I will describe the rest.

To purge.

Take Prunes, Tamarinds, and Raisins stones, flowers of Violets, of borage, of Buglose, seeth them in water; strain it, and take of that decoction, and dissolve two ounces of Manna; strain it, and drink it, or take the manna in posset drink or whay.

Or, you may take of Cassia, \mathfrak{z} . β . of Manna, \mathfrak{z} . i . and dissolve it in the same decoction.

Or, else put six drachmes of Diacatholicon, into some of the decoction and drink it, with half an ounce of Cassia, or \mathfrak{z} . ii . of *Diaprunum salutinum*.

Or, take two drachmes of the powder of *Hiera picra* new made in conserve of Violets.

Stronger purges, for stronger persons.

Take the powder of Aloes, \mathfrak{z} . i . Mastick, Cinamon, of each ten grains; Diagredinum, 4. grains, and with the syrrup of Citrons make pills, if the Patient be lean or have a fever, use not these pills with Diagredinum, for it will bring the Patient into a fever, and hurt the party.

Make this syrrup to take at any time two hours before meat. Take Stecades, \mathfrak{z} . ii . seethe it in two quarts of water to a pint and a half, strain it hard, then put it into the liquor, of honey or of Sugar, \mathfrak{lb} . i . and seethe it to a thin syrrup; the dose is, \mathfrak{z} . iii .

Or, use the syrrup of Stecades.

A cooling unguent, Infrigidans Galeni.

Take 2. ounces of white or virgin wax, & melt it easily, wash it often with fair water, and at the last with white vinegar; then add unto it four ounces of the oyl of Roses, which also hath been washed as before. It may also be made up in form of a plaster or *Ceratum*. It easeth both the heat of the agues and of the head, being applyed to the forehead and temples; it is also very good against the pain of the kidneyes. If thou wilt use it for the pain of the head, melt it on a little fire, then wash it with vinegar, and with the juice of Plantane and Nightshade; annoint the forehead with it, especially on those seams of the scull; then lay vine or willow leaves upon it, and thou shalt finde great ease. To the same intent is this Popular unguent or *Unguentum Populeum* also used, which is found ready made in all Apothecaries shops. Likewise take Rose-leaves, Willow-leaves, water-Lillies, Mallowses, of each one handful, boyl them in water, and irrigate thy head with it. Also take Violets, Barley beaten in a mortar, beaten Gourd seeds or the bark of Gourds, Poppy heads, seeds of Hollihock, Purslain-seeds, Lettice-seeds, of each one handful: boyl them in water, and let the decoction being warm, drop from on high upon thy head. Note also that if necessity and the violent pain should require stronger remedies, then use the juice of such herbes as are cold and dry, as of Plantain, of Shepherds-purse, of Night-shade, of housleek, of Pomgranates, and in the greatest extremity add a little *Opium* unto it, of Henbane; adding the juice of Southernwood or of Poppy unto it, and applying them unto the head as is above-said. Here is also to be observed, that the stupefactive or narcotical things are not to be used, but onely in the greatest extremities. Neither may any such cold remedies be adhibited to the back-part of the head, but onely to the forehead. In fine, wheresoever these and such like may be omitted, there are they not at all to be used; notwithstanding if the extremity be such that no other remedies would serve the turn, and any danger might ensue of any obstupescation

pefaction or numming of any one part : this shall be sometimes used. Take the wood of *Cassia* small beaten one drachme, mix it with oyl, and drop it into the ears and nostrils ; and if peradventure the Patient should lose both sense and feeling, then mix half a drachme of Bever-cod, a scruple of Saffron, and a little oyl of Olives, or rather oyl of Chestnuts together.

Also make this emplaister ; Take of the Vine buds, beat them small, and add as much oyl of Roses and Barley flower as shall suffice, then lay it plaister-wise to the forehead : in the want of Vine-buds take housleek, or the juice of Nightshade, of Shepherds-purse, or of Lettice. Or else take yellow Saunders, Roses, water-Lillies, of each half an ounce, Camphire one scruple, *Spica* of India half one scruple ; wet them together with Rose-water, boyl them, and receive the vapors at your nose through a funnel : likewise take Roses, the blossomes of the Pomegranate-tree, shels of Pomgranates, seeds or berries of the mirtle-tree, shels of Citrones, of each one drachme, Agarick as much ; boyl them in lee a little while, and wash the head with it. This cooleth, dryeth and strengtheneth the brains. Otherwise take Venice hard, or cake Soap, slice it small into a flat earthen pan, pour a good strong lee upon it, cover it with a linnen cloth, and set it in the warm sun while the Soap be molten ; stir it oftentimes till the lee be evaporated or dryed away, then put Rose-water upon it, and let it dry again ; this reiterate so often till the soap have lost her strong and unsavory smell, and imbibe the sweet smell of the Rose-water. Take of this prepared soape one pound, white or yellow Saunders, Roses, of each half an ounce, water-Lillies two drachmes, Camphire one drachme, being all beaten to powder, mix them with the Soap, and make it up in little cakes, dry them, and reserve them for thy use.

*Of the pain in the head with agues, and lask or
flux of the belly. Sect. 3.*

VHereas this pain of the head is oftentimes cause of divers other maladies, it shall not be amiss to describe that head-ach which reigned in the year of our Lord 1564. in *Mosbach*, and in the whole Dukedom of the *Palsgrave* of *Rhine* ; at which time I compiled this present work.

This pain began with a shivering cold, presently ensued an ague with a little heat, but with great dryth and thirst, which continued about one fortnight or more. It returned unto divers after they had been clear of it a moneth or twain, and that twice or thrice together : others were intolerably troubled in the head ; and some were so vehemently vexed with a flux of the belly without blood, that it could by no means at all be stayed, yea they oftentimes very miserably perished with it.

In this head-ach were these remedies found very effectual and good. First, if nothing do disswade from it, thou shalt open the head vein, especially if the Patient be young, full of blood, and be of body strong and able enough to bear it. Children shall then purge with easie medicines, as *Cassia*, *Manna*, syrup of Roses, Sene-leaves decocted with some cooling herbs. The bigger sort shall be purged with sharp pills and other purgations, if they have no lask withal : and if nothing else could be had out of hand, thou shalt make this decoction or drink. Take Sene-leaves one ounce, Cinnamon, Annise and Fennel-seeds ; Currants, of each as much as thou canst hold between two of thy fingers, Licorise the length of thy finger, if it be a thick stick take lesse of it ; one fig both cut small, sweet-Margoram, Rosemary as much as thou canst take up between thy fingers, Sugar one ounce : boyl them all in a quart of water, till half be consumed ; of this give a child to drink two ounces, to an old body four ounces, to a strong body mayest thou boyl half an ounce of Sene-leaves with it. For women and children to be boxed on the shoulders and legs is very good, or to rub their arms and legs with warm clothes downwards. It is also good for them to bathe their feet in the decoction, Roses and betony. Wines of all sorts must be shunned in this infirmity, and all things that are hot, as Spices, Onions, Garlick and such like : for daily drink, take two handfuls of Barly, Anniseeds half an ounce, Raisons one ounce and a half ; boyl these together in a pottle of water, till the Barley do burst, then add three drachmes of Cinnamon grossely beaten ; and let it boyl a little, and so cool. Seeing then this sicknesse provoketh thirst, thou mayest not bar altogether the diseased from any kinde of drink, but let him take enough of the prescribed decoction, with the syrup of Roses, of Violets, or of Citrons admixed. Thou mayest also give him the

conserve

conserve of the same flowers, with the water of Endive, Succory, Borage, and of Lettice, for that it doth comfort the heart. For his meat, he shall commonly use French Barley boyled with a hen in broth. Veal, Kids flesh, or stewed Prunes, and such like light meats. But if a flux or loosenesse in the body be adjoynd to the former infirmity, the affected party shall in any wise take great heed of such light and loosening meates: and onely use roasted Veal, Pullets roasted, and other smal Birds, stewed Quinces, or any such like thing. Or if he would have any other meat dressed, it shall be done with stilled water, which is made as followeth: Take as much fair water as thou wilt, set it on the fire, and cast a good piece of steel into it, being first made red hot three or four times together: then let the water cool, and use it as thou wilt. In like sort also mayest thou prepare water of iron, of gold, of silver, and of flints for the same purpose; thus is wine, the milk of a Cow, and of goats also steeled.

But to come to our purpose again; as long as this loosenesse of the body doth continue, thou shalt annoint the stomach twice a day with the oyls of Mastick and of Quinces. If it be about the time of the year that Sloes be ripe, take as many of them as you please, put them into a pot, and pour boyling water upon them; stop or cover them very close; give unto the infirmed body three or four of these a little before his meat: nothing alwaies, that in four and twenty hours he use not above twenty of them at the most.

Contrariwise, if the body be bound, thou shalt seek by all means thou maist, to loose it, otherwise many vapors ascend up into the head, and there augment both the heat and the pain, yea oftentimes bereave the Patient of his wits. Wherefore first of all thou shalt try to open the body by suppositories, which if they will not suffice, use common Glisters, which hereafter in the third part for the binding and stopping of the body are prescribed. Otherwise, if these do not please thee, use some cooling purgation, or else that purging potion above described. There be above set down many unguents, salves, and waters, but all are very good for the pain of the head. But in this kind of head-ach this remedy that followeth is expressly described: Take of the water of Lettice, Nightshade, and of Housleek, of each two ounces, water of Cammomil an ounce and a half, good strong Vineger one ounce, Camphire beaten four grains: mix them all together, or take Rose-water, Rose-vinegar, Melilot-water, Betony-water, of each, or of as many as are to be had, what quantity thou please, wet linnen clothes in them, and lay them to the forehead.

In this infirmity oftentimes is both the tongue and throat very raw and sore, by reason of the great heat, for the which look the remedies that are set down in the Chapter 13. Sect. 6. of this first part, for the infirmities and heat of the tongue: and the gargarismes for the pain in the throat in the first Chapter of the second part.

The syrup of Mulberries with Plantain, Knotgrasse, and Self-heal-water admixed, conduceth and helpeth very much: likewise take the seed of Quinces, and the seed of Fleawort; then take a little stick, and tye to the end of it a little skarlet or linnen cloth with one drachme of these seeds in it, steep it in the water of Self-heal; when thou wilt cleanse thy tongue, rub it easily with that cloth so steeped: it cleanseth, moisteneth, cooleth and healeth all the chops or cliffs in it.

To comfort the heart, use *Manus Christi*, with pearls, conserve of water-Lillies, Pomegranats, preserved Citrons, and other such like.

This binding water hath done very many much good. Take a hot wheaten loaf new taken out of the oven, take out all the crum of it, put a good quantity of steeled water unto it, with one ounce and a half of Nutmegs, stop it close, and let it so stand one whole day in a warm place: then still off the water in a glass Lembeck; give of this to the Patient every morning two ounces, and let him fast two hours after it; two hours after his meat give him as much more, not forgetting first to warm it alwaies, and let him then fast till night. The third potion or draught he shall take the next morning fasting (as before) after the same; this is not onely in this kind of flux, but in all other fluxes experimented and approved. Note also, that if the flux be without heat, thou mayest take red wine in stead of the water, for then will it be of better force and vertue.

Heat

Heat of the head with melancholy. Sect. 4.

THis infirmity is described by these signs following; the pain is not so great as the former, but with a drinesse and sadness; the heat is more evident in the left side of the face then in the right, it causeth disquietnesse, and albeit the sick sometimes taketh rest, yet it is an unnatural sleep; it maketh the affected faint-hearted, fearful and careful, the colour of the face is red and blew, with a sower taste in the mouth; if the Patient be old, if it be about the Autumn, then are the signs the surer. Thou shalt use those remedies for this malady which are prescribed against melancholy, as sufficiently shall appear hereafter. Also use this Glister: Take Mallowses, Violet-leaves, Buglosse, Fumitory, Bran, of each one *M.* Polipody, *Epithymus*, or Dodder, of each one drach. boyl them together in a sufficient quantity of water, take twelve or sixteen ounces of this decoction, Oyl of Olives, three ounces. Stronger Glisters shalt thou finde elsewhere described. Thou mayest also make these or the like suppositories: Take Coloquint, Sal-amoniack, of each one drachme, Oxe-gall two drachmes, sodden or boyled honey three ounces; make them reasonable thick and long; they are very effectual and strong.

*Heat of the head with melancholy.*

Take the powder of *Hiere colocynthidos*, \mathfrak{z} . β . *Agarici trochiscati*, \mathfrak{z} . 1. Mastick *bdellii*, of each \mathfrak{z} . β . Nutmegs eight grains, and with the juice of Wormwood make pills; the dose is \mathfrak{z} . 1. more or lesse after the Patients age and strength, or take those powders in the conserve of Rosemary flowers.

His purging syrup.

Take of the roots of knot-grasse, Parsley, Sperage, of each, \mathfrak{z} . β . Anniseeds, Fennel-seeds, of each \mathfrak{z} . 1. bruised; Betony, Stecades, of each a handful; flowers of Violets, Borage, Buglosse, of each a little handful; Raisons stoned, \mathfrak{z} . 1. β . Licoras, \mathfrak{z} . β . bruised Polypody, \mathfrak{z} . 1. *Agarici trochiscati*, \mathfrak{z} . 6. seethe these in five pints of water, until a quart is dissolved; then put to it seething of *Sena*, \mathfrak{z} . 2. β . or \mathfrak{z} . 3. let it seeth to a pint and a half, strain it, and put to a pint and a half of the decoction, one pound of Sugar, seethe it to a syrup, the dose is, \mathfrak{z} . 1. β . or \mathfrak{z} . 2. in water sod with honey in the winter, or with whay, or with the decoction of Prunes, Tamarindes and Raisons before expressed.

Another syrup stronger.

Take *Polypodium*, the roots of Acory of Ireos, that is the roots of white flower-de-luce, seeds of wild Saffron called in shops *semen Carthani* of each, \mathfrak{z} . 2. *Sebestens*, *Ceterach*, *Scolopendria*, Betony, tops of Hops, Agrimony; of each a little handful; Stecades Arabick and Citrine, of each half a little handful, seethe these in five pints of water until a quart or more is dissolved, then put to it seething of *Sena*, \mathfrak{z} . 4. Trochiscs of *Agariik*, \mathfrak{z} . 1. β . Turbith, \mathfrak{z} . 1. seethe it unto a pint or more; strain it, then seethe the colature with Sugar and Honey, of each, *lb*. 1. seethe it to a syrup, the dose is, \mathfrak{z} . 2. to be taken once in twelve dayes, with the former decoction of Prunes, Tamarinds and Raisons, or with honey sod with water or the like.

Pills.

Take Agarick newly trochised, \mathfrak{z} . 2. Turbith, \mathfrak{z} . 1. salt Gem Ginger, of each a scruple, dissolve these in white Wine, upon a soft fire, or hot ashes, then presse out the liquor, then take of the powder of *Hiere Diacolocynthides*, drachmes 3. powder of *Hiere Picre* \mathfrak{z} . 1. β : and with that liquor make a masse for pills, the dose is, drachme 1. more or lesse.

After purges strengthen the stomach, ventricle and bowels with *Diascordium*, drach. 2. or take old Mithridate in conserve of Buglosse.

Or, take of the species *Electuarii Diambra*, drach. 1. *Aromatici Rosati* drach. β : in the conserve of Rosemary flowers, or syrup *de corticibus citri*, or the syrup of *Stecades* or the like.

This head-ach cometh of crude matter and slimy humours in the stomach, and therefore to take Vinegar or Verjuice or juice of Pomgranates, I hold not convenient, and *crudum crudo addere est malum*, as a learned Jew in *Italy* gave out as a maxime; therefore use such things as may digest that crude humour, and close the mouth of the Ventricle, which is sometimes corroded, and too open by such sharp humours; for this take Honey and powder of Turpentine prepared, as is taught in the sixt Chapter, and make pills thereof, and take three or four as big as pease, before you eat or drink

in the morning, if it proceed of choler make your pills of the sirupe of violets and prepared powder of Turpentine and use them as is said.

And sometimes it is caused by the opening of the futures of the head, then close the futures, and apply this Lixivium warm. Take very strong lye a quart, pepper an ounce, powdered and searced, kernels of *Coloquintida* powdered and searced, an ounce and a half, seethe all the lee, till a third part or more is consumed; this is a special secret of mine, for many uses, which thou shalt know in several places in this book: let the Lixivium dry into the head, and bind the head to hold the futures together. Lixivium.

Head-ach proceeding from emptinesse of the stomach, Sect. 5.

IT befalleth oftentimes, that this head-ach vexeth many every day, especially before they eat or drink any thing, and presently after meals departeth; wherefore to avoid this emptinesse of the stomach, thou shalt every morning take one bit of bread dipped in vinegar, or in the juyce of Pomgranats or Verjuyce.

The order of dyet in hot head-aches.

THose that are troubled with a head-ach that proceedeth of heat, must altogether abstain from wine, as hath been already said, and not eat any flesh at all or very little: for both of them do ingender much blood. Their meat must be things cold by nature, as Lettice sodden and stewed, Spinage, Purslain, Panadoes, Broths, Beer and Bread sodden together, Apples and Pears stewed, broths of Veal, of Hens, being sharpened with a little Verjuyce. Their drink shall be small Beer, Whay of milk, Barley water, with a little of the juyce of Pomgranats or Lemmons.

Of Cephalæa and Hemicrania certain pains of the head. Sect. 6.

IF this head-ach do come with quick and hasty pulls, and with heat, then shall it seem good first of all to purge the body; and if the circumstances of the infirmity permit it, the patient shall use this lenitive medicine, which is thus prepared: Take of the greater and lesser Endive, Lettice, of each one handful, Poppy heads, two ounces, seeds of Melons, Gourds, Cucumbers, and of Pompions, or each two drachmes, grossly beaten half an ounce; Violets, Roses, white and yellow Saunders, of each two drachmes: boyl them all in a sufficient quantity of water, till the third part be consumed, then add twelve ounces of Sugar, boyl it to the consistence of a sirupe, and then clarifie it with the whites of Eggs. Of this give to the sick one ounce and an half at once, with the water of Borage, or Endive, or Buglosse: use this three or four times every morning.

Because there is a great use of sirupes in this book, I will now shew and set down the perfect order and way how to make and prepare them. First see thou have fresh and clear water, with which thou wilt make thy sirupe: put into it those things first which are hardest, as roots, woods and such like, let them boyl as long as thou wouldst seethe a couple of Eggs: then cast into it thy seeds grossly beaten, then thy herbs being cut, after them by flowers and Currants: let them boyl well together, that their strength may come forth, and if *Epithymus* be one of the ingredients, let it be put in last of all, and when it is sodden sufficiently, add thy honey or sugar unto it, and clarifie it with the whites of Eggs, as hath been taught in the Introduction, namely, in the clarifying of Sugar: after this manner maist thou also deal in the purifying of honey.

How to make sirupes.

But to come to the purpose again, thou shalt note, that if the choler be supple and thin, then shalt thou take sirupe of Endive, of Violets, of water Lillies, of each three drachmes, admixed with the above named waters: if the choler be grosse and thick, then take instead of the sirupes, the like quantity of *Oxyssaccharum compos. Rasii* counselleth to give this purgation after it: Take Damask Prunes ten drachmes, sowre Dates one ounce: boyl them in a sufficient quantity of water: in this decoction steep the rinde or bark of yellow Mirobalans two drachmes grossly beaten, the next day strain and presse out all the liquor, and give three or four ounces of it in the morning. Others boyl Violets and water Lillies, of each one ounce, Stetchas or French Lavander, two ounces, with half an ounce of Mirobalans: this alwayes give at the first. They are both of them easie and safe

safe purgations; for which cause also it is found good sometimes (according to need) to add three grains of *Diagridium* to them, or else to mixe with them of the conserve of Prunes, or of *Electuarium de succo Rosarum*, three drachmes. Also in the stead of the foresaid potion or drink, thou maist use this confection that followeth: Take of both the confections before named, of each half an ounce, sirupe of water Lillies as much as sufficeth to mixe them withall, and cast some Betony roots powdered and a little Sugar upon it.

Likewise, if thou hadst rather use pills; take two drachmes of Rubarbe, Mastix one scruple, Scammony half a drachme: make pills of them with the juyce of Rue, or with wine, and take a drachme at one time of them.

For the same purpose are sowre Dates approved to be an especial good remedy, and may in this hot kind of head-ach very safely and with very great effect be adhibited. But thou must take three or four ounces of them at once, as thou maist behold their description and vertues in our Introduction. This manner of purging is set for an example, which according to the circumstances both of the disease, and of the diseased, may either be changed or used at pleasure.

The body then being purged, the oyl of Roses, or of water Lillies shall be dropped, or by some other means, put into the patients nose, and let him smell to Camphire, Rose-water, or the water of Violets. Or take oyl of Violets, of Roses, of water Lillies, of each half an ounce, Camphire three grains: rub them well together, and put them in his nose.

In like sort also take oyl of the seed of Gourds, Willows leaves, and oyl of Roses, and use it as before: likewise in place of the foresaid oyls, thou maiest use cooling herbs, as Night-shade, Housleek laid to the forehead with tow and double linnen cloths. Also to the same end is womans milk mixed very well with the white of an egg, and so laid to the forehead especially approved: or let the patient bath and rub his legs with the decoction of Vine leaves, water Lillies, Violets, Gourds, Cucumber, and Melon leaves; and if for all this the pain would still increase, thou maiest mixe two or three grains of *Opium* or Camphire with it, and often iterate the dropping of the oyl of Willow leaves into the ears and nostrils; for this purgeth the head greatly. But see thou forget not that which before hath been said of *Narcoticis* and obstupescative things.

A sweet ball for the head-ach approved: Take Violets, water Lillies, Willow leaves, Roses, of each one ounce, Camphire two grains, beat them altogether, & bind them up together in a fine peece of silk or linnen cloth, and wet it often with a little Rose-water. Others beat the foresaid simples into fine powder, and with molten wax make it up in form of a ball; but this is not so good. Many such like cooling balls are described in the Treatise of the plague, in two divers places of the sixth part, as well to recreate and restore the sick, as to preserve the sound.

*Head-ach proceeding of the sun or south
wind. Sect. 7.*

IF the pain of the head be caused by the heat of the Sun, then may it easily be remedied with the above described *Oxyrrhodinum*, unguent of Roses, the cooling unguent of Galen, &c. And if those would not suffice, use the juyces of the before named cold herbs. Also the oyls of Roses, of Violets, mixe with them as much strong vinegar, as thou takest of one of the oyls, beat them well together, dip a wollen cloth in it, and lay it where the pain is. Furthermore, the patient shall observe and keep the same diet that is above set down in the Chapter of *Cephalalgia*: eat things light of digesture, abstain from all things that might any way trouble or vexe the head, and if need require, to purge with cooling medicines, as above is already shewed.

*Head-ach that cometh of drunkenesse.
Sect. 8.*

OF the disease that proceedeth from drunkenesse, shall be spoken hereafter: now we will onely treat of head-ach without any other infirmity adjoyning with it. Needlesse it is at this present to recite any signs of this kind of head-ach, for that every thing is most evident, whether this pain take her beginning of drunkenesse by wine or beer.

bee. The first remedy is to vomit; the second, to sleep long, to fast it out, the broth of Colworts, or of Beets a good quantity being taken: also to drink much cold water, and to eat sower fruits, but the best meat is first of all to eat sodden Lentils, Colworts and Pullets dressed with verjuice or Lemmons. The patient shall also smell to Roses or Camphire: let the uttermost parts of his body be rubbed, drink wine allayed with water, and two dayes after eat astringent and binding meats, with Pomgranats. The first day also shall it not be amisse to anoint the forehead and temples with the oyl of Roses, the next day with the Oyl of Cammomil or of Lillies; and if peradventure the pain as yet would not cease, he shall (as need doth require) be purged, especially if any vapors ascend up into the head. Likewise he may also use this powder following; Take Colwort-seeds, Barbarie-seeds, Endive-seeds, Lentils, Roses, calcined or burnt Ivory, or Elephants tooth, of each two drachmes make it into a very supple powder, give of this two drach. at once, Camphire prepared, three grains, with the sirupe of Pomgranats or Citrons.

Put some cold oyl into his ears, and rub the extremities, i. the feet and hands with vinegar and cumminseeds, and apply cold water, or vinegar to the members.

Head-ach proceeding of a stroke or fall Sect. 9.

IF any one were hurt in the head by a stroke, a fall, or the throwing of a stone without any wound or breaking of the skin, or fracture of the skull, he shall first of all be let blood in the head vein; and afterward (if need require) take a common Clister, and (if he have not an ague) he shall be purged with *Pilula Cochia*. And first of all lay on his head being shaven, this that followeth: Take the shels and flowers of Pomgranats, the juyce of Sloes, *Hyppocyfis*, fine Bole, *Sanguis Draconis*, *Terra sigillata*, of each one drach. beat them all into powder, mixe it with the whites of Eggs, and lay it upon the place affected or bruised. Or take the decoction of Roses, of Mirtle seeds, or of Willow leaves, applying it three or four times a day: then take oyl of Mirtles and of Roses, of each one ounce, Mirtle seeds, juyce of Sloes, *Hyppocyfis*, of each one drachme, mix them together with a little molten wax, and if there be no suffusion or congealed blood, anoint the place with it two or three dayes together.

Thou maist also make a pultis of Roses, Cammomil, and Melilot flowers, adding a little fine Bole to it, and mixing it with the Oyls above named. If an ague be present, use either cold or lukewarm things; also let him smell to cooling things, as Violets, Camphire, Willow leaves, and Mirtle leaves &c.

Seethe the leaves of Ladies Thistle in water, till they are tender, then bath the head with the water thereof warm and apply the leaves; this takes away the blewnesse of any bruise and mitigates the pain.

The second Chapter.

of the pain of the head that is caused by cold.



IF the pain of the head proceed of cold flegmatick humors and continue long, then are these the signs: wearisomnesse of all the parts, and as if all the body were beaten and broken into pieces: the pain is not extreme, without any swelling or thirst, sleepinesse, much spitting at the mouth, much moisture at the nose; for such like humidities do daily increase in the diseased; the face is alwayes palely coloured, and somewhat swollen, the eyes run, and the mouth is quite out of taste. In such cold head-aches, must contrary remedies be used, that is, warming and drying medicines. Also we must begin here likewise with the gentlest and easiest remedies first, as this example following sheweth: which alwayes must be holden in the mouth, chewing it continually, and casting forth the slime and spittle, which thereby is gathered. Take Mastick, Nutmegs, Diptamer of Candy, Pepper, Stavesaker, Pellitory of Spain, Cubebs, Ginger, bound up in a little cloth.



In the cold head-ach, wet a rosetake in vinegar and put to it powder of cloves and nutmeg, or take aquavita with powder of cloves and nutmegs, and with a linnen cloth apply it often to the temples and grieved place.

Also see the Cammomil, Mint, and Bawm in posset-ale and drink it onely for 2. or 3. dayes together. Prob.

Oyntments made of oyl of Camomil, oyl Dill, oyl of Bayes, oyl of Mastick, oyl of Spike, or of Petroleum, is good in the cold head-ache.

If it be in a maid or woman, I have onely used Petroleum, and oyl of Castoreum, and it hath prevailed.

But you may adde to the former Oyles, or to one or more of the said oyles, mints, or Tyme, or sweet marjerom, or Rosemary, or penny-royal, or Nutmegs, or Cloves, or Maces, or Cinamon, and see the them a little, then strain it, and anoint therewith.

Take Cloves, Nutmegs, of each half an ounce, see the the same in half a pint of oyl of Camomil, and a quarter of a pint of red wine, untill the wine is consumed; then strain it, and anoint therewith.

Or take the roots of the wild Cucumber, and cut them in pieces, and the tops of wormwood, and see the them in water and oyl, then bathe the grieved place with the water and oyl, and apply the roots and herbs to the place.

If the disease be old, and waxeth worse and worse, then the hair must be cut close, and apply *Emplastrum Cephalicum*, which you shall have at the Apothecaries; or else take oyl of Euphorbium, oyl of Castoreum, oyl of Spike, and with a little wax make a plaister, and apply it to the head.

Also you may use Masticatories, gargles, nasaes, or sweet balls.

For a Mastictory, or pill to hold in thy mouth.

Take of Mastick two drachmes, of Pepper one drachme, of Caper roots half a drachme, make them into fine powder, and with a little vinegar of squills, make pills, and hold them in the mouth, and under the tongue, and spit out the rheume. Or adde the powder of Staphacre to your pills, or of wild pellitory, or neefingwort.

For a Gargle.

Take mustard seed bruised, \mathfrak{z} . i. pepper 3. drachmes powdered, hysope a handful, see the it in red wine and a little honey, and gargle with it.

For a Nasale or Medicine to purge the head by the Nose.

Take the juyce of Marjoram, or of beetes, or of brooklime, or of wild Cucumbers, and adde a little oyl to any of the said Juyces, and put some of the same into the palm of the hand, and snuffe it into the nose.

Or you may snuffe up the powder of Hellebore, or the powder of the root of wild pellitory, by some called Bartram, or the like.

Or take the Juyce of Marjerom, \mathfrak{z} . 2. juyce of beets, \mathfrak{z} . i. vinegar of squills \mathfrak{z} . β . put of it into the palm of the hand, and snuffe it up; or infuse Tobacco in oyl, and snuffe it up.

Or take the oyl of Spike one ounce, elaterium one drachme; and for the rich, adde two grains of musk, and anoint the nostrils as far as you can with a feather.

A Ball to smell unto, to comfort the Brains.

Take of Cinamon, Cloves, Nutmegs, Lignum Aloes, Marjerom dryed in the sun, of each two drachmes, *Gallie Moscate* one drachme; Musk, Ambergreece, of each two grains, powder all very small; then take of Laudanum, and of Mastick, and beat them in a Mortar with a little Oyl of Spike, and Oyl of Behen, and make thereof a Ball.

A Quilt or Bag, or Cap for the Head.

Rx. Cummin seeds, Fennel seeds, Bay-berries, of each two drachmes; Nutmeg, Cinamon, Cloves, of each one drach. *Gallie Moscate*, Mastick, Sandaracha, of each half a drachme,

drachme, powder these small, and put it upon raw Silk, or Cotton wool, and quilt it in a scarlet silk, and wear it upon the head.

The manner of purging in this infirmity.
Sect. I.

Seeing that purging is very needfull in this kind of head-ach, purge therefore both head and body in manner as followeth: Take Sage, Lavander gentle, Bayberies, wild Mints, Hysope, Marjoram, sweet Marjoram, garden Mints, Calamus, of each one M. seeds of Fennel, Parsley, Sperage, Endive of each two drachmes, Raisins, *Nux Pineæ*, seeds of Melons, of Pompions, of Gourds, and of Cucumbers, Roses, roots of wild Smallage, Anniseeds, of each half an ounce, Cubebs, Piony seeds, Cloves, Nutmegs, of each a drach. and a half, Spikenard of India, Ginger, Cinnamon, Pepper, of each half a drach. boyl these things in a sufficient quantity of water, then presse out all the moisture from them, and boyl it the second time with honey or Sugar to the consistence of a sirupe. This if thou wouldst have to purge, add unto it seeds of wild Saffron, Hermodactils, of each half an ounce, Agarick six drachmes, Salt gem half one scruple, Turbit two drachmes: knit up these together in a little bag, and boyl them in the foresaid liquor. Afterward sharpen thy sirupe with the vinegar of Squils as followeth. Of this sirupe thou maiest give one ounce and a half, or two ounces at once, mingled with good wine, or else with some other distilled waters that may serve to the same end, three or four dayes continually together.

The composition of the vinegar of Squils is as followeth: Take the Squill (called in Latin *Scilla*) take away the external shels from it, till thou come to the white: these white ones take off by themselves severally with thy hand, or else with a wooden Spattin or knife, and not with iron, for that is hurtful: also leave out the heart, the innermost part of the Squill, and take onely the middle white shivers of it: fasten all these on a thred, that the one touch not the other, and hang them up to dry forty dayes in a cool place and in the shade. But this way that followeth, is much better; Take away all the utmost parts untill thou come to the white, then wrap it up in dowe, and bake it in an oven: afterwards put it in shivers as before, and dry it as is already said. Take of this dried Squill as much as thou wilt, cut it into little peeces with a wooden or bone instrument, put four times as much vinegar upon it in a glasse, and let it so continue forty dayes in the sun.

Having taken the aforesaid potion as hath been taught before, thou shalt give him *Pillula Cochia*. If thou wilt have them strong, take two drachmes of them; Coloquint, *Bdellium*, of each one scruple, make them into pills with the water of Sage: of these give but one drachme at one time, because they be very strong; to the same purpose likewise serve the pills *Alephangina*, *Aurea*, and Aloes prepared, being taken a drachme at once. But if the sick would rather take a potion then these pills: Take Lavender gentle, flowers of Borage and Buglosse, Currants, of each one ounce, Basill seed one drach. Agarick, Turbit, of each one drachme, boyl them in a sufficient potion of water, untill there remain about ten ounces; steep in this liquor one ounce and a half of the barks of Myrobalans called *Chebuli*, and set it so in warm ashes all one whole night: then presse it out hard, and give three ounces of it at once. Also take *Hierapicra*, Agarick, of each one drachme, Lavander, Saffron, of each one scruple, Salt gem, two grains, mixe them with some broth that Nutmegs and Sage hath been boyled in. In like manner maiest thou use this that followeth: Take honey of Roses, sirupe of Stechas, of each three drachmes, Agarick, Turbit, of each two scruples, *Spica* three grains, prepared Turpentine, half an ounce; beaten to powder all what thou canst beat, melt thy Turpentine in some hot broth, and when it is as cold that may be drunken, mixe the powders and sirupes with it, and give it early in the morning. This must be either diminished or augmented in quality, according to the ability of the patient.

If the diseased can bear no kind of Physick, then use this Clister: Take Mallowes, herb Mercury, Dill, Rue, Bran, of each one handfull, boyl them in a sufficient quantity of water, take of Colatare twelve or sixteen ounces, mixe with it of *Hiera picra*, of white Sugar, of each half an ounce or somewhat more, Salt, two drachmes, oyl of Dill and Rue, of each one ounce and a half, and minister it warm.

Gargarismes are also very good for this malady, because they draw forth a great deal of flegme and filthinesse from the head. Take Mastix, Calamus, Licorice, Currans, of each half an ounce, Hyssop, Ireos, of each two drachmes, Pellitory of Spain, Saxifrage, Ginger, Mustard seed, of each one drachme, beat them all together, and boyle them in fresh water; use it three or foure times a day warme.

Some do counsel to take a vomit of reddish-water and Oxytel, but it is not without some danger, for that it doth oftentimes greatly disturb the head: otherwise it might do some good.

There are also divers confections and Electuaries made for the same which might warme and dry a cold moist brain. Take conserve of Roses two ounces and a half, conserve of Betony one ounce and a half, green Ginger half an ounce, Cinnamon one drachme, Cloves, Anniseeds, of each one drachme, beat and mix them all together; and if it be too dry add as much of the syrup of Citrons unto it, as shall suffice, or as much of any other syrup. Of this exhibite every morning the bignesse of a nut in quantity.

Paulus Ric-
cius Phy-
sician to the
Emperor, his
Electuary.

Another Electuary. This is discribed by *Paulus Riccius*, head Physitian to the Emperor *Maximilian*, and is very comfortable for the head, for it doth warme and dry it.

Take Currans six ounces, Licorice two drachmes, boyle these in the water of Buglosse, Scabious, and Betony, of each 12. ounces: then strain it and presse out all the humidity in the which being yet warm, steep one drachme of Rubarbe, Lavender five graines; being bound up together in a cloth, then put together in a pot, and stop it close, and boyle it a good while in a kettle with water, presse it out and put into it as much Rubarbe and Spike as before, letting them there remain all a night, presse it out again as before, and steep it in the barks of Mirobalans, to wit, *Chebuli*, *Indi*, *Bellirici*, and yellow Mirobalans, of each one ounce. *Embilici* two drachmes, boyle them all together, and strain them through a linnen cloth, then add Sugar six ounces, Manna two ounces, and let it boyle to the consistence of a syrup: when it beginneth to cool, mingle in it Cinnamon half an ounce, Cloves, Galangale, Nutmegs, of each one drachme, *Lignum Paradisi*, half a drachme, seeds of Fennel and Annise, of each half an ounce; mix them well together, and reserve it in a gally pot. This following is likewise greatly commended for the same: Take conserve of Betony, three ounces and a half, conserve of Sage two ounces and a half, conserve of Rosemary one ounce and a half, conserve of Borage and Buglosse of each one ounce, of the aforesaid confection of life two ounces, Cinnamon two drachmes, preserved *Chebuli* half an ounce, preserved *Embilici* two drachmes, six leaves of beaten gold, add as much syrup of Betony as may suffice. This confection also comforteth the heart: The right *Calamus Aromaticus* of the antient Physitians, as is described in the beginning of the eight part of this present booke, taketh away all cold head-aches and sharpeneth the wit.

*Calamus Aro-
maticus.*

Another conserve which is greatly commended for this kind of head-ach: Take Cinnamon one ounce, Cubebs, Mirabolans, *Chebuli*, and *Embilici*, of each two drachmes, red Rose leaves red Saunders, red Corall, of each one drachme, Cardamony, Mace, Cloves, Nutmegs of each half a drachme, Sugar sixteen ounces, dissolve your Sugar in in Rose water and Lavender water: boyle it till it be hard, and make it up into a cake or *Mannus Christi*.

What vertues the confections of Coriander, Annise seeds, Fennel seeds, Cummin seeds, bitter Almonds, Haselnuts, and such like have to help, comfort and strengthen a cold brain, as also they keep back and hinder the fuming vapors that would ascend from the stomach into the head, is at large declared in the eight part.

*An especial Medicine of the ancient Physitians for the cold
Head-ache.*

Cut the Roots of Horse reddish small, dry them, and beat them into powder; give of this one spoonful in wine or broth, and let him sweat in his bed very well, and fast two hours after it. Let his meat be light of digestion, as pullets, and such like. But I must needs mislike of this remedy, for that the Horseradish is very strong, and doth more harme then good to the brain: neither seemeth it any way convenient to sweat upon.

Certain

Certain wines composed for the cold head-ache.

Take Rosemary two *M.* Nutmegs one ounce, dried Betonie two ounces, Cloves two drachmes, being cut very small, put upon them eight quarts of good Rhenish wine, let them so stand together three or four dayes. For the weaknesse of the stomach drink a good draught of it in the beginning of thy meales; but for the head-ache, at the latter end.

This wine is very good for a cold and moist brain, and hurtful for young folks and hot complexions.

Another for the same; Take roots of Buglosse one *M.* roots of Cichory half as many, flowers of Buglosse, of Borage, of Roses, of Rosemary, Harts tongue, of each half a *M.* boyl them in four quarts of wine the space that thou mayest boyl an egge hard; let it cool, strain it, and then take four quarts of wine more, and steep in it fixe sage leaves, and as much Rosemary, long Pepper one ounce, Galangale one ounce and a half, Cloves, Cubeb, of each half an ounce, Cardamony two drach. Cinamon, Currans prepared, Coriander seeds, of each one ounce: these things being well beaten, tye them in a cloth, and boyl them with the wine, but not above twenty bubbles; then put both wines together in a little rundlet, and let the spices steep in them eight dayes together, pressing them out once a day. If this wine be too strong for thy drinking (as it is most like to be) then mixe other wines therewithal before thou drink it.

Of other Cephalical herbs and spices, thou shalt find a description in the eight part of this book.

Senertus his Rules and Observations of the cold Head-Ache.

Causes of the cold Head-Ache without matter.

Cold ayr, cold winds, cold washings, and medicines applyed to the head; also medicines and meats cooling the brain; as Lettice, Purslain, Endive, Poppy, &c. much evacuation of blood, much sleep, which suffocate the heat, much sadnesse and fear, which consume the spirits, much joy or venery, or much weeping after some.

Signes.

The face is pale, the veins in the forehead and temples are not seen, the eyes swell, tending to white and pale, the sense is dull, inclined to sleep; and the party is apt to be fearful, and sluggish and dull in all the body. And to such cold things hurtful and hot things are good.

Inward Simple Medicines.

Roots of Pionie, gathered in the decreasing of the Moon, Fennel, Flower-deluce, Gilliflowers, Elecampane, Aristolochia, Angelica, white Diptame, Valerian.

Leaves of Rosemary, Marjoram, Rue, Betony, Sage, Hyssop, Bawme, Calamint, Organs, Penny-royal, Centory, Cowslips, or Daisies, Eyebright, Savorie, Clarie; and also proper to the nerves, Marum, Champitis or Groundpine, Time, wild Time, called pellenmountain basil.

Flowers of Stecades, which as *Mesues* saith, cleanseth the brain of black choler and flegme, and doth comfort the brain, the nerves and sense of motion, Rosemary, Lavender, Lillie convallie, Sage, Clary, Betony, Piony, Primrose, Linden, which are commended against the Vertigo, Epilepsie, Convulsion and trembling.

Seeds of Piony, Annise, Fennel, Panax, Caraway, Basil. Coriander prepared, wilde Parsnipe.

Woods of Aloes, Miscel of the oake, hasel, Juniper, Beech, Guaicum.

Fruits of Bay-berries, Juniper, Anacardia.

Spices of Cubebs, Cardamone, Grains of Paradise, Nutmeg, Mace, Acorns, Cloves, Cinamon.

Juyces, of Balsome, wine.

Gummes, of Olibanum, Mastick.

Of the Sea; of Coral, Amber.

Parts of beasts; as of Castoreum, of Civet, of Musk.

Outward Simple Medicines:

Leaves; Vervain, which greatly comforteth the head, especially green leaves or dry, with the roots, mixed with oyl of pellemountain, Tobacco, Bay-leaves, solefoot, worm-wood.

Roots of Asarabacca, or Folefoot.

Flowers of Camomil, Melilot.

Seeds of Nigella, or Git.

Gumme of Juniper, Tacamabaca, Euphorbium.

Juyce of Laudanum.

Creeping things; As Chisslops sod in oyl and applyed to the part affected.

And of these simple Medicines, there are made inward and outward compounded Medicines.

Inward compounded Medicines.

Rx. of leaves of Betonie, sage, flowers of *Stecades*, ana. *M. β.* roots of Piony, Fennel seeds, ana. *℥. 3.* Nutmeg, *℥. β.* see the them in water, *℔. 2.* till the third part is consumed, strain it, and sweeten it with sugar if you please.

Or Rx. of Roots of Piony, and Gellefers, ana. *℥. 2.* Marjoram, Betonie, sage, ana. *M. i.* *stecades*, *P. i.* Rosemary, Lavender, ana. *P. i.* Anniseeds, Fennel seeds, ana. drach. one, see the them in fair water, till the third part is wasted, then let it stand three houres to cool, then strain it, and put sugar to it, *q. s.* and then see the it to a syrupe if you please, putting Cloves, Mace, Cinamon, ana. *℥. β.* wood of Aloes, and Nutmeg, ana. *℥. i.* into a linnen cloth to see the therewith.

Or Rx. of Roots of Acorns, Galangale, ana. drach. 2. Pionie, *℥. β.* Cowslips, sage, Marjoram, ana. *M. i.* hysop, *M. β.* seeds of Annise, Fennel, fefeli, ana. *℥. 2.* *stecades*, Rosemary, sage, ana. *P. i.* see the them in fair water, *q. s.* strain it, and to a pint of the liquor put *℥. 3.* of sugar, and with Nutmeg, and the species of *Diamosc. Dulcis*, (which you shall have at the Apothecaries) of each half an ounce; let the patient take every morning 4. or 5. ounces of it.

Medicinal wines.

Bawme wine, sage wine, or of Rosemary, or of *stecades*.

Or Rx. Nutmegs, Mace, Cloves, ana. *℥. i.* Cardamon, Cubebs, ana. *℥. i.* *β.* seeds of Annise, Fennel, ana. *℥. 2.* Conserve of Rosemary, of Buglosse, ana. *℥. i.* the aromatical species of Roses, Dianthos, ana. *℥. i.* infuse these in three or 4. quarts of rich wine, then strain it, and drink of it.

Or Rx. Cinamon, drachme 6. Cloves, Nutmegs, Galangale, Cubebs, Cardamon, grains of paradise, Fennel seeds, ana. *℥. β.* Raisins of the sun stoned, *℔. i.* red-Roses, *℥. 3.* Rosemary, wild Time, ana. *℥. 2.* put these in a bag, and let them hang in a vessel of 20. quarts of new wine.

Medicinal Ale you may make of sage, Bawme, Rosemary, Betony.

Or Rx. of Ginger, Cinamon, ana. *℥. i.* Roots of Gillefers, *℥. β.* Elecampane, Bayberries, ana. *℥. 2.* Mace, Nutmegs, ana. *℥. β.* Cardamone, drach. 1. bruise them, and put them into a bag into Ale.

Sweet wine and Hydromel.

Rx. of Cinamon *℥. i.* Cloves, Nutmeg, ana. *℥. 2.* Calamus aromatis, Cardamone, grains of paradise, Coriander prepared, ana. drach. 1. bruise them and put them into three or four measures of wine, and of honey *℔.* put all into an earthen pot close stoppt, and set the pot in a Kettle of water, and see the it therein.

Meliceratum.

Rx. of honey ℥. 10. water ℥. 40. seethe it, skim it, after that put into a bag of sage, organs, mugwort, wild clarie, hysope, betonie. ana. M. 1. bay-berries bruised, ℥. 1. hop-flowers, M. 3. barley whole, P. 3. seethe them again till a third part is dissolved, strain it, and put into it a bag of Cinamon, Cloves, Galangale, Piper grains of paradise, ana. ʒ. ʒ. this is good in cold cause for the head.

Distilled waters good in cold causes. Simple.

Water of Sage, Rosemary, Marjoram, Betonie, Lavender, Bawme, Cowslips, Lillie convallies, stecades, flowers of *tillia pionie*, Organes, Calamint, Juniper, wild Time, Cinamon.

Distilled waters Compound.

Rx. of flowers of Lavender, M. 2. Nutmegs, Ginger, Cubebs, ana. ʒ. ʒ. Cinamon, Galangale, Mace, Calamus aromaticus, Rocket seeds. ana. ʒ. 1. ʒ. put them into a pottle of Rhenish wine, then still them.

Aqua Cephalica Langii.

Rx. of Rosemary flowers, red-Roses, Marjoram. ana. M. 2. flowers of Buglosse, M. 1. the species of the confection of Anacardium, ʒ. 2. waters of Buglosse, of Betonie, of Tillia flowers, ana. ℥. 1. Lavender ℥. ʒ. of the spirit of wine, ℥. 1. ʒ. let them infuse a moneth, then distil them.

Or Rx. of Cowslip flowers, Rosemary, Marjoram, Betonie. ana. M. 1. of the species of *Diamoschi dulci*, *Diambra*. ana. ʒ. 6. of the confection of *Anacardium*, ʒ. ʒ. Cubebs, wood of Aloes, Nutmeg, Cloves, Pepper long, wood of Balsome. ana. drach. 1. Roots of *Acorus*, round *Aristolochia*, Ireos, ana. ʒ. 1. ʒ. Juniper berries, drach. 2. Lonage seeds, Anniseeds, Fennel seeds, ana. drach. 1. Cowslip water, Betonie water, sage water, ana. ʒ. ʒ. let them infuse 8. dayes, then distil them, take it with a spoonful of the spirit of wine.

Or Rx. of flowers Lillie convallie, M. 1. sage, M. 2. Roses, M. 3. Lavender, baulm, ana. M. 2. Nutmeg, drach. 2. Cloves, ʒ. 1. ʒ. Mace, ʒ. ʒ. infuse these three weeks in wine, then distil them.

Syrupes.

As of *Stecades*, simple or compound, of Betonie, Rue, Pionie, Bawme, Calamint, mel anthosatum, anacardium

Conservees.

Of Betonie, sage, Lavender, Bawme, Rosemary flowers, Marjoram, pionie, Lillie convallies, Cowslips, stecades.

Candied, Nutmegs, Calamus aromaticus, Mirabolanes, Walnuts, bastard pellitory or bartram, rindes of Citrons.

Confections: Of Cubebs, Anniseeds, Fennel seeds, Carraway seeds, Coriander, Cloves, Cinamon.

Rob. or dried juyce of Juniper.

Powders.

The species or powders of *Diambra dulcis*, *aromatici rosati*, *Caryoph. Dinxiboaloes*, *Dianisi*, *Letitia Rafis*, which are to be had at the Apothecaries.

Boles.

Rx. of Conserve of Betonie, sage, ana. ʒ. 1. Mithridate, ʒ. 2. and with sugar make a Boles, to be taken to bedward.

Or Rx. of conserve of Roses, ʒ. ʒ. of Rosemary flowers, Treacle, Mithridate, ana. ʒ. 1. and with sugar make boles.

External Medicines, compounded.

Apply external moist medicines to the head when the ventricle is empty, left being full, the vapours should ascend the more into the head.

Seethe of flowers of Lavender, Camomil. *ana. M. 1.* Bay-leaves, Hyssop, Betony, Marjoram. *ana. M. 2.* in water, and therewith wash the head.

Or R. of flowers of Camomil, Melilot, stecades, Lavender, *ana. P. 1.* of leaves of Sage, Marjoram, Rosemary, Bayes, Calamint, *ana. M. 3.* Betony *M. 1. 3.* seethe them in water, and with a cloth or a sponge apply it hot to the head; do so often while it is warm.

Or R. of ashes \mathfrak{z} . 2. vinegar \mathfrak{z} . 6. warm it, and with a cloth apply it to the head.

Oyles.

Of Rue spike, Marjoram, wild Time, Castoreum, Euphorbium.

Or take of quick Lime, \mathfrak{lb} . 1. salt \mathfrak{lb} . 3. Marjoram, Pellemountain, stecades, Calamint, Sage, Betony, Rosemary, penny-royal, Bawme, *ana. M. 2.* seethe it in water \mathfrak{lb} . 100. and pour it warm upon the head.

Unguents.

R. of oyl of Rue, of spike, \mathfrak{z} . 1. of Nutmegs \mathfrak{z} . 3. powder of Cloves, \mathfrak{z} . 1. distilled oyl of Marjoram, G. 4. and anoint the forehead and temples.

Or R. of Unguenti marciati, \mathfrak{z} . 3. oyl of Nutmegs, \mathfrak{z} . 3. of Lavender \mathfrak{z} . 3. Cloves, Gut. 4. and make a Cataplasme.

Or R. of Fenegreek, Lupines powdered, *ana. 3.* 1. Bay-leaves \mathfrak{z} . 3. seethe them in sweet wine, and put to it oyl of flower-deluce, of Marjoram, and make a Cataplasme.

Emplaisters.

R. of Gum of Juniper trees, styrax calamite, Frankincense, *ana.* drach. 1. Pigeons dung, \mathfrak{z} . 2. Nightshade roasted, drachme 1. Nutmeg, Cloves, of each \mathfrak{z} . 1. and with oyl of spike, Turpentine, and wax, q. 3. make a plaister and lay it to the forepart of the head.

Or R. of the flower of Lupines, powder of pellemountain, Stecades, Marjoram, *ana.* drachme 2. of the Gum tacamanaca, drach. 1. 3. oyl of Spike, wax, q. f. and thereof make a plaister.

Powders.

R. Nutmeg, Marjoram, Cloves, *ana.* drach. 1. stecades, Rosemary, wood of Aloes, *ana.* \mathfrak{z} . 1. Musk, Amber, *ana.* G. 3. make it a powder.

Or Nutmegs, Cloves, Kermes, *ana. 3.* 1. rindes of Citrons, half a drachme, wood of Aloes, \mathfrak{z} . 1 make it a powder.

Rub the head with those powders, and sprinkle it with the spirit of wine, or else make quilted caps with the powders, and apply to the head.

Or R. of Camomil, Betony, Vervain, Marjoram, Wormwood, Roses, Stecades, Rosemary, *ana. P. 1.* Gum of Juniper, half an ounce, Sene, Kermes, *ana.* half a drach. wood of aloes, \mathfrak{z} . 3. Amber, powder them, and quilt them in a cap of red cloth.

Or R. Olibanum, \mathfrak{z} . 1. Amber, \mathfrak{z} . 1. Marjoram, Rosemary, Betony, *ana. 3.* 3. Stecades, drachme 1. Lavender \mathfrak{z} . 1. 3. Cloves, Nutmegs, *ana. 3.* 2. powder them, and make a Cap.

Or R. Rue, wild Time, hyssop, *ana. 3.* 1. Marjoram, Betony, *ana.* drach. 3. Stecades, Lavender, *ana.* drachme 1. make them into powder, and make a Cap.

Pomanders.

R. of Laudanum, drach. 2. styrax calamite, half an ounce, Nutmegs, Mace, *ana. 3.* 2. Rosemary, half a drach. Cinamon, wood of Aloes, *ana.* half a scruple, Civet, Musk, *ana.* G. 4. Amber, G. 2. oyl of Cloves. Gut. 5. Gum Dragagant dissolved in Rose-water, q. 3. and make a Pomander.

Or R. of Cloves, Nutmegs, Roses, *ana. 3.* 1. Lavender, \mathfrak{z} . 3. Laudanum, drachmes 3. Benjamin, Styrax Calamite, *ana.* half a drach. Musk, G. 5. Civet, G. 4. Amber, G. 3. Gumme Dragagant dissolved in Rosewater, q. f. and thereof make a Pomander.

A Bag to hang in Ale.

R. Cinamon, Ginger, *ana.* ʒ. i. Galangall ʒ. β. Bay-berries ʒ. β. Cloves, Nutmegs, grains of Paradise, Cubebs, *ana.* ʒ. i. bruise them, and put them in a thin cloth, and put them into a vessel of three gallons of Ale, or lesse.

Thus far *Senertus.*

Hitherto we have abundantly treated of cold head-aches with their appropriate remedies internal; now because that outward applications oftentimes are of no lesse effect then the inward medicines, I doe purpose at this present to set down divers external remedies.

A Musk ball for the same; Take *Laudanum* halfe an ounce, *Lignum Paradisi*, *Styrax* *Pomanders* *for the cold* *Calamita*, of each one drachme, Cloves, Nutmegs, Basil seeds, of each halfe a drachme, *head-ach.* Rose-water with which a little Musk is dissolved, make it up into a ball; if thou add a small quantity of Amber, it will be the better. Thou shalt find divers sorts of these sweet smelling bals in sundry places of this booke described.

These bals are made after this manner: Take a warme mortar and pestle, and put into it a little of the aforesaid Rose-water, with the *Laudanum* and Wax, stirre them weth the pestle together till they be molten, then mix the other powders with them, except the musk and Amber, and make it up in bals of what bignesse thou please; last of all, prick them full of little holes, yet not very deep, in the which thou shalt put the musk and Amber mixed, first with Rose-water; then take some finely prepared Cotton, wipe the mortar with it, and wrap the sweet ball in it, or keep it in a little red peece of finadal. It is also good to snuffe up some of the foresaid powder into the nose, or else a little musk.

To perfume withall; Take frankincense, wood of Paradise, Mastix, Nutmegs, *Styrax* *Calamita*, of each by it selfe, or of them all as much as thou wilt. Also take frankincense, *Sandaracha*, wood of Paradise, of each a like quantity; throw it on glowing coles, and receive the vapor or smoke.

The manner of making lees and sopes for the same, with which the head being washed, the brain is comforted, her moisture dried, and her overmuch cold changed into warmth, for which purposes thou shalt use these things following: Take Roses, Sene leaves, Betonie, Marjoram, Agarick, of each one drachme, steep them in hot lee the space of four or five houres; others first boyle them in wine, and afterward mingle it with lee.

Take Mace three drachms, Stechas, Marjoram, of each one drachme, blossoms of the wild Vine, Roses of each two drachms, *Spica* one drachme, cut them all into small pieces, put them into a little bag, and then steep them in the lee; this comforteth the head, brain and memory, and helpeth also the swimming or giddinesse of the head.

Also take *Spica* halfe an ounce, Lavander flowers, Roses, Marjoram, Rosmary, roots of the blew flower deluce, of each two drachms, cut them into pieces, and being put into a bag, steep them in lee and wash thy head with it; this strengthneth the brain, all the senses, and the memory very much.

Also take wild Mints, Nep, course Marjoram, Hyssope, Bay-leaves, of each sort two M. Rosemary blossomes, Stechas, Gold-flowers of each half a M. and seeth them in lee, take also Marjoram, Sage, Cammomil, Bay-leaves, Stechas, of each a M. lay them in steep the water of lee, as is aforesaid.

Here followeth divers sorts of washing bals very meet and necessary for the cold, and humours of the head, take Venice Sope, halfe a pound, bruise it and stamp it in a warme mortar with a hot pestle, and make it somewhat moist with Rose-water, or Lavander water, untill it be like unto dowe, then beat one ounce of Ireos roots, Cloves, Nutmegs, Cinnamon, Cardimony, Stechas, of each a drachme, Roses, Basil, Rosemary, Lavander blossomes, of each halfe a drachme, all dried and beaten to powder, and then mingle the same with the dowe of the Sope; and take oyle of Spiknard, and rubbing your hands therewithall, then make up the bals.

Also prepare or dresse the Sope in like sort as before is mentioned, and then mingle therewithall these powders hereafter following, to wit, Lavander halfe an ounce, Roses, Marjoram, Basil, of each a quarter of an ounce, *Ireos*, three quarters of an ounce, *Ben-*

Washing bals
for the cold
pain of the
head.

join *Styrax Calamita*, Stechas, of each a drachme, Spike a quarter of an ounce and mingle them with Rose-water, then annoint the temples of the head, and it will give a very sweet smell or fume, and comfort the head and brain.

Also take of the foresaid Sope prepared in the like manner as before is specified, two ounces, and mix therewithall a quarter of an ounce of Agaricke: Ireos, Cloves, of each half a drachme, Camphire a scrup. Then make bals thereof in what sort you desire them.

Also take Venice Sope four ounces, Ireos, Cloves, Betony, of each three drachmes; Marjoram, Macis, Galigan, *Lignum Aloes*, Ciperus, Calamus, Sandaracha, of each a scruple, liquid Styra a drachme and a halfe, Muske foure graines, then dresse the Sope with Lavander-water, as before is specified. Also heretofore in Chap. 1. Section 2. is mentioned, how the strong smell of the Sope may be taken away, and made very commodious and fit for use to divers purposes.

Here is to noted that if the bals be for present use, then are the bags hereafter mentioned not needful: but for the bags, you are to take dry Betony a M. Borage, Melilot, Mellet, a little dried in a pan, of each half an ounce, Rosemary flowers, Stechas, of each a quarter of an ounce; make the bag so great, as the place of the grief, and put the same therein, and lay it to the place where the grief is. This following is stronger: Take dry Betony Rue of each half a M. Rosemary blossomes, Stechas of each an ounce. Basil feed, Rue of each half an ounce; beat them in a mortar together, and put them in a little bag, and lay them to the head. Millet scorched or dried a quartern; the like quantity of salt, and also as much Cammomil, put them in a little bag, and lay them warme upon the head; this is also very good.

Also take Stechas, Cammomil, wild Mints, Marjoram, Bay leaves, of each a handfull, Sene leaves, Cyprus, Citron shels, of each two drachmes, Cubebs, Nutmegs, Cloves of each a drachme, Macis, spike of India, Cyprus roots, Calamus, of each two drachmes, beat these together in a mortar; then put the same into two little bags; and if thou wilt have it warmer, then take Doves dung and Mustard seed, of each three drachmes, Beaver cod, and *Euphorbium* of each a drachme.

Note also very specially, that neither Roses nor other stopping things be put in the bags, neither are these plaisters following, in any wise serviceable; and although they be strong yet do they but hinder the dividing of the matter. Therefore you shall not use the bags in certain hours after you have washed it with the Sope before mentioned.

A Powder for the head. Take Nutmegs, Macis, Rosemary, Cloves, Frankincense, Marjoram, Lavander, Stechas, of each a little quantity, beat it small, and rub the head well therewithal upon the seam of the head, and then cover and keep warm the head with a cap, that the smell of the powders may the longer remain.

Also take Betonie, Marjoram, Stechas, Roses, of each a M. Sage, Rue, course Marjoram, of each half so much, Rosemary two drach. Citron shels one ounce, Bark of Frankincense, Myrrhe, Frankincense, Mastix, Sandaracha, of each half an ounce, Cloves half a drach. beat them all into powder. This is very good for the moist and rheumatick head, to dry it, and to procure warmth.

Plaisters and salves: Take Aloes, penny-royal, Citron shells, wild Mints, Sandaracha, Frankincense, of each half an ounce, oyl of Roses one ounce, *Landanum* six ounces, beat these small in a warm mortar, with a warm pestel, put thereunto six ounces of molten waxe, the other being very small beaten, then spread it upon leather, and cover it over with red farsenet: this shalt thou lay upon the head of the party grieved, in the morning whilest he is fasting; this dryeth very strongly, warmeth the head, and comforteth the braines.

Another; Take of the best *Landanum* two ounces, Maces, five drach. Millet that is scorched or dried, two drach. Turpentine and oyl of Camomil so much as shall be needful for one plaister, and then use the same as before is mentioned. Some take four ounces of *Landanum* and Horehound in the place of Mace.

This plaister following is very strong, and of great heat: Take Bever Cod, *Euphorbium*, Pepper, white Mustard seed, *Styrax Calamita*, Rue, Horehound, of each a like quantity; this beat altogether with wine, untill it be like dowe, and thereof make cakes of a like weight, let them dry. When you will use them, rub them with oyl of *Cosinus* (otherwise Balsom) or Camomil oyl, until it be made fit for a plaister or salve, then lay it upon the forehead: for it is very good for any old or cold pain of the head, but lay it not unto the

the forehead onely, but also drop some into the eares, and it will be very warm, and therefore I do not counsel you to take much thereof.

This is of special account: Treacle or Mithridate, with the juyce of bruised Mints, make it thick as pap, and then anoint the forehead therewithal in the time of rest, and principally in *Hemicrania*, and where you find the head most cold, there use it ofteneft.

Also take the roots of wild Cucumbers, Wormwood, of each two M. seethe them together with a soft fire in three ounces of water, and as much common Oyl, untill it be foddren to a third part. With this moisture rub the head till it be wet, and of the rest make a plaister, and lay it to the place of the pain.

Also take of the usual plaister *Apostolicon* four ounces, make it soft with the Oyl of Camomil, and then rub the place of the pain therewithal. Alwaies understanding that the hair is to be first cut off very close.

Hereunto may also of the oyl of Spikenard, of *Costus*, of Bever cod, of Camomil, and Dill be used, of each a like quantity, and then stamping all the foresaid herbs and roots with them:

Addition.

The herbs and simples that are used in a cold head-ache are these; Iris Illirica, Oyl of the Wild Olive, oyl of Almonds, the seeds of the chaff tree, bitter Almonds, Lana succida, water Mints, the juyce of Ivie leaves, Aloes, Mints, wild Time, Melilot, the leaves of Baccharis, Rue, Scammony, Annise, Dog Fennel, Gii, the lesser Coniza, the young leaves of Anagyris, Rhodia radix, Hippoglossa, Laurel, juyce of the wild Cucumbers, Galingale, Nardus Italica, Lavander, Valerian with the root, Cinamom, Cubebs, Musk, Sivet, Amber, Oyl of Baies, Mummie, Mastick, Agarick, Water of Vervain, Verbascum, Coloquint. For the heat and hot pain of the head, Privet blossomes, dry Roses, Purslain, the roots of water Lillies, and of Rhodia, juyce of Poppie, the greater Housleek, tame or garden Nightshade, Vine leaves, mosse of trees and stones, oyl of Privet, juyce of Plantain, of Lettice, Fabaria beaten, Henbane, Muscilage of Fleawort, Mandrake, all manner of Housleek, white Saunders, the decoction of Sene, Camphire, &c. Some of these are used onely inwardly, some onely outwardly, and some also both waies, and for that cause they are not to be used without great circumspection.

Of neesing for a cold and rheumatick head, §. 2.

Many do advise to provoke neesing, for to cleanse the brain and head thereby: but it is also to be doubted, that the same will rather distemper the head, so that it must providently be dealt with, as shall presently hereafter be expressed. Therefore it is also needful to speak somewhat of neesing, which doth men much good or ill.

Neesing, *Sternutatio*, is a motion of nature, or of the expulsive vertue to drive out all that hindreth the ayr from the brains. Or, neesing is a special motion of the brains expelling superfluous moisture or matter, and that thorow the help of the attracted ayr, which driveth out the same speedily through the mouth and nose.

Sternutatio est motus natura, non morbus, secundum Galenum, 30. de mor.

Sonitum Sternutationis dicunt esse multitudinem aeris exeuntis subito per nares.

The causes of sneezing, are External, or Internal.

The External cause, is the looking into the Sun, or the snuffing or smelling of some sharp medicine, as is before said.

The Internal causes are humours, vapours, or wind, or some such like, grieving and oppressing the animal vertue or power; for the animal vertue sensibly feeling the hurt and oppression, doth stir up the expulsive nature, which is moved with violence to expel the evil matter offending the animal vertue and nature.

Item, take powder of Pepper, of Castoreum, of each a scruple, Hellebore, Gally Moscate, of each ten grains.

Sneezing is good in some causes, hurtful in others: It is good after the maturation of the coryza, and after the digestion of the matter causing head-ach, Frenzie or Lithargie,

Subith,

Subith, Epilepsie, Apoplexie, Scotomy; and it is good to cause easie birth, and to expel the Secundine, *Gal. Sa. affo. Com^o. 34. 38.*

It is hurtful in the beginning of a Catarrhe, and in diseases of the brest, and lungs and of the head-ach caused of fulnesse, and of diseases of the Ribs, if the sneezing be caused before the digestion of the humour offending.

If sneezing medicines be given to sick parties to cause sneezing, if the party sneez not it is mortal.

Sternutatio cum rheumate in omni agitudine pulmonis & costa malum est.

Sed sternutatio in omni agitudine acuta sine rheumate bonum est: & maxime post digestionem, & post purgationem, & bonum est quando per se venit, sine mediis extrinsecis.

To stay sneezing, hold the breath as long as may be, rub the extremes, the ears, the gums, the palate, the tongue, and rub the eyes much, which is best of all; also put the juice of Basil into the nostrils, and it helpeth, or else smell unto the oyl of Roses, of Willow-buds, or of water-Lillies, and put of the same oyles into both ears and upon the head.

Or, let the party sup cold water, and let the party draw cold water into the nostrils, and wash the face with it; if it be caused of cold, warm water used in the same manner helpeth.

Or, else cut off the hair, and lay a plaister of this following, *viz.* Pitch, Rosin, of each ʒ. i. Sheeps suet, ʒ. β. Frankincense, ʒ. i. Saffron, ʒ. i. Laudanum, ʒ. 3. seethe it to a plaister, and so apply it to the head.

Or, moisten the nostrils with warm water, or annoint them with Milk, Butter, oyl of Violets, oyl of Roses, oyl of sweet Almonds, the white of an egg, or seeds of Gourds, Poppy, with the white of an egg and mucilage of seeds of Quinces and fleabane: some will wash the face and mouth with cold water, also drink the decoction of Basil, and wash the head with the same decoction, and smell unto Annise and Smallage.

For Rheume or distillation of the head.

Take Sene-leave six drachmes, Rockets, four drachmes, long Pepper two drachmes, make them into powder, and take morning and evening one drachme, in white wine.

The causes of sneezings are sharp things, as Onions, Lillies, Hellebore, Pepper, Mustard-seeds, and such like, in smelling, eating and drawing them into the nose. To hold up the nostrils against the Sun, to tickle in them with some sharp things. But for more safety this is mine advice, that Neesewort be refrained as much as is possible, as also *Piretrum*, *Euphorbium*, and such like more, and principally by themselves alone. In like manner, although the wilde Cucumber doth draw forcibly, yet notwithstanding it is a great deal too sharp. But if it be found good advice to use sneezing, then are these compounded remedies hereafter following much safer and milder to cleanse the head and brains: Take Marjoram one quarter of an ounce, Nigella-seeds, Rose-mary-flowers, of each one drachme, Cloves two scruples; beat them small, and smell thereto.

Item take beaten Marjoram one quarter of an ounce, *Piretrum* one scrup. Ginger one scrup. white Hellebore nine grains, and beaten all small together.

Item, take *Pyretrum* ten grains, Betony a drach. Marjoram one drach. and a half, and beat them all together.

Item, take *Laudanum*, Myrrhe, *Amanacum*, white Hellebore, of each one drach. Frankincense, *Euphorbium*, Coriander, Ginger, long Pepper, of each half a drach. these beaten all to fine powder, it is very good for the cold murre.

Item, take *Pyretrum*, black Hellebore, of each half an ounce, white Hellebore, Bever-cod, of each two drach. Marjoram half a drach. beat them to powder; of this use but a little, and not very often; for it is very strong.

Oyl of Spike being put into the nose, doth provoke sneezing. There may also be drawn up into the nose two ounces of Marjoram-water, and afterwards wash the forehead and face warm therewith.

For what end sneezing is commodious or hurtful, you shall perceive here and there in this book.

Lotions for the feet. All Physitians do commend for sundry sicknesses, and also for cold ach in the head, this lotion of the feet: Take Betony, Roses, Eldern-flowers, Cammomil, Marjoram and Sage, of each four handfuls; seethe them together, and every evening put the feet deep enough therein, and so continue about half an hour therein; this may be kept good three daies together.

If

Sneezing
powder.

If so be that the Patient cannot sleep, he may use this three or four times a week : Take Cammomil, Melilot, Violet-leaves, of each one handfull, water-Lillies half a handfull, Poppy-heads broken in pieces one ounce ; see the and use them as before.

The order of dyet for the cold pain of the head, Sect. 3.

Strong wine is good, but not too much, to the end it do not disturbe the head ; or in eight daies he must bath and wash his head with the decoction of Cammomil, Marjoram, and Stechas : or he may use according to the importance of the sicknesse, one of the aforesaid lees or soaps ; before meals is his head to be rubbed with warm clothes, and after meals take a little Marmalade, thereby to hinder the vapors of the stomach from ascending to the head, and provoking of new pain.

Outward bruising of the head. Sect. 4.

All outward bruising or wounds of the head, whereof is not only caused great pain, but also great peril of life, do belong chiefly to Chirurgie ; notwithstanding where we shall hereafter discourse of the Scull, somewhat shall be spoken thereof.

What doth convey the medicines towards the head. Sect. 5.

WE have hitherto described many kinds of remedies and medicines that are meet for the hot, cold, and other pains of the head ; but because the laxative and purging medicines through their own power do not expel all humours (for which they be given) out of all members indifferently, without the addition of such things as may convey their operation towards some certain member, the which one desireth to have them to purge : therefore we will discourse here somewhat thereof. And that you may by example clearly understand the same, then behold the *Oxymel* that shall immediately be described : it prepareth or digesteth slegmatick humours indifferently as well in one member as in another. But if so be you mix therewith Nutmegs, Pionie-seeds, or Cubebs, then doth it onely purge the head, and none other part of the body : and if you put thereto Tamariscus and Caper-roots, then doth it purge out of the Milt, and so forthwith all the rest. Now because we write here onely of the head, these are the principallest simples or herbs, that do conduct the medicines towards the head ; to wit, Nutmegs, Cubebs, and Pionie, Penniroyal, Marjoram, Balsam wood and seeds, Frankincense, Bever-cod, *Laudanum*, Melilot, the right *Acorus*, *Lignum Aloes*, Myrrhe, Chamedris, Squils, *Nuces pinea*, Spikenard, Gentian, Hysope, Pepper and *Sagapentum* or *Serapinum*.

There are many things more here and there discovered in this book, which the diligent Reader shall finde to be very meet for the Head-ach.

Additions unto the pain of the head.

For the forementioned pain of the head there are certain things commemorated, that are commodiously and much used, and yet are not discovered how they should be prepared.

Thus, to the end the Reader might be satisfied, we will here describe certain of them, and begin with *Oxymel*.

Divers kinds of Oxymel. Sect. 6.

First we will begin with that which at the Apothecaries is called *Oxymel simplex* : for that it is made onely of honey and vinegar ; now for to make the same, take clarified honey four ounces, pour thereto two ounces of cleer water : see the same together, and scum it, until all the water be sodden away ; put thereto two ounces of vinegar, let it see the together unto a syrup. This consumeth all tough slime and thick humours, openeth all obstructions, cleanseth the breast, and maketh an easie breathing.

The second *Oxymel* is called of the Apothecaries *Compositum* or *Diureticum*. It is made

made in this manner : Take Fenel roots, and roots of Smallage, of each two ounces, the seeds of Parsley, of Butchers broom, of Sparage, of Smallage, and of Fennel, of each an ounce : take out the core of the roots, chop them, and see the them in a quart of water untill they be mellow, afterwards wring them out thorow a cloth, and add to the decoction six ounces of sharpe vinegar, twelve ounces of cleansed honey, let them see the together unto a sirupe. This is much stronger for all uses then for the former : it doth attenuate all tough slimies, it driveth them out of the members, openeth the obstruction of the liver, of the melt, and of the kidnies, it expelleth the urine and sweat.

The third *Oxymel* is made of Squills called *Scyllinum*, or at the Apothecaries *Squilliticum* : for this, take vinegar of Squills which is described before in the second Chapter, Sect. 1. against the cold pains of the head, four ounces, clarified honey six ounces, and see the it altogether unto a sirupe.

The fourth is *Oxymel Scyllinum compositum*, the which is thus made : Take the roots of Smallage, of Fennel, of each two ounces, the roots of Parsley, of Butchers broom, of Sparage, the seeds of Smallage, and of Fennel, of each half an ounce : see the them together in a quart of water untill the roots be mellow : unto this decoction add twelve ounces of vinegar of Squills, clarified honey 18. ounces, and then see the it to a sirupe.

They are both very good to attenuate the tough slimies, to strengthen the stomach, and to provoke urine : but the first is stronger to open all obstructions, and is special good against all quotidian and quartain agues.

Purging sirupe of Roses. Sect. 7.

Take a pound of red or Damask Rose leaves, put them into a pot with a narrow neck, powre thereon about three times so much of hot clear water, let it stand so 8. or 12. hours covered very close, afterwards wring it hard out with thy hand, strain the liquor clear thorow a cloth : then take again fresh Roses as before, and powre the strained liquor seething hot upon it, let it stand as before : wring it out again, and do this afterwards eight or twelve times together (the oftener the better) and it will be the stronger in purging.

Lastly, weigh all that strained juyce of Roses, and put half so much Sugar unto it, and clarifie it with the white of an Egg, untill it be very clear : afterwards let it see the to a sirupe. Some do stamp the Roses, that the vertue might come out the better.

Others do make it after this manner, as followeth : Take red or Damask Rose leaves two pound and a half, powre thereon ten quarts of May dew, or clear rain water made meetly hot : let them infuse together in a warm place a whole day and a night stopt very close. The next day wring it out hard : make the broth not seething, but onely meetly hot : then powre it again upon two pound of fresh Rose leaves : let them stand and steepe, as before. The third time take one pound and a half of Roses; the fourth time one pound, and so the fift and sixth time ; last of all, after the four last times, take each time half a pound of Roses : afterwards, the liquor being strained, put unto three parts of it one part of Sugar : see the it well, clarifying it unto a sirupe. Of one of these sirupes may be given to a full grown person three, four, or five ounces at one time : unto a young child one ounce, unto one of eight or nine years old, two ounces, and further after the same rate, according to the greatnesse or smallnesse.

This sirupe doth quench the thirst and heat in all hot ague, it doth strengthen the stomach and the hot liver, defendeth the heart from all venome and stinch : therefore it is also good for the plague, and looseth very gently.

It is also prepared with Rubarbe and other things, according to the opinion of every Physitian.

Barley water. Sect. 8.

It is ordained before, for the hot pain of the head, to give unto the sick body Barley water for his daily drink, the which is prepared after divers manners, but is commonly prepared thus : Take unto a good deal of water one ounce of peeled Barley, let it see the untill it break. Some do steepe it two or three hours before in clear water. And albeit that such Barley water have small force, yet it is better then bare water, when the patient is forbidden to drink wine.

There

There are also other things more, according to the importance of the sick person, put unto it, as Mastick, Barberies that do colour it like unto wine. In like manner are also herbs, roots, and all that one will, decoct therein.

Manus Christi with Pearls. Sect. 9.

THis cordial Sugar is very common, and is made thus: Take 12. ounces of the whitest Sugar, seethe it with Rose-water like as is taught in our Introduction, afterwards when it beginneth to be cold, stir an ounce of prepared Pearls amongst it, and make Tabulates or *Manus Christi* of it. It is good for all faintnesse, hot agues, heavy fantasies and imaginations.

The Apothecaries do commonly not take more a drachme of Pearls upon a pound of Sugar, because men will not go to the cost thereof.

Without Pearls the Apothecaries do call it *Manus Christi simplex*: they decoct the Sugar with Rose-water, without putting any thing else unto it. It is made also with Violet-water, Cinnamon-water, and howsoever that one will have them.

The Third Chapter.

The Hair of the Head.



Even as we have discoursed of all kind of pains in the head, so we will now begin certain other things of the same in particular, and of that which maketh shew outwardly in the top of the head, to wit, the hair, the which groweth there of it self, garnisheth the head, decketh and covereth it. And although the same hair (like as the nailes also) hath no other government but onely the growing and garnishing by nature: neverthelesse it hath that secret in it, that thorow his colour, his hardnesse, softnesse, finenesse, curling, evennesse, and other marks, it doth sufficiently give knowledge how the brains which lye under it are inclined; to wit, the cold, warmth, dryth, moisture, as also their mixed complexions, as cold and dryth, warmth and moisture, whereby it may be known what humour or moisture doth most abound, or whether ones hair also will quickly fall off or not. These weighty and other causes have planted by nature in all men, especially in women, a carefulnesse to look unto, and maintain it: the one with making it grow more or thicker then the other, to change the colour, to make it fall away, to keep it clean from all vermine, and to free and clear it from all defaults. Because therefore that this is so greatly esteemed, it is requisite to prosecute our attempted method, and to write also somewhat thereof. And first of all, of those things which cause the hair to grow: afterwards, to take that away which hindreth, or to draw or pluck it out.

To cause the hair to grow and to colour it. Sect. 1.

All they that desire to have their hair to grow thick and apace, are to annoint the place oftentimes with hony where they will have it grow: also to make a lea of hearbs (to wit for young maidens and women) who bear the name thereof, *Callitrichon*, fair haired, *Politrichon*, much hair, *Capillas Veneris*, Venus hair. And if any body have a bald patch, then take garden snails pluckt out of their houses, Horleaches, Bees, Wasps, Salt, of each a like quantity: Powd them not too hard one amongst another, put them into a glassed pot that is pitched beneath, and having a small hole, bury it the space of eight dayes in warme horse-dung, and receive the moisture that droppeth out in another glasse bound under it; and anoint therewith the baldnesse, rubbing well the place first; wash the head with the decoction of urine, Wormewood, Southernwood, and of Linseed well parched; goats-milk doth likewise make the hair grow fair. You shall also find more things hereafter in the description of the eye browes and of the beard.

Of the dying of the hair in general. Sect. 2.

If any desire to dy the hair otherwise then it is grown by nature, then is this generally to be observed: that he awayes wash the hair with lee made of vine stockes, where in a piece of Allum is dissolved: for the Allum maketh a preparative for to receive all colours, as is well known to all Dyers.

Here do now follow certain sorts of colours:

Yellow hair.

Amongst Dutchmen there is no colour more highly commended then the gold colour or yellow, like as it was much esteemed of the Romans: so that sometimes they dyed their beards and hair with gold: but these things following are also meet for this purpose.

Take ashes of the Vine sticks, eight ounces, of Barley-straw two handfulls, of Licorice two ounces, seethe them together in a great quart of water; afterwards let it settle, and wash the head with this lee, and let it dry of it self.

Item take shaven Beechen wood, Gold flower, Venus or maiden hair, of each one handfull, Licorice half an ounce, Saffron one scrup. let this mollifie in lee, wash the head and let it dry of it self; also as often as one combeth him, he must wet the combe therein.

Item take Willow leaves white beaten mustard seed, *Consolidia Saracenica*, broad Plantain, water Cresses, Radishes, white Hellebore, Bryony, Onions, of each half an ounce: cut them all in pieces, and let them seeth all together a while in lee, temper one ounce of Honie amongst it, and then let it stand until the hearbs do putrify; afterwards put more fresh hearbs therein, and seeth them with as much hony as there is of the decoction, until it be thick, and annoynt the place where you desire to have the hair grow: but look well to it that you touch no other hair with it, for it would be disordered thereby, but I advise no man to use much of this salve, for it is hurtful for the head.

Item in March take Poplar buds, and seeth them with lee: take also powdered Colewort seed, temper it with the oyle of Walnuts like to a salve, and annoynt the head therewith.

Or take nettle roots, horse Radish, the gum of the Birch, make it hot upon the fire with the lee, and wash the head therewith. Juniper oyle annointed thereupon after washing, will easily make yellow hair to grow: but note that this oyle is hot. This should also the fruit of the Beechen tree do, being laid in lee.

Black hair.

Black hair: Some that by nature have black hair, do diligently seek, to augment the colour; others will cloke therewith the mishapen hair, many will dye gray hairs therewith, which to effect, they anoint it with the juyce of Sage.

Burn Hasel nuts, as many as you please, in a luted pot, stamp them to powder, then make them unto a salve with the tallow of a Bear or Goat; this doth not onely dye black, but maketh also the hair to grow.

Curled hair.

Item take beaten Gall nuts six ounces, seethe them in nine ounces of Sallet-oyl, as long as one would seethe an egg hard; afterwards wring them out, mixe amongst it pounded Privet, burnt Vitriol, Salt gem, of each one quarter of an ounce: let it seethe a good while together, having washed the hair with the decoction of Blites and Elderne flowers, then make it fat with the foresaid oyl.

Item take the green shales of walnuts, stamp them and seethe them, anoint the hair with it, and it will be as black as Pitch. For this also helpeth Cypers nuts, Bean-straw, burnt shales of Hasel nuts, peels of Pomgranats, unslackt Lime, Privet, and oyl of Nuts.

For to make curled hair, take Mallows layed in lee; if one would dy his hair gray, then make ashes of the innermost barke of Ivy, and wash you oftentimes therewith, or anoint your hair with Badgers grease.

To hinder gray hairs. Sect. 3.

To be gray is onely proper to mans head, which commeth thorow the abatement of the natural warmth, or thorow the ryoting life, whereby *Flegma* is increased, and it is sometimes also caused as well thorow unnatural heat as cold: but if any be gray before his time, that commeth by use of much fruit and fish: but to

utter

utter the truth, the gray hairs are none other then an Ensign or banner for us, that death planteth upon our heads, signifying that it will shortly have victory over us. But as there be many that would hide their age, and would rather be thought young men, then old fools; so hath it been also found out, not how to turn away gray hairs, but how to prevent the same; whereof we will here write somewhat.

The chiefeft is the daily purging of flegme, and specially with vomits and clifters, for which are fit *Pilule Chocia*, *Trifera Saracenica*, these pills following.

Take Coloquint, Turbith, Aloe, of each a drachme, Fennelseed, Annisfeeds, Parsleyseed, black prepared Hellebore and Pepper, of each half a drachme, Diagridion two scrup. make thereof a masse with the juyce of Wormwood, take a drachme thereof at the most at one time, for they be strong: good heed is to be taken in this purging, that age for gray hairs be not thereby taken away.

Wash the head twice in the week with my Lixivium mentioned in the 1. Chap. this takes away gray hairs, and preserves from baldnesse.

Of baldnesse and falling off of the hair, wash the head with my Lixivium above mentioned.

The ancient Physitians do ascribe many things for preventing gray hairs, what is to be eaten, drunk, and refrained: also what is to be used a whole year in youth, and that one must eat snails: so that it grieveth me to enter into so needlesse a matter (when one would stay and prevent the course of nature) I will therefore be brief. Anoint thy head with the oyl of Bever-cod, with the oyl of a Bear, fresh oyl of Roses, or oyl of Mustardseed: all which are meet to prevent gray hair: or take the spleen of an old dog, and rub the hair therewith. Also the oyl of Privet doth prevent gray hair.

Item take Tassel, seethe it in lee and use it daily: steep in the lee Mirtle leaves, Cy-pers nuts, Iuniper-wood cut, the barke of Fir-wood with the leaves, Gall-nuts, and such like.

To take away hair, Sect. 4.

TAKE a pint of wine, drown twenty green frogs therein, or as many as can be drowned therein, then set the pot forty dayes in the warm Sun: afterwards strain it hard thorow a cloth, anoint the place therewith where you will take away the hair.

Make the place often times moist with the juyce of yellow Lillies, which is wilde Flower-deluce. Take Antsegs and rub the place therewith, wherein you would have the hair taken away, it will fall off and grow no more again. Item anoint the hairy place with the juyce of Sloes, and it will make the hairy place bald and smooth.

Will you pluck out hair without breaking the skin: then take six ounces of Turpentine, set it on the fire in a new pot, and let it seethe somewhat; then powre it into a pan full of cold water, and stir it continually about with a wooden stick untill it run together. Then powre therein other fresh water, and pluck it with your fingers well from another, whereby it may be well washed, and do this so long, untill it waxe fair and white; afterwards temper amongst it one ounce of beaten Mastick in the foresaid pot, seethe it all together as before, and wash it also afterwards as before is done, and keep it alwayes covered with water, and when you will use it, powre out the water: let it melt with the fire, spread it on a cloth, and lay it no where but on the place whence you would have the hair drawn out, and when it is cold (as it will be quickly) pull off the plaister with violence. Then will the skin remain very white and bare of hair, then have a piece of fresh larde ready, and therewith anoint the place, and then wipe it by and by with a cloth: then will the skin be bald and smooth.

To pluck out hair.

Of diverse defaults of the hair. Sect. 5.

THE cunning and expert Physitians do reckon nine kinds of defaults of the hair: *Contorsio*, *Decoloratio*, *Quassatio*, *Fractio*, *Atrophia*, *Canities*, *Alopecia*, *Defluxio* and *Ophiasis*. The first, *Contorsio*, is called a-curling or intangling of the hair. The second, *Decoloratio*, a deformity of the colour. The Third *Quassatio*, which is a splitting or cleaving asunder of the hair. The fourth, *Fractio*, a short breaking away

away of the hair, that it snappeth asunder. The fifth is, *Atrophia*, that is as much as a drying away or consuming of the hair for lack of food. The sixth is, *Canities*, when the hair before his due time becomes gray or white. The seventh is, *Alopecia* or *Area*, which is baldnesse or falling off of the hair. The eighth is *Defluxio*, which is also a falling away of the hair, like as in them who lost their natural heat, or recover after a long continued sickness. The last is *Ophiasis*, which her name of the snakes: it is also a changing of colour not unlike to the other; for it is party-colouring like to a snake.

Of baldnesse and falling off of the hair. Sect.

Baldnesse and falling away of the hair is three-fold: as the falling off of the hair of the head, of the eye-browes, and of the beard. Of the two last we will discourse in their place: here we will onely speak of the first falling away of the hair. The causes of the same are inflamed moistures, whereby the hair before was fed: which through inflammation thereof is taken away, as already hath been rehearsed: for whensoever that it wanteth sustenance, the hair must of necessity dry away, and fall off with his roots, as may be seen in them that have hot brains, and become bald betimes; and contrary-wise women, children, and they that be gelded, very seldom. Thus to speak of the means: the first proof is, whether the hairs may be restored or not, to rub the bald place: and if it be not forth-with red, then is there no hope at hand: but if it were waxed, then it is a sign that there is still some good blood, and therefore good hope also. And to come unto it, first must good order of diet be observed, to refrain strong wine, Borage, rear eggs, and all that is light of digesture is commodious for him, and to drink white, clear, and small wine, that is sweetish. Bathing and rubbing is very meet for this disease; if the person be full of blood, open the head vein, or that on the nose, or the vein behind the ears, and also purge, if it be needful, of whatsoever occasion it be that the falling away of the hair happeneth. These means following are alwayes convenient for it: Take *Euphorbium*, burnt Hasel nut-shels, burnt Chestnut-shels, Cresses seeds, India Spica, *Verbascum*, of each one drach. bitter Almonds with their pills burnt, one quarter of an ounce; make salve thereof with vine cuict, oyl of Radishes or Barberies.

Item, take *Euphorbium*, wild Rue, Boreas, Mustard-seed, Mugwort, of each a like much; beat them altogether and make thereof a salve with the juyce of Onions: let the head be rubbed untill it be red, and then anointed therewith. Of such like remedies are many more described by the ancient Physitians: but omitting them, ye have some here that are certain and common.

Take Pegions dung, burn it to ashes, then powre lee upon it, and let him be washed therewith.

Or Hasel nuts with the shels beaten small and tempered with Bears greafe, is very good.

Oyl of Eggs doth defend and keep the falling out, and maketh the hair for to grow again where it is fallen away. Forasmuch as the oyl of Eggs is so good for this, and for many other things more, it is needful to teach here how to make the same.

Oyl of Eggs.

The oyl of Eggs and his vertue. Take hard sodden yolkes of eggs as many as you will, break them in pieces, and parch them in a pan untill they waxe ruddy, then shall you see oyl run out; then without ceasing must you stir them about, and when they be thoroughly parched, presse them hard through a woollen cloth.

It is many times approved and found, that this oyl doth not onely cause the hair that is fallen off to grow again, but doth prevent and stay the hair from falling. It also healeth, and causeth all other itches and sores to heal.

Further: Take well salted Barley bread, burn it to powder, and temper it with Bears greafe, and anoint your head therewith.

Item, flake a glowing steel in the lee wherewith you will wash you: use it often without any thing else therein.

Take Mirtle seeds and the leaves: see the them in water, and wash the head therewith.

All that is taught hereafter against the falling off of the hair in the eye-browes and the beard, is also meet for this purpose.

Of the scales of the head, of the beard, and eye-browes. §. 7.

THe Latinists do call the scales of the head *Furfures*, which is bran, well known of all people, and are very common in all mens heads. They grow there thorow a hot complexion, and when they abound much and above custome, then were they wont to be messengers of leprosie. They that have them so excessive, do get them thorow a licentious life, and surfeiting in eating and drinking, through incontinency, strong wine, much use of Garlick, Onions, and Mustard, whereby the blood is burnt to ashes.

For this must one begin with purging, like as in all dry itches shall be expressed. But if the person have much blood, then is he to be let blood; if not, then are to be used needling powders, gargarismes, and boxing cups are to be set on the shoulders and neck, and afterwards these things: Seethe Mallows, or Venus hair in water, wash therewith the head and face, and alwaies rub well the head; or boyl Fennel seed, Licorice, Flea-wort, Lupins, hollibock roots, take out the muscilage as shall be taught hereafter, and temper them with the juyce of Melons. Item take Nut-tree wood, or Nut shels burnt to ashes, put them in the lee and wash you therewith. Item, take Charnil, Southernwood, make a lee thereof with a little vinegar.

Item burn Hay flowers to ashes, and pour lee upon it. Item, take Elecampane roots, and infuse them a good while in lee.

Or take Storks bill, let it seethe in water, and foment well the scales therewith, that they be well frothed, and afterwards lay the herbs on the top of it, and they will wear away.

Will you yet have stronger things? then take the gall of a Bull, Coloquint, *Sal Alkali*, Boras, of each one drach. Galls, pills of Pomgranates and their blossoms, of each one scruple, and temper them together.

Item, take narrow Plantain, Henbane seeds, and salt, of each a little, seethe them in water, and rub the scales therewith; the same also doth *Aqua-vita* with brimstone amongst it.

Heretofore in the second Chapter, and §. 1. you have a bag for lee, which beginneth, Take *Spica*, &c. you may use the same also for the scales, and put thereto two ounces of Orange pills, whereof some of the white is cut away.

Let the head be purged with Aloes, rectified by the advice of a discreet Physitian. Or else seethe ʒ. 1. or five or six drachmes of Sene, sod in water with Anniseeds unto a quarter of a pint: drink the strained decoction of it in a morning fasting, and it will purge the head, but observe such dyet as is used after purging physick.

For to draw the muscilage out of the seeds and roots, the Apothecaries do call the slime drawn out of all seeds and roots *Muscilagines*; it is much used in this matter, and is thus prepared.

Take roots and seeds, chop and stamp each according to the quality, seethe them untill the liquor be very slimy and muscilaginous; this being done, pour it all together into a long bag that is piked beneath, and bind it hard to a staffe, afterwards take two little boards and fasten the said bag between them, wring it hard from above downwards, then runneth the slime or muscilage out of it, receive it in a clean porrenger, and after this fashion wring or presse out all the slime that will come forth.

How to make the slime or muscilage of seeds and roots.

For to drive away Lice and Vermine. §. 8.

THis loathsome and (especially to children) troublesome worm, hath his most abode ^{Lice} in the foresaid hair of the head, and they do grow through moisture of the flesh, or (to speak properly) of a grosse and moist vapour that fumeth out at the pores, and through natural warmth becometh outwardly a Louse, and receiveth also a vital spirit, and is altered into a little worm with six feet, increasing and seeking their meat in the place of their generation: therefore are children and women more plagued then men that are dry by nature, and be much lesse hurtful to young children then to full grown persons, yet they have this commodity thereby, that they that have most lice be wholly freed from the head-ache.

The cause whence they are ingendred, may be overmuch eating and small digesture, or eating of meats that be very moist, as divers fruits, and especially figs and chestnuts; also over much carnal copulation, unclean clothes, and such as are worn over-long.

Their cause.

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Their vermes
dies.

Now that one may be rid of this vermine, anoint the head with the broth of Salt fish, with the juyce of Alehoof, the juyce of Fumitory mixt with vinegar: take Gentian and see the it in lee, and wash the head therewith.

Take Bay-berries, or (if you have them not) the oyl of Bay, vinegar, powdered Bay-berries, burnt Harts horn, see the them together in water or lee, and wash the head therewith.

Salves. Take half a pound of Barrowes greafe, mixe and temper amongst it one ounce of Quick-silver, and one ounce of the oyl of Bay, Licebane, and white Hellebore, of each half an ounce, *Salgem*, one drachme, and a little vinegar, temper them all together, and therewith anoint the head, and put a kercher on the head, and in the morning wash the head with lee.

Another. Take Barrowes greafe half a pound, beaten Liver four ounces, Wolves-bane, and white Hellebore roots, of each half an ounce, oyl of Bay one ounce; temper amongst it one ounce and a half of Quicksilver so well that one cannot see it, salt one drach. use a little thereof; for it is strong.

Item, take unprepared Coriander, see the in water, wash therewith the head, and all places where there are any Lice, and wash the clothes in like manner, it driveth away Lice and fleas; you may also try the same with Coriander leaves.

Crab-lice.

Against Crab-lice you are to use all the former things. They grow of a stinking matter, that nature expelleth through the hairy skin, as in the eyebrows, beard, and privities; they are most plagued with them that eat many kinds of meats, use small exercises, and much bathing. For to consume this unclean matter, he is to be purged with *Pillula Cochio*, and to use oftentimes gargarismes with the syrupe of vinegar, and a little mustard seed, and to wash the place with Allom water, and Salt water, or that wherein Staveacre is decocted.

Item take Staveacre and Allom, of each one drach. beat them together, temper it with honey, and anoint therewith: Others do take Sal-armoniac, Aloe and Boras amongst it, and instead of honey, vinegar of Squills: also the white of a roasted egg is commended for it, wrapt up in a cloth, and held as hot upon the place as may be suffered. This being done three or four times, they will fall away.

Lice in childrens feet.

Sometime young children have also Lice growing in their feet; for them take new laid hen eggs, let them be sodden hard, cut the white in pieces in the breadth, beat then the yolks, and with fine linnen rags lay it on the feet, and then the white upon it; and so being well bound certain houres, the Lice will creep to the white of the egg.

Wash the head or any other place with my Lixivium mentioned Chap. 1. Sect. 4. pag. 34. it killeth Lice in any party.

The Louse evil, Phthiriasis, a miserable sickness. §. 9.

Even as we have written of the Lice, so we will adjoyn thereto the Louse evil, which the Grecians do call *Phthiriasis*. This is a wonderful and terrible sickness, that a man would be eaten up with such baggage worms, and so bereft of his life. It happeneth that these worms do breed of moisture of a mans flesh, and begin commonly in the eyebrows, and in some scabs, or among some scurf therein, when they do break of themselves or are opened. Then do Lice creep out, and so by little and little out of the whole body with such danger, that very skilful Physitians have enough to do therewith, and yet neverthelesse are these medicines following ordained for the same; Take the juyce of Fumitory, Borage, Germander, of each two ounces, *Mirobalani*, *Chebuli*, *Indi*, *Citrini*, of each four scrup. black prepared Hellebore one quarter of an ounce, prepared Agarick half an ounce, Aloe three quarters of an ounce, *Epithymum*, Sene leaves, roots of Polipody, of each one ounce; pound all that is to be powdered, and temper them with the juyce; if it be too soft, let it dry, and form a lump or masse; thereof take one drachme, and make fixe pills of it, of the which you are to take twice or thrice every week, two at one time, an hour before supper.

Prepare this lee ensuing, Take Aristolochy, Swines bread, of each half an ounce, of Gentian, *Rhaphontich*, of each three drach. Centory one quarter of an ounce, see the these things in lee, and wash therewith.

Item, take Ireos half an ounce, Squills one ounce, Centory half an ounce, Mirtle seed one ounce, Cloves three quarters of an ounce, bitter Almonds four ounces, vinegar as much as is needful: let them see the together stopt well in a glasse in water by a soft fire

about

about the space of four houres : afterwards wring it out well, and with this oyl anoint the pushes or scabs whence the lice do issue and breed.

A salve. Take Iuniper berries pounded well one ounce, of Sallet oyl three ounces, of white wine one ounce and a half ; see the them together till the wine be consumed, afterwards wring it out ; then take two ounces of Barrows grease, Elecampane roots roasted under the ashes one ounce and a half, Litharge of gold one ounce, prepared quicksilver one ounce and a half ; temper them and annoint the scabs therewith, but beware of the eyelids that you do not annoint them therewith.

In this lousie evill it is commanded to mortifie the Quicksilver as hereafter followeth : take wild Ferne and the roots three M. Limons, and Oranges cut in pieces, of each three drachmes, see the them in water untill the third part be consumed ; afterwards strain it through a clean cloth, and temper the Quicksilver well amongst it. There are other meanes more to kil the Quicksilver, like as hath been shewed in the other salves for Lice.

*How to pre-
pare and mor-
tifie Quick-
silver.*

Of the bad sore, Scurf or Scall of the head, and such like. § 10.

AS through the unnatural moisture of the head Lice do grow ; so doth there come thereof bad sores or scals of the head, as is seen in children which are full of moisture. And although these scabs are for the most part alwayes an expulsion of nature, whereby children are cleared from other accidents and noysome diseases, for which cause they ought rather to be provoked then healed : neverthelesse heed must be taken that this breaking out come not to grow old, and to be changed into a bad sore or scall, the which is not to be holpen in people of years, nor yet in young children, therefore will wee here write somewhat thereof.

Melt some of my yellow salve (which is made of Rosin, wax, Venice Turpentine, hony, and hogs lard) the quantities of each you shall know hereafter in my writings ; first cut off the hair of the head as close as may be ; then put the same salve as hot as may be upon all the head somewhat thick, that when it is cold upon the head it may cover all the scurf and scabs, and scald, then lay clean white paper upon it, and keep it upon the head fast bound, or sowed to, for three dayes ; then take it away, and put on fresh as before ; and with this onely have I cured all sore, scald, scurfy, scabbed, or leprosy heads that ever I undertook, washing of it first with my Lixivium.

Of the Scald head.

THis is detestable, to wit, the soreness or scabs of the head with scurf, spoyl and falling off of the hair, with much itch, stench, and lothsome mishape or illfavouredness : the one sort are dry, the other are moist ; neverthelesse are all to be cured after one manner.

At the first doth this bad sore appear small and little ; but if they be not quickly looked unto, then runneth it forthwith from the one side of the head to the other, untill the whole head be full, the causes are dry burnt humours ; or moisture and putrified blood.

If it come onely of *Pblegma*, then yeeldeth it moisture, whereof we will make further mention. If it be dry and old, then do all the learned conclude upon it that it is incurable ; and although it should heal in continuance of time, and through much advice, and with trouble, neverthelesse must not one cease therefore. And to this end are these things following acknowledged to be good for the same.

First it is needful to begin the cure with a good order of dyet, wherein neverthelesse there is no certain order to be made, because that this disease is incident to young children, albeit sometimes also to people in years, wherein great difference is to be made. But generally to eschew all things which maketh heavy, melancholick and flegmatick blood, whereof are many instructions given in many places of this booke. First of all, a full grown man must alway apply himself as hereafter followeth.

Above all he must beware of strong and sharp wines, and (as is said) from all melancholick meat, as cheefe, Coleworts, salt flesh, and such like, and must rather use them that be light of digestion, and make good blood, as fowls that haunt high grounds, rere eggs, Borage, sweet fish of fresh waters. He must also oftentimes purge ; according as the person is, and as the sores be great and noysome.

If a mans age will permit it, and the Patient be abounding in blood, which may be perceived by the greatnesse of the veines, it is advised to open the head veines in both arms, likewise the veines in the forehead, and behind the eares. Neverthelesse some do suppose that the two last mentioned veines are not often to be opened. To the end one might recover hair, for which this blood is requisite, upon the places where it is red and raised, and sheweth bloody, horse-leaches and boxing cups to be set, and plaisters to be applied that doe raise blisters, whereof shall be more spoken in time. If there be any disease where hair groweth, there it must be shorne off twice a week, and alway before there be laid any salve upon it, the hair must be clean shorn away, and be also well rubbed with course linnen, and afterwards annoint it over with the juice of Onions or of radishes. These are now the beginnings of the cure.

First of all must the grosse burned moisture be attenuated and prepared for expulsion, the which is to be effected with *Oximel* of Squils called *Compositum*, and is described in the second Chapter, §.9. for which also doth serve the syrup of Fumitory. The melancholick and flegmatick humours are to be purged with pills *Cochia*; and if one have strong folks in hand, he may use thereunto *Epithymum*, Coloquint, and prepared Hellebore, yet a man is alwayes to be advised herein by a learned Physitian. And for example in a dry scall: Take prepared black Hellebore one drachme, Sene laves, *Epithymum*, of each one drach. *Agaricus* 3 i. β. mastick one drachme, Aloe half an ounce, make pills thereof with juice of Smallage, and give thereof one drachme at one time.

But if the scall be moist, then purge with these pills following: Take *Cochia* one drach. and a half, *Epithymum*, half a drachme, make pills thereof for to use at two times: or take *Agaricus*, Coloquint, and Mastick of each one drachme, Aloe half an ounce, temper them all together with the juice of Garlick, take one drachme, at once. Mirobalans, *Chebuli*, tempered with *Epithymum* and Sene leaves are also meet for this.

Take of these remedies, of which we shall write against both sorts of these scals, and begin first with the least.

Fumitory, after what sort soever it be taken, doth much cleanse the blood, therefore it is to be used for this disease. Also wash the head with wormwood wine, for that it dryeth the moisture and specially healeth the scals, with the white scall or scurf.

Annoint the scals with oyl of white Lillies mixed together with the oyl of Camomile.

Take the yolks of eggs, fry them well in swines grease, and put unto it as much Turpentine, let them well melt together, they dry very gently.

Take oyl of Roses, Juniper oyl, of each half an ounce: quickbrimstone, Pigeons dung, Verdigrease, of each three drachmes, a little wax, melt them together; it is very certain, and healing all scals.

Take stamped Lupins, temper them in vinegar with Barrowes grease.

Take oyl of Bay and Oatmeale, of each a like much, Basill-seed, one quarter of either of them, annoint the head, and lay leaves of this herb upon it. But it is too mild for the scall, and besides the Basill-seed is hurtfull to the head.

Take two handfuls of Sage, beat them small, temper them with salt, hogs grease and vinegar; let it seethe well, and annoint therewith the scald head every other day. Upon the day between both it is very good to wash the head with the decoction of of Mallows and dock roots.

This salve is certain, and approved many times: Take butter which is burnt black, Soot out of the chimney, and salt, of each a like much: stir them both well amongst the butter, untill the butter be stiff, and therewith annoint the scals. And if it be not needful every day, then about the third day wash the head with a small lee, and do this as often as is needful when the scurf falleth away, annoint the red place with this salve. Also this remedy following is much in use: take pure turpentine two ounces, and wash it well with clear water, fresh butter one ounce washt well, half an ounce of small bruised salt, one Orenge beaten all to pieces and wrung out hard, the yolks of three new laid egges, oyl of Roses half an ounce; temper them all together by a small fire. This is a certain salve, it may be used for all itches and scabs.

This salve following is exceeding sharp, and therefore is not to be used but at great need, and for the most venomous scabs of the head.

Take two ounces and a half of Barrowes grease, oyl of Bay, wax, pounded Frankincense of each one ounce, salt one quarter of an ounce, Quicksilver mortified three drach. first melt the wax, oyl of Bay and grease by a small fire, and put one ounce of the juyce of Plantaine and Fumitory with it, let them boyl till the juyces be consumed; then take it from

from the fire and temper with it the Frankincense and quicksilver, and stir it so long until you see no more Quicksilver; it is then prepared: and you are to annoint this salve onely upon the scall, and if you mix half an ounce of mastix with it, it would make it the better.

Some have another manner to heal the scall of the head, and do first thus: they cause the head to be shaven bald, afterwards they annoint it the space of three daies with oyle of nuts, oyle of *Palma Christi* seeds, and oyle of Cammomile tempered together.

The fourth day do they let the head to be pricked in divers places, that it may bleed: afterwards they let it be washed with the decoction of Fumitory, Dock roots, and of Cammomile; and afterwards they put into the same decoction, Argall Squils, or Garlick; they see the it all together, and forthwith do rub the head therewith, and dry it with hot cloathes; and this do they twice or thrice a day for the space of three daies. The fourth day they wash it again with the former decoction, and then shave off all the hair; if the skin be not yet clean, use rubbing again with the Argal, and continue it so long untill the skin be through clean, then annoint the head with the salve following. If you have a woman to cure, then take a womans hair, if you have a man then take a mans hair, burn it in a pot of ashes, take thereof an ounce, burn hazel nuts one ounce and a half, the dregs of Sallet oyle foure ounces, clarified hony three ounces, Myrrhe one ounce and a half, Aloe half an ounce, Saffron three drachmes; temper them together unto a salve. This preserveth the skin, and permitteth not the moisture to putrifie under it, but maketh the hair to grow. But if it happen that through this or any other salves the skin is distempered, then must it be used no further, but with these decoctions following (which are as much commended, it is to be washed, to wit, with the decoction of Willow leaves and woodbind, for which these also are more requisite, Blites, Fumitory, wild Time, Dock roots, Sorell, Storks bill, all together, or which one can get, decocted or bathed therewith.

This following is a very good salve, not onely for the scals of the head; but also for all other scabs and scurfs, itch, falling off of the hair, nits and lice.

Take Gals, red Arsnick, Aristology, of each 3. drach. Hemlock seeds one quarter of an ounce, foot of a chimney, Brimstone, bitter Almonds, Coloquint, Caper roots, fig leaves, Elmtree leaves, Verdigrease, Plume Allom *Sieff memithe*, plain Coegal, Myrrhe, Aloe, Frankincense, and pitch, of each one drachme, and a half, stamp all that is to be stamped, and temper it with Vinegar, set it eight daies or more in the sun untill it be well tempered, and then use it.

In like manner is this highly commended, although the scall had continued many years.

The black and white Hellebore, Brimstone vive, Vitriol, Cold litharge, unslake Lime, Shoemakers blacking, Aloe, Gals, foot of the chimney. Wood ashes, of each half an ounce, mortified Quicksilver, Verdigrease, of each one quarter of an ounce, stamp all that is to be stamped. Further take the juice of Borage, *Scabiose*, Fumitory, Dock roots, of each two ounces, mix them all together with three ounces of old dregs of Sallet oyle and as much vinegar: let this see the upon a mild fire half an houre, and then temper the other things amongst it, and put an ounce of molten Turpentine amongst it, Wax as much as is needfull for to make a salve. This is marvellous much commended for all scurf and diseases of the skin.

A sharp lee. The antient Physitian will make a clean head with sharp lee; but I can not advise, especially if one will often use the same.

Take a pound of Argall beaten small, and bind it in a cloth, pour thereon a pinte of water, and let it lie so the space of halfe an houre; afterwards lay cloth and all in the fire, and so burn it three houre long, then beat it again, and bind it up as before, and burn it two hours more, beat it to powder, and put it into an Hyppocras bag, pour the foresaid water upon it, let it run through six or eight times, and make a lee thereof; it dryeth vehemently, and hath almost the sharpnesse of blew Tartary.

Of the plucking away of the scall.

Make nine caps of blew cloth or blew linnen, as big as the head is scally, annoint it inwardly with molten Pitch and Rosin, and put it upon the shaven head, and so leave it thereon three dayes; afterwards pluck it off by force, and it will take away with it the hair and all the scurf. But if there remain any haire in it, then plucke them

them out with small mullets, and then wash the head with water (like as is said) wherein is decocted Fumitory and Dock roots, &c. And when it is dry, then set another cap upon it; do as before, and so untill nine times, afterwards use one of the foresaid salves.

Of the Skin of the Head. §. II.

FOrasmuch as the foresaid scall hangeth most on the skin of the head, and the foresaid skin is not onely fastned to the head, but also to the whole body, covering it as with a clothing, and is laid under the hair as his ground; therefore are we somewhat admonished here, and afterwards occasioned once again to write thereof in the first part.

The Skin which covereth the head, is not of one kind of nature; for this whence the hair groweth is hard, dry and thick: the skin of the forehead, as much as it is without hair, hath her free motion; that which is under the eye cannot be separated but with great trouble, and hath no motion, like that of the forehead. The skin of the lips is a mixture of the skin of the muscles, so that they may be called with both the names. Thus much may suffice at this present time.

The fourth Chapter.

Of the Skull of the Head.



BY this name we will not onely have *Cranium*, but also all the uppermost bones of the head to be understood, whereof there be seven commonly told, the which through fine *Suturas*, which is sewings or conjoyning, very naturally are in each other knit together. But for the same one may look into the *Anatomicos*: concerning this our purpose, the head is parted into six parts, whereof the first is *Frons*, the forehead, which is beginning from the eye-browes till there where the hair beginneth on both sides even unto the ears, it is but one proper bone called by the Chirurgions and other moe *Coronalis*, like as men do use to wear on this place of the head the garland. The second is fast by it covered with hair, they call it *Sinciput*, it is with us the former part, and hath two bones which we call *Parietalia*, the side-bones; they touch both of them the suture that passeth over the middle of the head, are thick bored through with small holes and weak. The third do they call *Occiput*, the hinder part of the head; the neck is a great strong bone with a great hole, where the first joynt *Vertebra* of the back bone hath his winding about. The fourth is *Vertex*, the crown, the height and middle, from which, as from a point or circle, the hair doth spread abroad it self round about; but that which is between both the eares and eyes be called *Tempora*, with us the temples.

I have seen Skulls without any sutures; and I have observed three skulls in one place, and the sutures were much differing the one from the other; and therefore that description of the futures of the head, is not a true demonstration, *¶ Adversus*, which alwaies agrees with every one, and yet it may be a true demonstration *nam dicitur*, of some one, or of many particular persons.

Senertus.

Of Contusion of the Brain.

IF the Brain be bruised by a sudden blow, or a fall, and the party be partly speechlesse; Then presently let the party blood in the arm; And anoint the head with oyl of Roses, or Myrtles, or put a Cataplasme upon the head of this or the like.

Rx. of barley meal, bean meal, ana. $\frac{3}{6}$. oyl of Roses, $\frac{3}{3}$. vinegar, q. β . and make thereof a Cataplasme and apply it to the head, which must be removed often; dry and vehement astringent things must be eschewed, for it stops the pores, and hinders the transpiration of humours.

Clysters are to be used, and such things as may keep the humours from ascending into the head.

After

After four dayes repercussive things are to be used ; as this :

Rx. Wormwood, *M.* 1. red-Roses, Camomil, ana. *P.* 1. Bean meal. *℥.* 1. *Sanguis Draconis.* drach. 2. Mummi, drach. 3. and with oyl of Roses inake a plaister.

Or Rx. roots of Marsh Mallows, *℥.* 3. Flowerdeluce, Cypres, Calamus aromaticus, ana. *℥.* 1. Leaves of Sage, Marjoram, Betony, red Roses, Stecades, ana. *M.* *℔.* Salt, *℥.* 1. see the them in red Wine and bean water, and use it for a fomentation.

Or apply the Sear-cloth of *Vigo*, which is thus made.

Rx. of Bran, *℥.* 3. Meal of Fetches, *℥.* 2. Roses, grains of Myrtles, ana. *℥.* 1. Calamus aromaticus, *℥.* 10. Camomil, Melilot, ana. *M.* *℔.* Cypres Nuts, N. 6. oyl of Roses, Camomil, ana. *℥.* 3. Wax, *℥.* 2. *℔.* Olibanum, Mastick, ana. *℥.* 3. Myrrhe, *℥.* 2. powder the things to be powdered, and melt the wax and oyl, and make a plaister.

Or this Emplaister of *Alexander Benedictus*.

Rx. of Gum of Ivie, *℥.* 3. Rosine of the Pine tree, *℥.* *℔.* Wax, *℥.* 3. oyl of Roses, *℥.* 2. *℔.* Ammoniacum, *℥.* 2. Turpentine, *℥.* 3. Juyce of Ivie-berrries, *℥.* 3. bean meal, *q.* *℔.* mixe it for a plaister.

Or a young Pigeon, or Cock, or the lights of a beast, applyed to the head, hath vertue to divert the humours.

He must abstain from wine, and use a moderate dyet.

If Infants have the futures of their heads displaced, or the Skull bruised, apply a plaister of Gum Elenii.

Or Rx. of Rosine of the Pine tree, wax, ana. *℥.* 4. Turpentine, Gumme Elenii, ana. *℥.* 3. oyl of Roses, *℥.* 2. Ammoniacum, *℥.* 1. *℔.* Mill dust, *℥.* 1. red wine, *q.* *℔.* and make a plaister of it.

Or Rx. of Mastick, Turpentine, ana. *℥.* 1. Gum Elenii, *℥.* 10. Colophonie, Rosen of the Pine tree, ana. *℥.* *℔.* Ammoniacum, *℥.* 1. Juyce of Betony and Camphire, ana. *℥.* 1. of Parsley, *℥.* 6. wine, *℔.* *℔.* see the these till the wine and juyce is consumed ; then strain it hard, and adde unto that which is strained, wax and honey, *q.* *℔.* and make a Sear-cloth, and lay it upon the head, and it will bring the brain-pan into his right place and form.

Thus far *Senertus*.

Lastly, is all that beginneth under the forehead and the eye-browes unto the end of chin, as eyes, eares, nose, mouth, called *Facies*, that is, the face. These are now the outward parts of the head, which do also comprehend the bones, of which hereafter particularly mention shall bee made.

As much as then concerneth the skull, that is outwardly after divers manner of meanes bruised and perished, as through stripes, fractures, wounds, and such like, which accidents do specially appertain unto Chirurgions, neverthelesse we are minded to discourse somewhat thereof. And this for a beginning.

Of the compression of the Skull in young children. S. 1.

IT cometh to passe otherwhiles, that new born children have their skulls doubled one over another or compressed ; for which lay this plaister upon it : Take Loadstone, Pumice stone, salt, of each a like much, bruised small, and make with honey a plaister thereof.

Of the fracture of the Skull. Sect. 2.

WHen it is time after the first dressing to look to the wound of the head, then take off the towe, cover the wound with a fine linnen cloth made wet in this *Aqua vite* following ; Take *Aqua vite* made onely of wine one ounce, wherein put powned Aloe and Myrrhe, of each one drachme, Mastich half a drachme, stop it fast ; then strew of the powder which is powned together of the three things upon the wet cloth ; cover it with another cloth, and anoint the wound round about with oyl of Roses, cover the head gently with a linnen cap or kercher.

Item take womans milk that giveth suck to a boy, wet a piece of silk therein, and cover the wound therewith, afterwards take the well brayed white of an egg, put powned Frankincense unto it, spread it on a cloth, and lay it over the wound above upon the first cloth

cloth which is made wet in the womans milk, and let it lye so three dayes; if the brains be quiet, then is it a good sign of life: afterwards dresse him with the black plaister or salve that shall hereafter follow; but if the wound stanch not bleeding, then is this powder following marvellous good; Take Frankincense two drachmes, Aloe one drachme, and therewith strew the bleeding wound.

A water. Take Rosemary with the flowers, Sage, Betony, of each one M. steep them 24. houres in good wine and distil it, put thereto Myrrhe half an ounce, Aloe one ounce, Saffron ten grains, *Sarcocolla*, Frankincense of each one drach. This you are to keep in a fast closed glasse untill you have need to use it.

After that the wound is dressed, and that it hath not bled much, some do advise that the head vein is to be opened, and that is very truly advised, that for all such wounds the head vein once at the least should be opened, and the patient purged: for it happeneth oftentimes that the pain of the head, impostumation, or other mischances may thereby be hindered and prevented.

But to return again to the Chirurgery. It hapneth oftentimes that there befalleth with it pain of the throat and of the almonds, for which is meet this gargarisme.

Take Mastick, Frankincense, of each one drach. Plantain, the juyce of Sloes, Acorn cups, of each one quarter of an ounce, Licorice an ounce, *Pieretrum*, Pomegranate pills, of each one quarter of an ounce; seethe them together in a quart of sowre red wine untill the third part be sodden away, put thereto prepared *Bolus Armenus* half an ounce, burnt Allom one ounce and a half. Lay this plaister following then upon it to heal it withal: Take oyl of Roses eight ounces, oyl of Mastick one ounce, sheeps and calves suet, of each twelve ounces, silver litharge bruised small two ounces, red lead one ounce, and a pint of wine; then let this boyl softly untill it be brown or black; then put thereto four ounces of Turpentine, Mastick two ounces, *Gummi Elenii* half an ounce, white wax as much as is needful for to make a plaister. This plaister is especial good to cure a wound in the head, although one used nought else, yet is the wound oftentimes to be washed with warm water: and if it were wholly impostumated, then instead of water use wine, wherein Mirtle seeds and blossomes of Pomgranates with a little Allom hath decocted.

Another plaister, which is also commended for good, and to have been approved. Take *Gummi Elenii* one ounce and a half, white Rosine two ounces, Waxe two or three ounces, oyl of Roses two ounces and a half, Ammoniack one ounce, Turpentine one ounce and a half, make a plaister or salve of it; some adde Rie meal unto it; others black Bean meal: the third sort beat Plantain seeds, some also use wine instead of oyl.

An especial
salve for the
fracture of the
Skull.

A salve. Take white Rosine five drachmes, powned Aloe half an ounce, oyl of Roses and wax as much as is needful, let it melt by a mild fire; when it is cold, put thereto half an ounce of *Gummi Elenii*, with boyling may be made a tough plaister thereof. It draweth the matter out of the broken skull, and from the bottom or depth aswageth the pain.

Yet one more that is stronger; Take the upright Balsom, or instead thereof oyl of Cloves, Bdellium, Ammoniacum, of each three ounces, white Rosine, *Gummi Elenii*, of each one ounce, Frankincense, Myrrhe, *Sarcocolla*, beaten small, of each one drachme and a half, oyl of Roses two ounces, Wax as much as is needful; make a tough salve thereof, and seethe it in four ounces of the juyce of Woodbinde untill all the juyce be consumed.

The best help for any fracture in the skull, is my yellow salve made of Venice Turpentine, Rosine, wax, hogs lard, and honey; this healeth the evil in the brain if the skin be broken, that it may enter into it.

This I proved: One had his head cut very deep with a sword, insomuch, that it was supposed that the *Dura Mater* was not onely cut in pieces, but also the *Pia Mater* and brains were supposed to be cut; for that which was put into the wound to stay the bleeding, came out at the mouth and nostrils.

I did onely spread the said yellow salve upon fine cloth, and I put it into the skull that was cleft in two pieces, and therewith (by Gods blessing) I healed the party in a short time. *Valeat hoc tempore, Laus Deo.*

Senertus.

Of fractures of the skull.

If the skin and skull be whole and not broken in small pieces, the danger is the lesse. But if the muscles of the temples be broken, either madnesse, convulsion, palsey, or death may follow.

You must endeavour to stay the flux of humors, and to mitigate the pain if there be any, and the blood which is under the skin must be cleansed, if there be hair it must be cut off; and anoint the place with oyl of Roses, then apply the whites of eggs beaten with Rose-water, and Vinegar, and dip tow in it, and apply to the place.

Or R^x. oyl of Roses ʒ. 3. whites of 2. eggs, Cipres nuts, Flowers of Pomgranats, allum, red-roses. ana. ʒ. 1. powdered, mix them, and apply it.

Or R^x. of Barley meal, Beanmeal, ana. ʒ. 6. oyl of Roses ʒ. 3. Vinegar. q. ʒ. and make a cataplasme.

The body must be purged with gentle physick, or a glyster, and a spare diet used, if the matter ripen not but festereth.

Take the tops of Wormwood, m. 1. ʒ. redroses, flowers of Cammomil, Betonie, melilote, ana. m. ʒ. see the them in wine to half, and add to it of Bean meal, Barley meal, ana. ʒ. 1. ʒ. powder of Comminseeds, ʒ. 2. oyl of Roses. q. f. and make a cataplasme.

Or R^x. of emplastrum Diachylon, ʒ. 2. oxycroci, *de meliloto*, ana. ʒ. 1. oyl Camomil, of dill, ana. ʒ. ʒ. melt them and make a plaister.

Or R^x. of oyl of Cammomil, Lillies, ana. ʒ. 10. mastick, ʒ. 2. the fat of a Ram, litharge of gold, ʒ. 8. red-lead, ʒ. 2. Spanish wine, an ounce and a half, see the these till it wax blackish, then put to it of turpentine lb. 2. powder of mastick, ʒ. 2. gum elemi, ʒ. 1. wax, q. f. see the them to a plaister.

A fomentation.

R^x. of Cypres nuts bruised, n. 10. myrtles, ʒ. 1. redroses, wormwood, Sage, Majoram, Stecades. Cammomil, ana. m. ʒ. allum, roots of Cypres, Calamus aromaticus, ana. ʒ. ʒ. see the them in lb. 4. of red wine, and lb. 2. of common lee; and when it is sod, foment the head with it, and then dry the head, and apply a plaister.

R^x. of Redroses, Cammomil, Wormwood, Betonie, ana. m. 1. see the them till they are soft, bruise them, and add of Bean meal. ʒ. 3. oyl of Roses; Red wine, ana. q. f. and make a plaister, or the like.

Or R^x. of Red roses, leaves and berries of myrtles, powdered, ana. ʒ. 2. bean and barley meal, ana. ʒ. 1. wormwood, betonie, ana. ʒ. ʒ. Comminseeds ʒ. 1. Honey, ʒ. 2. and with red wine, oyl of Roses, Camomil, make a plaister; this medicine is called Benedictum, and is to be applyed warm twice every day.

*Of wounds of the Cranium or skull,
Of the membranes, and hurt of the brains*

Some use this digesture medicine, V 3. R^x. of turpentine, ʒ. 6. oyl of hypericon, ʒ. 3. powder of Frankincense, ʒ. 1. the yolk of an egg.

Or R^x. of rosen ʒ. 6. the yolk of an egg, mix it, and apply it.

Or R^x. of turpentine, gum eleni, ana. ʒ. 1. ʒ. Sheeps suet, hogs lard, ana. ʒ. 1. ʒ. melt and make an Unguent.

If the Skull be made bare you must put no unguent upon it, but medicines actually or potentially dry, with dry linaments, agreeing with the temperament of the bones, which are prepared of Aloes, Olibanum, the barke of Frankincense, Mastick, Myrrhe, Sarcocolla, Bole-armonick, Sanguis Draconis, Barley meal, Fetches, Roots of Iris aristolochia, or,

R^x. of aloes, Sarcocolla, myrrhe, ana. ʒ. 3. Oblibanum, drach. 2. Sanguis draconis ʒ. ʒ. make a powder. Or,

Of myrrhe, Aloes, rinds of frankincense, aristolochia, flower-deluce, Sarcocolla ana. ʒ. 1. make it a powder.

Or of Aloes drach. 3. myrrhe drach. 1. olibanum drach. ʒ. make it a powder:

Or of Aloes, roots of flower-deluce, Aristolochia, Rotunda, ana. drach. 2. Myrrhe, Olibanum ana. drach. 1. Sanguis draconis drach. ʒ. make it a powder.

These

These powders are to be used after the wound is cleansed of the filth, to dry it up, and to heal it.

For this purpose you may make this Cerote.

R. of oyl of Roses, of oyl of green grapes, ana. \mathfrak{z} . i. oyl of mastick, of myrtles, ana. \mathfrak{z} . i. Goats grease, \mathfrak{z} . i. see the them till the juyces are wasted, then add the powder of Mastick, \mathfrak{z} . io, gum elenii \mathfrak{z} . 6. Turpentine, \mathfrak{z} . 2. β . wax q. s. boyl them to a searcloth.

When there is great drynesse in the part, you must apply things to moisten it, as the yolk of an egg, and the oyl of Roses mixed.

Or R. of oyl of Roses, Turpentine, ana. \mathfrak{z} . i. β . wax \mathfrak{z} . β . Saffron \mathfrak{z} . β . If there be fear of inflammation, add unto it Barley meal \mathfrak{z} . β . and to make it incarnative add unto it, of the rinds of Frankincense \mathfrak{z} . i. Aloes \mathfrak{z} . β .

If there be pain, make a Cataplasme of the roots of Althea, Barley meal, flowers of melilote oyl of Roses, the yolk of an egg, and a little Saffron.

Or, R. of Mugwort, Betonie, Scabious, horsetail, pimpinel, bruise these and presse out the juyce, take of that juyce, \mathfrak{z} . 6. oyl of Roses, of Mastick, of Myrrhe, ana. \mathfrak{z} . 2. see the them untill the juyce is dissolved; then add to it Aloes, Frankincense, Mastick, Sanguis draconis Gum Elenii, Myrrhe, ana. \mathfrak{z} . 2. wax q. s. and of them an Unguent.

To heal it, use Diapalma.

To expel poyson out of the wound, R. of Mithridate \mathfrak{z} . i. Treacle, \mathfrak{z} . 2. Unguenti Egyptiaci, \mathfrak{z} . β . Aquavita, and Carduus water, ana. q. β . mix these and wash the wound with it.

If the body be Plethorick, you have need to purge it, with the syrup of Roses, and the syrup of Violets, laxative, the pulpe of tamarindes, Myrabolans, Citrine infused or sod.

R. of the roots of Pionie, \mathfrak{z} . i. Pellitory, Mallows, water Mallows, Betonie, Marjoram, Hysope, ana. \mathcal{M} . i. seeds of anise, Rue, Pionie, ana. \mathfrak{z} . 2. Flowers of Stecades, Camomil ana. p. i. see the them in water, strain it, and take of the strained water \mathfrak{th} . i. of the Electuary Diacatholicon, of Indi Majoris, ana. \mathfrak{z} . 6. oyl oyl of Lillies \mathfrak{z} . 2. of Rue, of honey, ana. \mathfrak{z} . i. Salt, \mathfrak{z} . β . make a Glyster.

Some use these Medicines to heal the wound, as the honey or syrup of Roses, with a little oyl of Roses if there be pain, dipped in fine silk, or linnen, and applied to the place. But they fill the wound with some Cephalike Unguent, and put upon the Skull a Cephalike powder, and then they apply the emplaster of Betonie, or the like.

The emplaster of Betonie is thus made.

R. of Betonie \mathcal{M} . 2. Woodbind, Sage, Hypericon, Yarrow, Monseare, Comfrey, ana. \mathcal{M} . i. Centry of both sorts, Pimpernel, Vervain, ana. \mathcal{M} . β . Turpentine, \mathfrak{z} . 20. oye of Roses, \mathfrak{z} . io. pine Rosen, Gum elenii ana. \mathfrak{z} . i. β . bruise the herbs, and put to them of white Wine, \mathfrak{th} . 2. let them boyl a little, and then let them stand in the sun eight dayes or more, and stir them every day, then strain it, and add the oyls and gums, and wax, q. s. and make a plaister.

Some make the Emplaster of Betonie on this wise.

R. of green Betonie, Pimpernel Agrimonie, Sage, Penyrial Yarrow, Comfrey, woodbind, ana. \mathfrak{z} . o. Frankincense, Mastick, ana. \mathfrak{z} . 3. flower-deluce, Aristolochia, Rotunda ana. \mathfrak{z} . 6. wax, Turpentine, ana. \mathfrak{z} . 8. Gum elenii \mathfrak{z} . 2. Pinerosen, \mathfrak{z} . 6. oyl of Turpentine, and white Wine, q. s. Stampe the herbs, and let them infuse in the white Wine eight dayes stirring them often, see the them till the third part be dissolved, then strain them, and add unto that which is strained, the wax, rosen, and gums, and turpentine melted, and make of it a plaister.

The Cephalike Plaster is thus made.

R. of the dried herbs of Betonie, Plantaine, Woodbind, Pimpernel, Rosemary, ana. \mathcal{M} . bruise them small, and let them macerate 24. hours in oyls of Roses, \mathfrak{z} . 3. and of Mastick, \mathfrak{z} . i. fresh Hogs lard, and fat of a Calf, ana. \mathfrak{z} . 2. Wine q. s. see the them till the Wine is consumed, straine them and add of Mastick, Gum Elenii, Pinerosen, Litharge, ana. \mathfrak{z} . β . see the it till it begins to look black, alwayes stirring of it, then add of turpentine \mathfrak{z} . 2. wax, q. s. and make a plaister.

Or R. of the emplaster of Betonie \mathfrak{z} . 4. Gum Elenii dissolved in oyl of Roses, \mathfrak{z} . i. powder of Red-roses, Myrtles, ana. \mathfrak{z} . i. Mastick, Calami Aromatici Angelick gil-
lofers,

Gillofers, *ana.* ʒ. i. Oyl and Wax, q. ʒ. make of it a plaister.

Or, oyl of Roses, of green grapes, *ana.* ʒ. 2. of Mastick and Myrrhes, *ana.* ʒ. i. the fat of a Goat, ʒ. i. ʒ. juice of Betony, ʒ. i. see the them till the juice is wasted, then of Mastick, ʒ. 10. Gummi Elenii, ʒ. 6. Turpentine, ʒ. 2. ʒ. Wax, q. ʒ. make thereof a plaister.

Or, ʒ. of Gummi elenii, pure Rosen, *ana.* ʒ. 2. Wax, ʒ. i. ʒ. Oyl of Roses, ʒ. 7. Amomiaci, ʒ. ʒ. Turpentine, ʒ. 6. juice of Betony, ʒ. 10. make thereof a plaister. *Felix Wirtes* praises this Unguent.

ʒ. of Dears Suet, Honey clarified, *ana.* ʒ. ʒ. Aloes powdered, ʒ. i. mix them. *John Andrew a cruce* hath used this with good successe.

ʒ. of Wine, ʒ. 20. juice of Betony, ʒ. 4. Calamint, ʒ. 2. Myrrhe, Frankincense, Aloes, *Sanguis Draconis*, the lesse Centory, Graves, Saint *Johns* wort, *ana.* ʒ. i. powder those that will powder, and let all stand macerating two daies, then see the them until a third part is wasted, then add to it Honey of Roses, let them boyl a little more, then take the vessel from the fire, and add to it of Aqua vitæ, or the spirit of Wine, ʒ. 6. Strain it, and keep it for your use, adding of oyl of Turpentine, ʒ. 4.

Or, ʒ. of Aloes, ʒ. 2. Myrrhe, ʒ. i. Sarcocolla, Frankincense, *ana.* ʒ. 2. Saffron, ʒ. i. powdered spirit of wine, ʒ. 10. use this to wash the wound.

Or, ʒ. of Aqua-vitæ, ʒ. 5. Malmsey, ʒ. 2. ʒ. Aloes, Myrrhe, Frankincense, *ana.* ʒ. i. ʒ. powder of the rootes of the greater Comfrey, ʒ. 2. the lesser Centory, ʒ. i. ʒ. *Hypericon*, ʒ. ʒ. Turpentine, ʒ. i. let them stand a moneth in a close covered pot, then strain them, and keep it for your use to dip a cloth in it, and to apply to the wound.

Or, ʒ. of Aloes, ʒ. i. the spirit of wine, ʒ. i. ʒ. Myrrhe, ʒ. 3. dissolve them upon Embers, dip a cloth in it, and apply to the wound.

Or, ʒ. of the spirit of wine ʒ. 2. Mastick, Myrrhe, Frankincense, Gummi elenii, Ivie, Amoniacum, Opopanax, Bdelium, Woodbinde, Betony, *ana.* ʒ. i. Treacle, ʒ. 2. powder the Herbs and Gums, and let them stand three dayes, then distil in Balnea Moria, then keep it for use, dipping a cloth in the liquor distilled, and put it into the wounds.

The powders of Rochet, Piony, wild Cucumber, and Aristolochia, make the bones to scale in a wound the sooner.

Of the Dura Mater wounded.

If the *Dura Mater* be wounded, apply oyl of Roses warm which hath a faculty to take away pain, and to expel the humours, some take a Turtle or a Dove and let out blood under the wing, and put it warm into the wounds, which doth not onely mitigate the pain, but also cleanse and heal.

Or, ʒ. of oyl of Turpentine, ʒ. 2. spirit of wine, syrup of dried Roses, *ana.* ʒ. i. after it is anointed therewith, ʒ. of the powders of Aloes, Myrrhe, Mastick, *Sanguis draconis*, Rubarb, Red coral, put of this powder into a fine thin cloth, and put it into the wound, and lay the emplaster of Betony upon it.

Heiaonimus Fabricius his medicine.

Or, ʒ. Meal of Hirse, ʒ. ʒ. Oleum Hispanum, ʒ. i. Mithridate, ʒ. 6. Black Balsom which is brought from Portugal, ʒ. 3. Aquavita, ʒ. 5. oyl of Vitriol, ʒ. i. ʒ. which I should not add.

Upon which he layes this plaister.

ʒ. Barley meal, ʒ. 3. powders of flowers of Camomil, ʒ. 4. Spike, Squinant, *ana.* ʒ. 3. Betony, Stecades, *ana.* ʒ. ʒ. oyl of Mastick, ʒ. ʒ. oyl of Roses, ʒ. 3. Oximel simple, ʒ. 5. White wine, q. ʒ. to make a plaister.

Oleum Hispanum, is thus made.

ʒ. of old oyl, ʒ. 3. Turpentine, ʒ. 3. Wheat whole, ʒ. i. ʒ. Hypericon, ʒ. 2. roots of Carduus Benedictus, Valerian, *ana.* ʒ. i. powder of Frankincense, ʒ. 2. the roots and herbes grossly bruised, let them macerate two daies in wine, then add the oyl and wheat and see the it till the wine is consumed, strain it and add the Turpentine and Frankincense and let it boyl a little.

John Andrew a cruce, doth dip a red cloth in oyl of Turpentine mixed with oyl of Roses, and covers the wound with the like.

ʒ. Myrrhe, Aloes, Mastick, *Sanguis Draconis*, *ana.* ʒ. 2. Turpentine, ʒ. 2. spirit of wine ʒ. 2.

Or, ʒ. of Turpentine washed in water of Comfrey, ʒ. 2. spirit of wine, syrup of Roses,

ana. ʒ. i. powders of Frankincense, Mastick, Myrrhe, ana. ʒ. 2. Mummie, seeds of Hypericon, Sanguis Draconis, ana. ʒ. 2. mix it.

Some drop this liquor into the wound. viz.

Rx. of wine, ʒ. 20. juice of Betony, ʒ. 4. Calamint, ʒ. 2. Myrrhe, Aloes, Frankincense, Sanguis draconis, Centory the lesser, Graves, Hypericon, ana. ʒ. i. bruise them, and let them all stand three dayes, then seethe them till one third part is wasted, then add of Honey of Roses, ʒ. 4. let them boyl again a little, then take it from the fire, and add of the spirit of wine, ʒ. i. strain it and add of the oyl of Turpentine, ʒ. 4.

An Artificial Balsome.

Rx. of the oyl of firretree, white of eggs sod hard, ana. lb. i. Rosen of the Pinetree, lb. ʒ. Gummi Elenii, ʒ. 2. distill them in an ordinary still.

Vulnerarie Potions are made of Betony, Cowslips, Mugwort, Lillie Convallies, Gillofers, Sage, Carduus Benedictus, St. Johns wort, Nutmeg, Plantain, Veronica, sod in Ale or Beer, or wine and water, as

Rx. of Betony, Cowslips, Carduus Benedictus, Parola, or water-green, Saracens Comfrey, Mugwort, Sanikel, ana. ʒ. ʒ. powdered; seeth of it in wine or ale till one third part is wasted, and sweeten it with honey or Sugar, and drink morning and evening, ʒ. 2.

Or, Rx. of Plantain, Red Roses, Gillofers, Hypericon, veronica, ana. ʒ. ʒ. sod in wine, strain it, and add of *Magisterium oculorum cancri*, ʒ. 2.

Or, Rx. of red Mugwort, Betony, Cowslips, Vervain-roots, of Gillofers, ana. ʒ. ʒ. sod in wine or ale.

Or, Rx. of Sanikel, Mugwort, Betony, Veronica, ana. ʒ. i. Conserve of Red Roses, ʒ. 2. Gillofers, ʒ. ʒ. Tormentil, ʒ. 2. seethe them in water and wine, ana. lb. 2. strain it.

Or, Rx. of leaves of Columbine, m. 6. Saracens Comfrey, m. 4. Beets, m. 3. Betony, bruise them small, put them in a vessel stopt very close with any liquor, and seethe them four hours in a pot of water, then let it be cold, strain it, give morning and evening two spoonfuls.

Or you may give the Patient Conserves, or powders. as,

Rx. of Conserves of Betony, Red Roses, Cowslips, ana. ʒ. i. Pearles prepared, bones of the eyes of Crayfish prepared, Mace, ana. ʒ. i. with the syrup of Betony, make an Electuary, and morning and evening give, ʒ. i.

Or, Rx. of Nutmegs, ʒ. ʒ. the bones of the eyes of Crayfish prepared, ʒ. 3. make a powder of them, dose, ʒ. i.

Or, Rx. of red Coral prepared, Pearls prepared, ana. ʒ. i. Spodium, ʒ. 2. bones of the eyes of Crays, ʒ. i. make a powder, dose ʒ. i.

Thus far Senertus.

Of the skins or tunicles of the brains, called Dura and Pia mater, when they be perished, S. 3.

THese two skins or tunicles that cover the brains under the skull, do the Greeks call *Meninges*, the upmost is called *Dura Mater*, the hard Mother, for that in comparison of the other it is very hard and full of holes where the veins passe thorow. *Pia Mater*, the good Mother, is very spare and thinne, therefore also very dangerous if the same be wounded: for which these salves following are ordained and found requisite.

Take Woodbinde, Betony, Pimpernel, of each two m. *Gummi Elenii*, Dragons blood, of each three quarters of an ounce; seethe them together in two ounces of oyl of Roses, and a sufficient quantity of red wine until all the moisture be consumed, wring it out, and let it be cold, make it as thick as you will with molten wax:

Or take Turpentine, Rosin, Wax, of each one ounce, Frankincense one quarter of an ounce, oyl of Roses three ounces, *Gummi Elenii* three drach. Mastick one quarter of an ounce, Betony, Woodbinde, of each three drach. These herbs must be sodden in red wine until all the moisture be sod away, afterwards wring it out, temper the other things with it, stir it well about until it be a salve.

But if the skull be only broken, whether it be by falling, throwing or beating, and a swelling withal, then take Wormwood, Roses, Camomil, of each one m. seethe them in red wine and oyl of Roses as much as is needful, temper a good quantity of bean meal with it, and so apply it.

Item, take Wormwood, Camomil, Melilot, ana. ʒ. i. Stechas, Betony, Woodbinde, Bolus, Dragons blood, ana. ʒ. ʒ. Barley meal ʒ. 2. oyl of Roses as much as will suffice for a plaster or salve, yet if you would have it hard, add wax unto it.

The

The trial when the plaister is enough. § 4.

IF any will put juyces, Wine or any other moisture in plaisters, then are you to let the juyce be sod away: and when they be sufficiently sodden, you shall know it hereby: let a drop or twain fall upon the fire, if it do not sisse as water is wont to do, then it is enough.

The fifth Chapter.

The face a part of the Head.



It is before declared in the beginning of the fourth Chapter, that in dividing of the head, the face is the sixth part, beginning and ending from the eye-browes unto the end of the chin, of which parts disease we will now discourse.

As much as concerneth the face in general, man hath purchased the same above all living creatures, for it cannot be said of any beast that it hath a face, *Faciem*, but onely of mankind: and it also to be wondered at, that nature hath planted so many parts into so small a compass; for that there be eyes that see and lead the whole body; a mouth that speaketh and taketh in meat for the sustenance of the whole body: a nose that smelleth, and can discern what is pleasant or unpleasant in smell or savour, that also doth discharge and unburden the brains of all superfluous moisture; ears for to hear, whereby men may understand one another: a beard for to distinguish one man from another; eye-browes to the garnishing and defence of the eyes, cheekes, wherewith to manifest and shew shamefastnesse, fear, peace, and friendship, as shall be more at large shewed hereafter: consequently, the face is a looking glasse of the mind, of the inward intention and unrevealed thought. But we will not make long discourse thereof at this present, but onely to discourse of the diseases of the face, and how to cure them.

Of all stains or spots of the face. § 1.

FOr to take away this disorder or misfiguring of the face, may these remedies following be used: make a little cruse of dow, as it were a small pastie meetly thick, put therein six ounces of Cerusse, make it fast on the top, that there sisse no vapour out of it; let it stand so in an oven the space of an hour, that it be not too hot. and when it is waxen cold, take it out and bruise it small, and put thereto a sufficient quantity of Eldern water, and so set it in the Sun close stopped, stir it every day about four or five times, wash the face therewith fourteen dayes long, or as long as is needfull with a cloth which is wet therein. This is oftentimes approved.

Item, take freshroots of Solomons seal, beat and anoint it on the spots: or take Goats milk wherein Solomons seal roots are decocted, and use it as is aforesaid. The water of distilled honey doth take them also away.

Maidens milk, *Lac virginis*, the which the ancient Physitians do so name, is a good and sure water, not onely for stains in the face, but also for many other diseases, as shall be hereafter more at large declared, and the same shall be prepared thus: take half a pound of litharge of gold, beat it small, and put it into a pot, pour half a pint of vinegar upon it, let seethe a little, afterwards when it is settled pour of the clear into another glasse, and keep it; you may preserve the litharge for to make a plaister with it afterwards.

Secondly, take a good handfull of salt, put four ounces of water upon it, seethe it to the half, and keep it also in a glasse by it self: whensoever you will use it, then take three parts of salt water, and one part of the foresaid vinegar, temper it well, then will it be as milk: will you have this better, then put a little Rose-water and *Sal Armonicack* unto it.

It is good for all scurfes: some do use it in the eyes also, but it is very sharpe, chiefly if one take *Sal Armonicack* with it.

*Lac virginis,
or maidens
milk.*

Tristrams

Triframs Water.

Take twelve ounces of Nutmegs, Mace, Ginger, Grains, Cloves, of each half an ounce, Rubarb one ounce, Bever-cod, Spikenard, of each half an ounce, oyl of Bay two ounces, leave the spices unbeaten, pour to it four quarts of wine, cover it close, and let it stand so the space of four weeks, afterwards pour away the wine, pound all the spices to pap, and put it again to the foresaid wine, let it stand well stopped three dayes, stir it well about: then distill it in hot water without seething, and preserve it well. Besides that this water doth take away all spots of the face and of the body, there is ascribed more unto it these wonderful vertues, to wit, some holden in the mouth taketh away the tooth-ach. Also venison laid therein should continue good a year and a day. Also all manner of fruits and flowers laid therein do the like: a little thereof put into faint wine, maketh the same fresh and quick: a little drunk thereof doth break all inward impostumes, it keepeth a man in good constitution, also the stomach, the liver, the milt, the lights and the bowels; a cloth dipped therein put on wounds, doth heal the same: it preserveth from all dead palfies, it drieth all moist and rheumatick brains: if any drink the same, or anoint the head therewith, it taketh away a stinking breath; also it keepeth one long youthfull if one drink a little of it in the morning, as many times hath been proved.

A salve for the spots: Take oyl of Roses, unguent of Roses, of each half an ounce, oyl of Violets one quarter of an ounce, the juyce of Plantaine half an ounce, Muscilage of Fleawort, of Mallows, of Violet leaves, of each one ounce and an half: let it see the till the Muscilage be consumed, afterwards with molten wax make a salve thereof.

For the Freckles which one getteth by the heat of the Sun: Take a little Allom beaten small, temper amongst it a well brayed white of an egg, put it on a milde fire, stirring it alwayes about that it wax not hard, and when it casteth up the scum, then it is enough, wherewith anoint the Freckles the space of three dayes: if you will defend your self that you get no Freckles on the face, then anoint your face with the whites of eggs.

Of the rednesse of the face. §. 2.

Take the whites of two eggs brayed well with Rose-water, temper the juyce of Plantaine and of Dockes amongst it, of each a like much, afterwards three grains of smal powdred Sublimate also mixed amongst it, anoint the rednesse with it.

Afterwards take about eight ounces of vinegar and Rose-water, temper one quarter of an ounce of Brimstone amongst it, Allom one quarter of an ounce, let it see the softly untill about one third part be sodden away, wash therewith the red face.

It is also good that the bad blood may be drawn out to set a horsleach or twain to it, for it is found that the rednesse of the face and the pushes can never be better taken away, then with this fastning of the Leaches, but one must alwayes purge before hand.

A water: Take Sulphure vive half an ounce, salt one drach. Camphire half a scruple, Rose-water, the water of blew Flower-deluce, of each two ounces; set it fourteen dayes well stopt in the Sun, stir it oftentimes together, make a cloth wet in it, and the rewith wash the face.

Another: Take one ounce of Cerusse, Mastick one quarter of an ounce, Myrrhe half a drach. let them be sifted through a lawne searce together, put them into a mortar, and pour through a little fallet oyl and vinegar, and with long stirring it about make a salve thereof.

I suppose inward medicines purging the peccant humour, by the advise of a discreet Physitian prevaieth more for the clearing of the face from rednesse and spots, then any outward medicine can do. Yet with purging use outward means.

For pushes, pimples, rednesse, or wrinkles of the face, apply my salve made of Venice Turpentine, Rosen, Wax, Hogs-lard, and Honey.

Anoint the face with that salve warm, then apply a clean white paper upon it, and let it remain 3. dayes, and it will at 2, or 3. times dressing (once every third day) heal the pushes, pimples, or, wrinkles of the face, if you keep the white paper upon it.

For all white pushes of the face. §. 3.

For this is first of all good, the water of broken Cerusse with Eldern water, which is described in the first §.

This salve may be also used for it.

Take sheeps suet, fresh marrow out of the stags bones, melt them together on the fire, and anoint the face therewith. Item, take Camphire half a drach. grind it small with three ounces of Rose-water, stir it often, and wash the face therewith.

For this is also highly commended, the oyl of Spike, besides the good favour, it giveth the face a good colour.

With the white pushes of the face, we do also understand all scabs, blisters, and other spices of leprosie in the face, which the Grecians do call *Lichenas*, and the Latinists *Mentagra*: for that all such diseases do commonly appear with dry white scabs, and itching scurfe about the chin, the which doth at length spread it self from thence over the whole body, for which these remedies following are very good.

The Goats milk that commeth warm from the beast, the water of Liriconfansie, of each eight ounces, the whites of three new laid eggs which come warm from the nest, the crusts of two warm white loaves, Solomons seal one M. Camphire half a drach. This shall be distilled together in seething water, then temper the Camphire amongst it, and wash oftentimes the face therewith.

The face commeth also other-whiles full of little red blisters, whence issueth a sharpe moisture mixt with blood, the which if it be not remedied in time, it will degenerate into the right leproie, against which these means following are to be used.

Take water distilled of water snags, or of muscles three ounces, Cerusse washed with Harts tongue water, one ounce and an half, the juyce of wilde cucumbers or the water thereof as much as is needfull for to make a salve thereof: but this following is more forcible.

Take *Sarcocolla*, Cerusse, Starch that is steeped four dayes in lee, of each three ounces, all these are you to temper with the white of an egg: Lastly, put thereto two grains of *Muscus*, and one drachme and a half of Camphire, make a salve thereof, and therewith anoint the face.

But this following is above all other to be commended, : Take litharge of Gold which well decocted in vinegar and well cleansed, bruise it very small, and temper with it oyl of Roses: but amongst all the rest this is to be noted for a rule, that the use of this foresaid anointing is not to be done but onely at the evening.

For to make a clean face. §. 4.

If any one have a darke and sad countenance, he is to be purged with *Hiera picra*, afterwards he must every morning fasting take Gentian, Wormwood, bitter Almonds, of each one drachme beaten small together: he is to wash the face oftentimes with vinegar tempered with Rose-water. This following is also very sure: Take Litharge of silver an ounce and a half, Sulphure vive half an ounce, Camphire half a drach. burnt Al-lom half an ounce, make a fine powder thereof; put thereto the water of Lillies and of Liriconfansie, of Bean blossomes, Solomons seal, of each one ounce and a half, keep it in a close stopt glasse, and when you will use it stir it well about.

Item, take Beans as many as you will, steep them all a night in sharpe vinegar, take off the peels, and dry them in a warm place; beat them to powder, and put some of it in warm water when you will go to bed, and wash thy face therewith.

It is counsell'd for women, that if they will have a well coloured face, to eat oftentimes course Marjoram: for this it is also good to drink wine, for it maintaineth a lively colour.

In like manner are much commended for this purpose the Aromatical wines, that have Rose-mary in them, not onely to be drunken, but to wash the face also with them. Be-tonie infused a whole night in wine maketh a good colour.

For

For congealed blood after any blowes remaining. §. 5.

Take Comfrey, Daisie leaves, of each three ounces; Camomil, Melilot, of each one ounce, Bean meal two ounces, boyl them together and beat it to grout, and when you will use it, adde oyl of Roses to it. Item, this following is very good; take Comfrey, Daisie leaves of each three ounces, Camomil, Melilot, of each two ounces, Saffron, one drach, Bean meal four ounces, fresh butter two ounces, Fenegreek meal one ounce and a half; boyl the roots in water, beat them and make a plaister of it; this is very good for bruised members with congealed blood, it suppleth and swageth the pain, put also Wormwood and Cumin unto it, of each one ounce, then hath it not his like.



Take the Lady thistle, that is, the thistle with broad leaves full of white spots; see the same leaves in water, and bathe the place with the water, and apply the leaves so sod as a poultis, and this will take away the blew marks and congealed blood.

How to make a good colour. §. 6.

Take the roots of Cuccowpint, Cerusse, of each half an ounce, beaten small, mixe them with Rose water, and anoint the cheeks with it; or take the lesser three leaved grassie beaten, rub the face therewith, it maketh a fair face and a clear skin: It is also ascribed to the Mithridate that it should also beautifie the face, but young hot folks are not to use it.

The sixth Chapter.

Eyebrowes, Eyelids, with all that appertaineth unto them.



IN the beginning of the description of the face in the fifth Chapter, is shewed that the same hath his entrance at the Eye-browes; therefore doth the division of mans body require somewhat to be written of the same.

This is here specially to be noted, that provident nature doth wonderfully defend the eyes, not onely with these, but also with other members more, from many kinds of external accidents, for first there be *Cilia*, the hair of the lids placed on the edges of the uppermost and undermost eye-lids, which stand out before with hard and stiffe haire, whereby all small things, as flies, dust, and the like, that might fall into the eyes, should be therewith withstood. Afterwards are both the Eye-lids *Palpebra*, whereof the undermost standeth very fast, and the uppermost most swiftly moveth, so that it covereth the eye against all thar might fall into it: they do thus preserve and keep the eyes in the sleep, they cover them from the ayrie light, to the end that the whole body might the more commodiously take rest. Thirdly, they have above in the end of the forehead as is said, *Supercilia*, eye-browes set upon a high bulk garnished with much hair, to the end that all things that might fall down, and specially the sweat, which thorough his salt nature might do the eyes much harm, should be kept of these as it were with a bulwark or fortresse. And in like sort have both the cheeks also two bunches in the midst of the two sides, separated and defended with the height of the nose, like as also the outsides, both of them with hard bones preserved and provided for, called of the Anatomists *Jugales*, the temples; so that the eyes are on every side fortified, that they might lye the surer in the depth. It is not needful to speak more amply thereof, but onely to discourse of those things which are convenient for the healing of the maladies that are incident to those members.

Of the swelling of the Eye-lid, §. 1.

THere do fall many maladies into the Eye-lids, as swellings, impostumes, blerednesse, and other more, which maladies also oftentimes with the falling away of the hair are augmented. But we will begin with the swelling, these have many causes, first, that the defluxion of the eye-lids cometh of a grosse and tough humour, their rednesse, itch and smart

Smart make manifest whereby they be exulcerated, and the hair falling away by no meanes groweth again as long as this disease endureth, the which doth hurt the sight and the eyes. This patient first of all, if he be full of blood, is to have a vein opened, afterwards to prepare the matter with *Oxymel compositum* and syrup of Fumitory, and afterwards to purge with these pills following: Take yellow Mirobalan barks half an ounce, Aloe one quarter of an ounce, Turbith one drachme, Dragagant, Roses, Diagridion, Sene, the juyce of Fumitory; temper them all together, and give thereof one drachme at once or foure scruples. They do purge the burnt matter and salt flegme; water baths are also very profitable for this, wherein Mallowes, Sorell, Docks, and Verveins are decocted, used oftentimes.

At night lay this plaister following thereon, take Endive, Purslaine, Priests crowne, of each alike much; beat them to pap, and temper them with the white of an egge and with a little oyl of Roses; you may also wet a cloth in the juyce of those herbs, and so lay it thereon. Item, take sodden Lentils, pour out the broth, bray them with a little Rose water, and lay it thereon like as the former. Or take Lentils, Pomgranate pills, Roses, Sumach, of each one ounce; beat these together, and make a pap thereof with Rose water; make the eyes often moist with stilled Rose water, or well water wherein Sorrel is decocted. Or do thus; Take Dandelion, Sorrel, and Roses, Dock leaves Lentils, of each a like much. Item, take prepared Sarcocolla, and bruise it in the juyce of Celendine, and anoint the eyes therewith, is very good. The order of dyet is like, as hereafter in *Ophthalmia* shall be shewed; but if this defluxion or rednesse of the eyelids be of long continuance, then must one be let blood, and purge the oftener, and outwardly use the stronger things, as this ensuing, called *Sieff viride*. Take verdigrease one drachme, burnt Vitriol one quarter of an ounce, Orpiment, Seafome, Salt-peter, of each one scruple, Sal Armoniac two scruples, temper them together with the juyce of Rue, and anoint it upon the eyelids. This is very good indeed to expel all such diseases; but it is very strong, and somewhat perillous to be used in the eyes, yet outwardly not awhit.

Sennertus.

To mollifie the hardnesse of the Eye-lids.

Rx. of Mallowes, Beets, Purslain, ana. *M. i.* Sorrel, *M. ss.* red Roses, Melilot flowers, ana. *P. i.* seethe them in water, and foment the Eyelids therewith.

Or Rx. of Endive, Purslain, Lions tooth, ana. *P. ss.* bruise them, and put thereto the white of an egg, and a little oyl of Roses, and apply it to the Eye.

Or Rx. of *Unguentum pomade*, *ss. ss.* Tutia washed in Rosewater, white *Sieff*, ana. *ss. ss.* Romane Vitriol *ss. ss.* mixe them for an Unguent to anoint the eye-lids.

Or Rx. of leaves of Celendine, blew-bottle, ana. *M. i.* Vitriol, Allom, ana. *ss. ss.* Camphire, *ss. i.* put them into Agrimony water and white wine, let them infuse 3. daies, then distill them.

Or Rx. of water of blew-bottle, Celendine, ana. *ss. 4.* Rue seeds, *ss. ss.* white Vitriol, *ss. 2.* *Viride aris*, *ss. ss.* seethe them, then strain it.

Or Rx. of burnt brasse, Cadmia washt, Cerusse washt, ana. *ss. i.* Aloes, Myrrhe, ana. *ss. ss.* Salt Ammoniac, Flower of brasse, ana. *ss. ss.* make powder thereof, and an Oyntment thereof, to anoint the eye-lids and browes.

For the red Scabs: First foment the eyelids with the decoction of Burdock roots, Sorrel, Mallowes; then Rx. of waters of Burnet, Celendine, Burre-docks, ana. *ss. 9.* burnt Allom, Camphire, eyes of crayfish prepared, ana. *ss. ss.* seethe them, and wash the eyes therewith.

Or Rx. of butter without salt, *ss. i.* Rosewater, *ss. 3.* Turpentine, *ss. i.* the white of an egg, mixe them.

Or Rx. of *Unguentum Rosatum*, Venice Sope, ana. *ss. i.* Quicksilver, *ss. i.* Sarcocolla, Aloes, *ss. i.* mixe them in a mortar.

Or Rx. of honey, *ss. 2.* Amber, Aloes, ana. *ss. 2.* rinds of Pomegranates, Allom, ana. *ss. i.* mixe them for an Oyntment.

Or Rx. of Cadmia washt in Rose water, *ss. ss.* *Sanguis Draconis*. *ss. 2.* *Virides aris*, *ss. i.* Aloes, *ss. 3.* make them into powder, and with oyer, *ss. 3.* or hogs lard, *ss. 2.* Camphire, *ss. i.* make thereof an oyntment.

F

Take

Take the white of a new laid egge, put into it the powder of Camphire, ʒ. grains, beat it to a curd with Allom, and apply it to the eye-lids somewhat thick, and lay flaxen tow upon it, and bind it on, &c. *meum probatum.*

Or take the buds of red brambles, Fennel, and houseleek, stamp them, and apply it to the eyes as a poultis.

Sennertus.

For water wheales in the Eye-lids, or Knots.

Rx. of the fat of moles, drach. 3. oyl of elder, drach. 2. ʒ. ashes of an Asses hoof, ʒ. 1. Mastick, Frankincense, Mercury mortified, Cerusse, ana. ʒ. ʒ. mix them to anoint the eyes.

Or Rx. of honey, ʒ. 7. oyl of pine apples, ʒ. ʒ. oyl of eggs, ʒ. 2. bean meal, powder of roots of Capers, ana. ʒ. ʒ. make thereof an Oyntment.

Of Warts on the Eye-lids.

Rx. of the Fat of Herring, oyl Olive, ʒ. 1. ʒ. burnt bees, ʒ. 1. ashes of Mice, make an Oyntment.

Or Rx. oyl of Hypericon, ʒ. ʒ. Brimstone, mixe them.

Or Rx. Of Leaves and Roots of Agrimony green, ʒ. 5. Onions, ʒ. ʒ. bruise them, then put thereto oyl Olive, and oyl of Brimstone, ana. ʒ. 3. or 6. bruise them together, and put thereto of Cerusse, ʒ. 2. mixe them.

Or Rx. of Turnsole, roots of Capers, Crowfoot, ana. M. 2. Allom, burn them in a new earthen pot, make powder thereof, and put into the Warts when they are opened.

Or Rx. of the roots of Scilla, ʒ. 3. Pettie Spurge, ʒ. 2. Turnsole, Roots of Celandine, ana. ʒ. 1. bruise them and distil them.

Rx. of honey, ʒ. 6. Sheeps dung, ʒ. 5. Goats dung, vinegar, ana. ʒ. 3. mix them, and apply it upon the Warts.

Of the Hawe in the eye-lids, called Hordeolum, because it growes in length like a barley corn.

Rub the eyelids where it growes with Hens greafe, or Sage every morning, or with the flesh of a mouse, or put upon it Galbanum mixed with nitur, and foment it with the decoction of barley, and Camomil, and rub it with Pigeons blood.

Or Rx. of Linseed, Fenegreek, Roots of Marsh Mallows, ana. ʒ. 5. infuse them in water of Elder flowers, and take the muscilage thereof, ʒ. 1. put thereto Hens greafe, ʒ. 6. oyl of white Lillies, Wax, ana. ʒ. 1. ʒ. see the them till the moistnesse is gone, make thereof an Oyntment to anoint the Eye-lids.

Or Rx. of Hens greafe, ʒ. 1. oyles of white Lillies, Camomil, ana. ʒ. 1. ʒ. Opopanax, Galbanum dissolved in vinegar, ana. ʒ. 2. mixe them over the fire for an Oyntment.

Or Rx. of Deeres greafe, ʒ. 6. Linseed oyl, ʒ. 3. Wax, ʒ. 2. Galbanum, ammoniac. ana. ʒ. ʒ. Salt Gem, ʒ. ʒ. make thereof a plaister.

Or Rx. of Frankincense, Myrrhe, ana. ʒ. 2. Laudanum, ʒ. ʒ. Nitur, Wax, Allom, ana. ʒ. 1. dregs of oyl of white Lillies, q. ʒ. make thereof an Oyntment.

Of the Cancer in the Eye-lids.

Rx. the red berries of Nightshade, M. 3. red Roses, Dates, ana. M. 2. ʒ. Wormwood, M. 1. Roots of Flowerdeluce, bruise them, and let them infuse two dayes in water of Nightshade, then distill them and linnen cloth therein, and apply it two or three times every day.

Or Rx. a living Hedgehog, roots of Elder, roots of Reeds, Marjoram, black shell-snails, ana. M. 3. burn them in an earthen pot, and make powder thereof, and put it upon the Cancerous places.

Or Rx. of Burdocks, Dragons, blind nettles, ana. ʒ. 2. ʒ. burn them in an earthen pot, put the powder thereof upon the Cancer.

Or Rx. of the roots of vincet oxicum, ʒ. 2. Tormentil, Serpentine, Sanicle, ana. ʒ. ʒ. Sage royal, ana. ʒ. 1. infuse them 24 hours in Ale, then see the and strain it, and give the patient thereof a spoonful morning and evening.

This

This following is somewhat milder; Take Verdigrease one drach. Dragagant three drach. Saffron and Pepper, of each one drach. make it as thick as honey with fower wine, and use it as before.

Item, take white wine, Rose-water, of each two ounces; Aloe, Saffron, of each 3. i. wherewith wash the eye-lids; take water wherein Sumach is decocted, Rose water and white Wine, of each three ounces, Vitriol, Verdigrease, and burnt Aloe, of each one drach. wash it cold therewith; or take Roses one quarter of an ounce, prepared *Tutia*, three drach. Antimony, burnt Copper, of each 3. β. Wine. 3. 6. Fennel water, 3. i. β. temper them; and wash the eyes therewith.

The other manner of swelling or distention of the eyelids and browes, doth come of subtile moisture or vapours. Also if there be something thrown into the eye, stung of Wasps, or perished through any other inconveniencies. In like manner if one rub the eyes with any other herbs, as Nettles, Rue, Esula, &c. Also these accidents may proceed of a bad digesture of the stomach; of overmuch watching or sleeping, like as it cometh to passe in the Lethargy, and also in the Dropsie.

Item, if the swelling be caused through stripes or hurt, then take the white of an egge brayed, temper it with Rose water, or oyl of Roses, and lay upon it as often as it is dry; two or three dayes after put Camomil in a little bag, and let it see the in Wine, and wet the swolne eyes therewith.

Item, if this swelling be caused through wind or vapours, then take powdered Millet and Cumin, of each a like much, make a plaister thereof with Fennel water, and lay a roasted Apple unto it. You may anoint it also with the juyce of Sloes.

But if the swelling do come through the stinging of Wasps or Bees, then take Theriaca, Mithridate, or the confection of Triphera, tempered with a little Aloe, bruised with Rose water, and anoint it therewith. Some do temper salt Gemme amongst it: You may read further thereof afterwards in the seventh part, of the stinging of Bees.

Or if this swelling be caused through rubbing of hot herbs or such like, anoint it with *Populeon*, oyl of Roses tempered with the white of an egg; for this also the juyce of House-leek tempered with oyl of Roses, or with juyce of Plantain, making clothes wet therein, is good. If it be caused by much watching, then is sleep requisite; and also for a bad digesture, to suffer hunger and thirst, &c. If the same be caused through cold, then take *Asarabacca*, Daffodil, of each half an ounce, prepared *Tutia*, and anoint the swelling therewithal; there may also oyl of Roses, and white Wax be molten amongst it, that it may be like a salve. The third sort of swelling of these members, is like as it were a fatnesse that sheweth it self throughout the browes, where the same aggravateth and hindreth the lids that one cannot well open them. This distention is without pain, and if one presse his finger upon it, then is the mark seen stand a good while afterward therein. The occasion of this is dry or grosse slime, and withal some moisture of the eyes, it doth matter in the corners of the eyes, that sticketh so fast to the eye-lids. But one must first try to remedy it by fomentation, and to take for it the decoction of Wormwood, Camomil, Fennel, Annise, and such like: afterwards make a plaister of prepared Ammoniack, or Diachylon, and some salt Armoniack and Ireos tempered amongst it; and if it will not away therewith, then is it certain that it proceedeth not of moisture or vapours, but of rottennesse; for which many strong things are to be used, for that will not easily be consumed, even as you may apparantly perceive, if you let water and fat see the together, that the water is much sooner wasted then the fat; therefore we are also to use the things following that are rehearsed hereafter in the first place of this distention.

Especially if the premisses will not help, he is to purge, like as is said in the first swelling or distention of the eye-lids: but if so be that the water be subtile and fluxible with choler, then is a purgation to be tempered with yellow Mirobalans and Woodbind water, and also to let blood if it be needful. Warm clothes wet with Well-water are also very good laid thereon, also to bathe otherwhiles. And when one goeth to bed, to lay upon it the white of an egge brayed well. In the morning are the eyes to be fomented again with warm water: if then the matter be grosse, and the swelling be any thing big, then take Fenegreek and Linseed, lay them to steep in womans milk, then wring out the muscilage, but foment the eyes with warm water before, and lay the foresaid Muscilage upon it; if there be then pain with it, anoint the place with the fat of a hen. This doth also the Muscilage of Lindseeds alone, tempered with a little Wax and oyl of Roses, and laid thereon. This tough matter we must seek to consume with the foresaid Collyrium of *Tutia*,

Pepper

Pepper and such like, and therewith continue somewhat, because health cannot follow so soone after it. There cometh also otherwhiles pain of the eye-lids, which presseth none otherwise then as if one were constrained to hold his eyes shut: for which the Mithridate is very good layd upon the eyes and the forehead, and held in the mouth,

The fourth kind of the swelling is called Hailstones, by reason of their hardnesse which is not throughout like to the fat swelling, but onely in one place whether it be within or without the eyelids: for this is first to be sought to mellow it, as shall be hereafter taught. If this cannot be effected, then if it may be come by outwardly, it is to be cut off.

The fift kind receiveth her name of the Barly which it resembleth, for it is such a swelling of the eyes that stretcheth him from one corner of the eye to the other, and is greatest in the middle and smallest in the corners; and hath this difference with the aforenamed Hailstones, that they remain hard throughout, but this not so, unlesse it were hardned through long continuance of time.

For to cure this, the head vein is first to be opened and purged: afterwards to lay upon it *Opopauacum* molten in Camomil oyl, afterwards a plaister made of prepared *Galbanum* and Barly-meal, of each a like much, prepared with oyl of Lillies and layd thereon: for this is also very good, Hens grease warme. The eyes must be often bathed with warme water, wherein Barly and Camomil is sod, and afterwards anointed with the blood of Pigeons, Turtles, or Partridges.

Another plaister; Take *Galbanum*, *Ammoniacum*, of each half an ounce, Boreas one drachme, mix them together and lay them upon the eye. Or take Frankincense and Myrrhe, of each one quarter of an ounce, *Laudanum* half an ounce, Boreas, Allum, wax, of each one drachme, the dregs of the oyl of Lillies as much as is needful: melt therein the *Laudanum* and Wax, the rest temper and beat amongst it: use this so long until it be all consumed.

Of the itch and smartings of the eyelids. §. 2.

IT is mentioned in the former distension or swellings of the eyelids that the same commeth with great itching and smarting, wherof we must speak more at large. This happeneth oftentimes in the infusion of the eyes *Ophthalmia*, through salt and sharp rheumes, whereof shall be hereafter discoursed, and also of Lice, whereof is before spoken in the third Chapter and eight §. and shall immediatly hereafter follow in the discourse of the browes.

Otherwhiles this itch and smart doth proceed of hot blood, or such like other moisture, and in case then the rubbing and scratching do come to it, then hath the humour the more recourse thither, whence follow scabs and scurf, not much differing from the brain or saw-dust, which doth harden and continually smarteth. And although in the former swelling of the eyelids (as is said) there be good remedies declared, meet also for this disease, yet neverthelesse it is very needful to speak somewhat more thereof. If it do come through heat and rednesse, use for it all that is there rehearsed: if it come of any sharp matter, purge (as before in the first swelling is shewed) once every moneth. Or purge with the whay of Goats milk, wherein is sodden *Epithymum*, in the which shall be steeped and wrung out *Mirobalani*, *Chebuli*, three drachmes, Annis seeds half a drachme; and if this be too much, then prepare these pills following; Take Aloe, Rubarb, of each one drachme, Annis seeds half a drachme, Diagridion two scruples, make pills thereof with the juice of Fumitory, take thereof one drachme at the uttermost at one time; afterwards open the veins in the corners of the eye, and set boxing cups behind in the neck. Also use either of these fomentations of the eyes, whereof hath been spoken in many places of the distention and swelling of the eyelids. Or take yellow Amber one quarter of an ounce, Pomegranate pills three drach. temper them with hony, and anoint the eyes with it where the itch is. Or take Sal Armoniack two drach. Aloe half an ounce, mix them together in a brazen mortar. But if the itch be not too great after the letting of blood and purging them, onely foment the eyes with warme water, wherein is decocted Mallowes, Docks, and Sorrell, with some Rose water put amongst it; or take white wine three ounces, Aloe one quarter of an ounce, anoint the eyes therewith after the fomenting.

Item; Take Butchers broome seed, Purslan seeds, Lentiles, of each a like much, pownd them all together, close it with the white of an egge and oyl of Roses; Sarcocolla tempered with the juice of Celendine is alwayes very good for this purpose.

Take

Take fair running water a pint, Camphire powdered very fine, ʒ. i. Rosemary 2. large tops, and put them together in a clean pewter bason, and heat four stones (of the bignesse of pullets eggs,) called *Lapides Calaminæ*, which you shall have at the Apothecaries; heat them red hot, five or six times, and quench them every time in the said water and Camphire: put this into the eyes, five or six drops at once into an eye, and hold the eye open, that the water may abide in the eye, whiles one may say the Creed; then put in as much more, dresse it so three or four times a day, till the smart and itching is gone; and this recovers the weaknesse of the eyes, and the web in the eye, and skin that growes upon the eyes.

Sennertus, *Of inversion and contraction of the Eye-lids.*

IF the flesh appear red and swelled outwardly, it is of superfluous humours; first purge the humours abounding; Then

R. of wine vinegar ʒ. 6. Acatia ʒ. i. burnt Allom, ʒ. ʒ. seethe them, and therewith anoint the red parts of the Eye-lids.

Or R. of white Vitriol, Allom, white bricks, ʒ. i. powder them, and put thereto of bloodstone, ʒ. i. Mercury, G. 2. Tutia, ʒ. ʒ. make powder thereof to lay upon the superfluous flesh.

Or R. of burnt brasse, ʒ. ʒ. Vitriol burnt, Chalcitis burnt, Myseos, ana. ʒ. i. make powder thereof.

A Plaster to lay upon the eye.

R. of meal of the seeds of Fenegreek, ʒ. 3. powders of the flowers of Camomil, red Roses, ana. ʒ. ʒ. red wine, q. ʒ. to make a plaster to lay upon the eyes.

Take of the said plaster or poulis as much as is needful, and put thereto the yolk of an egg, and apply it to the eye.

Or R. of Mercury, G. 2. Tutia, *viridis eris*, Bloodstone, Litharge of gold, ana. ʒ. i. powder them very small, and apply it to the fleshy excrescens of the eye-lids, and lay a plaster upon it.

Some take up the flesh with a needle and silk threed, and cut it off with a pen-knife, and apply this water, R. of water of Bullace, ʒ. 3. Allom, ʒ. 6. Camphire, ʒ. ʒ. seethe it, and wash the eyelids within, and apply the white of an egg with fine flax, and after it hath remained 24. houres, wash it with womans milk, and use this conglutinate plaster.

R. of Starch, ʒ. 6. Bean meal, seeds of Consound, Flaxe seeds out of which the oyl is pressed, ana. ʒ. ʒ. Gum Tragagant, Bole-armenic. ana. ʒ. 2. make powder thereof, and use it with the white of an egg.

If the eyelids are contracted, loosen it with mollifying medicines; As

R. of Roots of Marsh Mallows, seeds of Fenegreek, flowers of Camomil, ana. drachme 2. Saffron ʒ. ʒ. bind them in a cloth, and wet them in convenient water, and apply it to the eye:

Or R. of Hens fat, marrow of a Deer, ana. ʒ. ʒ. Camomil, white Lillies, oyntment of Dialthæa, ana. ʒ. 2. mixe them.

For evils or Lice in the bree of the eyelids.

VVash with sea-water, or the decoction of Staphisager and Beets, and anoint it with Aloes, Myrrhe, ana. ʒ. 2. mixed with hogs lard, or with Aloes, Staphisager and honey.

Or R. of hogs lard, ʒ. i. powder of Pyrum, ʒ. 3. Quicksilver, ʒ. i. mixe them.

Or R. of hogs lard, ʒ. i. white Hellebore, ʒ. i. yellow arsenick ʒ. ʒ. mixe them.

Of clefts in the Eye-lids, §. 3.

THese Clefts and infection of the Eye-lids are caused of heat, or of a sharp and salt humour that falleth into the eye-lids after the purging and letting of blood (whereof is said so oftentimes.) Seethe pills and blossoms of Pomegranates very soft, afterwards stamp them in vinegar, and therewith anoint the eye-lids certain dayes together; and

afterwards temper some Saffron, and the yolk of an egg amongst it, and lay it upon it, for it healeth much, like as doth also the *Sief de Thure*, which is approved for all rheumes of the eyes, and to be sought for in the Register.

Of Warts upon the Eye-lids. S. 4.

OF these there be two sorts; the one not very hard and without rankling, which is caused of melancholick humours; the other hard, like to a small Mulberry, standing commonly about the corner of the eyes; both of these must be cut or burnt, and afterwards things laid upon it, which hereafter for the cure of the excrescence of the flesh, of the fistula and corners of the eye, are discoursed. But of the Warts shall be more amply written hereafter in the fifth part.

Of the inversion of the Eye-lids, Where the inward red flesh appeareth outwardly, S. 5.

IT happeneth also, that through the increase of flesh, the Eye-lids do turn, and the inside doth appear outwardly. There are two sorts of this; the one when the Eye-lids being turned about be red and sore, which is a kind of scabbednesse; the other doth cover and hide the whole apple of the eye with red and meetly big veines: both of them are of long continuance, and hard to be healed. Therefore it is advised that at the very first there bee some what laid unto it; and although the cure of this disease have the same intention with all other forementioned infirmities of the eyes, yet neverthelesse it is required for this disease, that if the party be in health, he must purge with these pills: Take *Agaricus*, Coloquint, *Bdellium*, Mastick of each one drachme, Aloe half an ounce, Turbith one ounce and one quarter, make pills thereof with the juyce of Betony, whereof you are to give one drachme at once. Or take *Pillula aurea* two scruple, *Cochia* one scruple, make pills thereof, and fast six houres upon it. But if one have once purged, then is the head vein to be opened between the thumb and the forefinger, and in like manner in the forehead, and to set boxing cups behind in the neck. Allum boyled in white wine, and washed therewith, is also very good. Afterwards this plaister following shall be laid thereon; Take Fenegreek meale six ounces, Camomil, Roses, one ounce of each, red wine as much as is needful for to make a plaister, whereof take as much as you will use at one time: temper amongst it the whites of two well brayed egges and lay it upon it. Afterwards you are eight dayes one after another to use this sirup following; Take sirup of Roses one ounce, sirup of Vinegar *Compositum* half an ounce, Fennel and Licorice water, of each one ounce; after this must you by and by take the foresaid pills again; and further then every fift day once, two houers after supper, the inverted eyelids are in the day time often to be anointed with the juyce of Smallage, and that enduring the space of eight dayes. The next eight dayes afterwards, they are to be made moist softly with the water wherein *Sal. Armoniac* is dissolved, and then being anointed with the foresaid juyces, lay this plaister following upon it; Take the plaister *De Muscilaginibus* as hereafter is described, one ounce; of Allum, Vitrioll, both burnt, of each one drachme; melt this plaister with old Wine, temper the powders amongst it into a tough plaister.

After the use of this plaister and the foresaid water, then use this powder following; Take Antimony half an ounce, prepared *Tutia*, Orpiment, Bloodstone, Litharge of gold, of each one quarter of an ounce, make a very fine powder of it; this eateth away all the superfluous flesh, healeth the sore eyes, dryeth and taketh away the itch. But if it be too strong, then leave out the Orpiment, and take onely the Verdigrease two drachmes, *Tutia* three drachmes, Antimony half an ounce, but have care of the apple of the eye. And if this disease wax old, then it is needfull that this scabbednesse be rubbed until it bleed, which may most commodiously be effected with fig leaves. The other must be opened with a lancet, with a hot iron, and the pain asswaged with the braied white of an ege. But these are cures of cunning and expert Chirurgions, to whom onely the same is to be referred. But this drying powder is not here to be concealed, which is also discovered in other places; Take egg-shells of very new laid eggs, lay them the space of nine dayes in Vinegar, dry them and make thereof a subtil powder, and strew it upon the disease.

These sick persons shall beware of all meats that fume into the head, as of Spices, mustard

mustard, strong wine, and eschew especially drunkenness; but let them eat rere eggs, Spinage, Fennel, Borage, Parsley, young flesh, and drink watered wine.

The other manner of inversion of the eye-lids happeneth when the uppermost eyelid shrinketh up, or is drawn up, so that it cannot cover the apple in the eye; we call it the Hares sleep, it doth sometimes cover but one part. Thirdly, when the uppermost of the eyelids cannot reach to the lowermost. But if it come by nature, then it is not possible to be holpen.

There cometh also otherwhiles a pain in the Eye-browes, which wringeth sore (as if one were constrained to keep them alway shut) for which Methridate is very good, being spread upon the eyes and the forehead, and likewise some thereof holden in the mouth.

Of the Consolidation or growing together of the Eye-lids, §. 6.

IT happeneth otherwhiles, that after the taking off of the skin, or cutting off of the flesh in the corner of the eyes (if it be not well looked unto) that the eye-lids do grow unto the apple of the eye, or one fast to another, wherewith the whole eye is covered.

For to prevent this, must the eyelids which are not yet grown, be raised up softly, and the place be anointed with a soft feather, with the decoction of Fennel and Carraway, then put in some of the white of an egg; do this every day two or three times; now if there remain any flesh, the fourth day are sharp *Collyria* to be used, which hereafter are described in the eyelids.

Of Haires of the Eye-lids turning into the Eyes.

I Was in *Curland* in the Duke of Curlands Court, with whom I lived as his Physitian. And there was at that time great resort of Nobles and Ladies which came unto me for Physick. And amongst the rest, a Lady that had the haires of her eye-lids turned into her eyes, which had a long time hindered her sight, and put her to great pain; there being present five or six, or more honourable Ladies, to see what I would do unto her to cure her: I saw pulling them out prevailed not; for the hairs had been often pulled out, yet they grew again. Therefore I took Shoemakers Wax, and therewith I took hold of the hairs, and I made the hairs by means of the Shoe-makers wax to cleave unto the outside of the Eye-lids; and this healed her. But when she saw her Eye-lids was black and smeared with the Shoemakers wax, she was much discontented; thereat we had a general laughter, although she chafed and could not help her self: and the pitch entring into her eyes, took away the white skins that was grown thereon. So that although she chafed at the first, yet when she saw her self perfectly cured therewith, she laughed with us for company, and was very thankful. And herewith divers have been cured since of the like disease.

Sennertus saith superfluous haires grow within the Eye-lids by means of humours that flow to the Eye-lids, for which he adviseth to purge the body.

And to foment the Eyes with Kernels of Walnuts, \mathfrak{z} . 7. Fenegreek, Linseeds, Roots of Marsh-Mallows, *ana.* \mathfrak{z} . β . Vervain, \mathfrak{z} . 2. bound in a cloth and dipt in warm vinegar.

And to keep the haires from growing, anoint with the blood of a dog, flye, or blood of a green Frog, or the rust of Iron, and mans fasting spittle, or the gall of a Hedgehock, or blood of a Hedgehock and Castoreum.

Or \mathfrak{R} . of Roots of Mandrakes, drachme 6. Camphire \mathfrak{z} . β . vinegar half an ounce, mixe them in a mortar, and strain it, and anoint where the haires were pulled out.

Or \mathfrak{R} . of juyce of Dandelion, \mathfrak{z} . β . Mastick, \mathfrak{z} . 1. Vinegar, burnt Allom, *ana.* \mathfrak{z} . β . mixe them.

Or \mathfrak{R} . of the Ashes of a Hedgehog, half an ounce, rust of Iron, drach. 2. ashes of Ants eggs one ounce, make powder thereof, and apply it to the pores where the hairs grew.

Of the neathermost Eye-lid which pricketh the Apple of the eye. §. 7.

Further, it cometh also to passe, that the Eye-lids do alter their natural course in growing, not growing right but inwards: and because (as hath been said) next to the Apple of the eye, they are very subtile, not sensible at all, they make the more pain with their pricking; for to amend this, these means following are to be used.

If there be but one or two haire, then take Mastick, *Gummi Arabicum*, make them somewhat moist, turn the eye-lids about, and anoint them therewith; if it will not be well therewith, then are the haire to be pluckt quite out, and you must burn the holes with a glowing needle that it may not grow out again. Or you may use this salve following; Take the juyce of the roots of Southernwood, Muscilage of Flea-wort, a little vinegar and Camphire, anoint the same in the same hole. Item, take *Opium* one grain, Mastick, half a scrup. make it soft with a drop of vinegar, and anoint the hole therewith. Or take the blood and gall of a Hedgehog, iron drosse, of each like much, make a flat cake like to a Lentil, or fish scale, and lay it on the place where the hair is drawn forth; that swageth the pain within the space of an hour, and will not suffer the hair to grow there any more. Or take the rust of iron, temper it with fasting spettle. In like sort may also be powned Ants eggs, and used. But amongst all is the plucking out and burning most surest.

If the haire be many that grow inward, then must one cut off the outer edges of the Eye-lids, so that the roots of the hairs be taken away, the which must be done by expert Chirurgions, otherwise must the Eye-lids not be cut overthwart at any hand, for that they could not grow together any more.

A plaister *de Muscilaginibus*, promised to be described in the fifth Section. Take Fenegreek, Linseed, Hollihock roots, of each three ounces; boyl them, and draw out the slime or the Muscilage, besprinkle it besides with a little vinegar, afterwards temper three ounces of small beaten Litharge of gold sodden softly with six ounces of oyl of *Sesamum*, and put thereto the foresaid slime, and then seethe it to a plaister or salve.

For falling off of the Hair in the undermost Eye-lids, §. 8.

The falling off of the Hair is of many sorts; whereof heretofore in the imperfections of the hair, are many things described in the third Chapter, §. 6. and further in the description of the beard shall be declared. The cause of the falling off of the haire out of the lower Eye-lids, is a sharp salt matter, which consumeth the humours that should feed the hair, and dryeth away the roots thereof, that they must fall away, which is oftentimes seen by them that recover of a sore sicknesse. It may also happen in the forenesse and scabs of this place, as heretofore is sufficiently declared. Also experience doth teach us, that the haire do fall from the eye-lids of those that lead an unchast life. Also that the Crab-lice do grow thereof, is sufficiently declared before in the former Chapter, §. 8. But if the cause of all this be a sharp, salt, smarting matter, let the body be purged, like as heretofore is specified for the itch of the eye-lids, and so for the like in others.

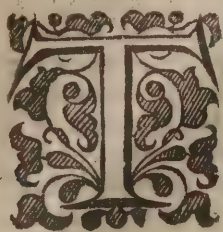
But for a beginning, one must keep a good order in eating and drinking; afterwards make this plaister: Take Hares dung, Bucks dung, of each one quarter of an ounce, burnt Hasel nuts three drach. Goats fat as much as is needful for a salve, therewith anoint the Eye-lids. Or take Antimony, burnt Pepper, of each one drach. and washed Lead half an ounce. Indie *Spica*, Squinant, of each one drach. and a half, burnt Date stones five drach. Goats and Bears fat, as much as is needful for a salve.

Item, take Swallowes dung, Mice dung, of each half a drach. burnt Date stones, Lasure stones, of each one drach. Indie *Spica* one scrup. make a salve thereof with clarified honey, and use it as the aforesaid.

If the falling off of the hair be caused of rednesse, smarting, or scurf, then take a Pomegranate, cut it in eight pieces, and seethe it in vinegar untill it be soft, and unto growt or pap; afterwards strain the juyce thorow a cloth, and use it so long untill it be thorow whole.

The seventh Chapter.

Of the Eyes.



They are thus described; The eye is an instrument of the sight, whose nature and complexion is moist, round, yet a little flattish, with seven panicles and three humors compleat and conjoynd, the definition whereof would here be too long to rehearse. These two members are accounted in comparison of all the rest to be very small, yet notwithstanding so precious, that our Lord God hath planted marvelous things, and shewed his power and omnipotency most excellently in them: whereof it is not here needful to write any more, yet it is not amiss to rehearse those things which in the beginning of the first Chapter have been said of the face: to wit, that for the most part all humane affections, inward desires, and cogitations of the heart, do most forcibly appear in the eyes. For what is there; that the inward thoughts, will and desires of the heart and the mind could counterfeit more naturally, then these members? For they shew thorow their rowling about, looking downwards, sudden motions, winking, and other such like, mirth, sorrow, anger, hatred, and other affections of the heart. They do give also sure knowledg of the secret lusts; for there cannot be so many inclinations in the brest of man, but there may be a sign thereof discerned in the eyes; so that one may justly say, the eyes are most true messengers of the heart and of the minde. Of them have the *Physiognomici* known the manifold nature of men, and adjudged that the eyes which stand so deep in the head do see much sharper, then they that stand wide out. Those eyes that stand far out (they say) do decipher a fool and light brained person; they say also, that the eyes which do so twinkle and close the eye-lids so often, do alwaies signifie fearful persons; contrariwise, they that hold the eyes strong open, are stout and invincible, and such like more, with which natural causes the daily experience agreeth. In fine, there is nothing more costly, nor more needful in a living body, then the sight: It is also amongst the motions of the body an onely thing, that maketh a difference between life and death. And this is sufficient in general to be said of the eyes; we will now come to their diseases and their cures.

Galen in 8. de *Juvamentis membrorum*, saith there are two Nerves which come, *a prima cerebri parte* from the Ventricle of the brain unto the eyes, and by them cometh the sense of seeing, and those two Nerves are hollow, and are called *Canales*. And that Nerve which comes from the right side of the brain, goes unto the left eye, and that Nerve which comes from the left side of the brain goes unto the right eye. And those Nerves are involved with two panicles of the brain, the one coming from *Dura Mater*, the other from *Pia Mater*.

First, that panicle which comes from *Dura Mater*, extends it self upon the eye, and of it is made the coat, called *Pellicula Sclerotica*, and it is called *Sclerotica* *a Scleros, durum*, hard, because it is harder then the rest, and defends the eye from the skull, as the *Dura Mater* defends the brain from the skull.

Secondly, that panicle which comes *Pia Mater*, extends it self unto the eye, and of it is made the coat, called *Pellicula Secundina*, which contains the humour called *Humor Vitreus*.

The third *Pellicle* comes from the inner part of the brain, and is called *Retina*, which contains the *Cristalline* humour, which is the instrument of sight, and that *Pellicle* be- ginneth from the head of the *Optick* Nerve, and hath Veins and Arteries, as *Galen* saith, *in loco præallegato ut ab ejus contentis humor cristallinus nutriatur*, and that *Christalline* humour is placed in the midst of the eye, as the Sun is placed in the midst of the Seven Planets to give light unto the rest.

The fourth *Tunicle* or *Pellicle* is called *Aranca*, and doth retain the *Cristalline* humour, and defends it from the humour called *Albugineus*. And this *humor Albugineus*, is contained between the *Tunicles* called *Retina* and *Unea*, and is as it were the superfluity of the *Cristalline* humour, and it lyeth on the outside of the *Christalline* humour to defend it from external heats, drynesse, and other hurts.

The

The fifth Tunicle or Pellicle is called *Unea*, and doth arise from the Tunicle called *Secundina*, and it hath divers colours, but most commonly greenish, blackish, or grayish. And this Tunicle *Unea* hath a hole in the middle, and that hole is called *Pupilla*, and that hole is sometimes contracted and made lesse, sometimes extended and made bigger, according as the Cristalline humour doth dilate it self, that the sight may be made the more perfect.

The sixth Tunicle or Pellicle, is called *Cornea*, which doth arise from the Tunicle called *Sclerotica*, and is bright and strong, like a new Lanthorn horn, from whence it hath his name, and it is bright, that the visible species may enter through it, as the light of a Candle doth enter through a Lanthorn horn, and it hath two offices in Nature; One to keep the humour called *Albugineus*, from flowing out, the other to defend the Cristalline humour from outward hurts, and therefore it is hard and strong in respect of the other Tunicles, and hath in it self four Pellicles, that if one be hurt, the other may be preserved.

The seventh Tunicle or Pellicle is called *Conjunctiva*, which is white and grosse, and covers the outward part of the whole eye, except the blackish part, which is not covered, to the end that the Cristalline humour, may be manifest to external objects, and this Tunicle hath many Veins, from whom it receiveth nourishment. And this Tunicle ariseth from the Pannicle which covereth the *Cranium*. *Et ideo restrictoria juvena ponantur super supercilia habentium ophthalmiam.*

From these Observations is shewed, that the eye is composed of seven Coats or Pellicles, and of three humours.

1. Humour *Vitreus*.
2. Humour *Cristallinus*.
3. Humour *Albugineus*.

Of the pain in the eyes in general. §. 1.

BEfore that we do come to the effect of the matter, these things are to be observed in all pains of the eyes: to wit, the nature of the Patient, his age, the time of the year, the sickness he hath had before, and all other circumstances: so that all things, according as occasion serveth, may either be augmented, diminished, or altered. In general, it is alwaies good in all pains of the eyes, that the Patient do keep him in a dark place, free from ayre and wind, lie high in the bed, so that the rheume may not tarry in the eyes, but may fall down to the cheeks; sleep is very meet, for it consumeth and digesterh the matter. All vexation is also to be eschewed, and all that may breed or bring any trouble to the head, as sorrow, anger, ill savour, and such like. Also to refrain much venery, feed on light meats, to avoid strong sents, as Mustard, Onions, Garlick, Beans, Nuts, Wine, Vinegar, and all sower meats. He must keep himself very quiet, as long as the grief of the eyes endureth. This is now a general and brief declaration, because that we shortly hereafter (in the description of the Gnats that seem to swarm before the eyes) shall give a longer and ampler instruction of the eyes. What concerneth the letting of blood, purging, and other sorts of remedies, that shall particularly be taught in their proper places.

First some remedies are here described which may be used for all pains of the eyes; and for that this is a general rule, that as oftentimes, and so long as the pain of the eyes endureth, you shall lay thereon the white of an egge, brayed together with oyl of Roses; for it stayeth the course of the humours, and swageth all pains.

Of the pain in the eyes.

FOR pains in the eyes, I have onely used the buds of Brambles, Housleek, and Fennel, stamped together, and applyed poultis-wise over the eyes.

Or else,

Take the white of two eggs, Camphire, \mathfrak{z} . i. powdered, and with a piece of Allome as big as an egge, beat the white, and Camphir to a curd, and so apply it over the eye grieved.

Take cream of milk, Endive-water, of each two spoonfuls, Vinegar, one spoonful, Camphire, \mathfrak{z} . β . mix them and put it into the eyes.

Item,

Item, take the juice of Celendine and Honey, of each a like, beat them together by a soft fire; afterwards scum them, and annoint the eyes therewith. The juice of Fennel and the juice of Betony is also very good for this purpose.

Item, take broad Plantain, Eye-bright, Fennel, seethe them together in a pot, and receive the vapor into the eyes.

Take a young Pigeon, open the veins under the wings, and let the blood drop in your eyes, but use not this in the beginning, (for it is too hot) but at the last when the course of the humours beginneth to abate. Or you may use this following.

Take the blood of a Turtle Dove; temper it with Rose-water, and put it into the eyes. This is many times approved for the pain of the eyes. Others do only annoint their eye-lids with it.

A very good *Collyrium*, which diminisheth and discusseth the pain. Take prepared *Tinia*, Camphire bruised very small, of each ℥. i. Rosewater, ℥. i. White Wine, ℥. β. temper them well: when you will use, it stir it well, and put a drop or twain in the eye.

Rasis his white powder which marvellously asswageth the pain. Take prepared *Sarcocolla*, ℥. 5. *Sief memithe* (which is hereafter described) ℥. i. temper it well with Fennel-water or womans milk. But by reason that womans milk is oftentimes used, therefore we will admonish here, that womans milk must not be used except it be very fresh; for it sowreth very quickly, and looseth her force, whereby it might do more hurt then good.

Tee white powder of Rasis for the eyes.

Sief memithe which is here and in other places mentioned, is thus prepared. Take the juice of the strange herb *Glaucium*, called by the Arabians *Memithe*, *Chamedrios*, barks of Frankincense, Myrrhe, Aloe, *Sarcocolla*, burnt Vitriol, *Aristologi*, of each a like much; make this together into a most fine powder, and use it like as is taught.

Sief memithe.

Of the corners of the Eyes and their diseases. §. 2.

First there groweth in the corners of the eyes sometimes as much of the flesh, that the sight thereby is hindred. Contrariwise there cometh also sometimes such drying away or consumption, that they wholly wax sore, and alwaies run, so that the rude and unskilful people do deem no other, then that it is a Fistula. The cause of this growing is overmuch blood and moisture, as it also cometh to passe in the diminishing of the eye-lids, the same being not rightly handled, the affluent humours make flesh to grow again. The diminishing and abating is caused of drought. The signs of both these are apparent to the sight; they are both almost incurable, but that there must be sharp medicines used unto them which the eyes cannot suffer, wherefore it is strictly to be commanded to the vulgar *Oculists*, that they have special care of their incisions and cauterisings in such perilous places.

For this disease the best remedie is to purge the body with Alhaudal, Aloes, or the like, well rectified and qualified, by the advise of an experienced Physitian.

After purging, I have onely used the white of eggs beaten with a quill, with the powder of Rosen prepared, and this healeth the Fistula, or matter running out of the corner of the eye.

Sennertus of the Ophthalmie.

First take this preparative, R. of syrup of Violets, Water-Lillies, Rob of Ribs, ana. ℥. i. waters of Violets, Strawberries, ana. ℥. 3. waters of eye-bright, Vervain, ana. ℥. i. mix them for a potion.

The purge with syrup of Roses or Violets laxative, Cassia, Tamarinds, Rubarb, Mi-robalanes.

Or, R. of Myrobalanes, Citrone, ℥. i. β. Rubarb, ℥. 2. Spike, G. & Cinamom, ℥. β. infuse them in Cichory-water, Q. β. then strain it, and put thereto of the syrup of Roses laxative, ℥. i. β. make a potion, or purge with *Pilule lucis*.

After purging he commends repercussive medicines, if the humours come from the *Pericranium*: As juice of red Roses, Plantain, Nightshade, Willow-leaves, Lettice, flowers of Pomegranates, heads of Poppy, red Saunders, Bole Armenick, Sanguis draconis, ading Frankincense, Mastick, Gumme Tragurant, mixed with the white of an egge.

R. Bo.

Or, R. Bolus, Sanguis draconis, ana. ʒ. 2. the white of an egge, and with Vinegar, in which red Roses, red Saunders, and Frankincense are sodden, make a plaister to be applied to the forehead.

Or, R. of Bolus, ʒ. 2. flowers of red Roses, Sanguis draconis, ana. ʒ. 1. Mastick, flowers of Pomgranates, ana. ʒ. ʒ. powder them, and with the white of an egge and rose Vinegar, make a plaister to be applied to the forehead.

Other Topick medicines, not so astringent.

R. of Rose-water, ʒ. 1. Eye-bright-water, ʒ. ʒ. Tutia prepared, white Sief opium, ana. ʒ. ʒ. Camphire, G. 1. mix them.

Or, R. of white Sief opium, ana. ʒ. ʒ. and with womans milk and Rose-water, apply it to the eyes.

Or, R. of womans milk, ʒ. 3. the white of an egge, ʒ. 2. juice of Plantain, ʒ. 1. mix them.

Or, R. of the muscilage of fleabane-seeds extract with Plantain-water, or Rose-water, ʒ. 2. the white of an egge well beaten, ʒ. 1. mix them, and apply to the eyes, and if there be much heat add Camphire, G. ʒ.

Or, R. of Rose-water, ʒ. 2. juice of Plantain, ʒ. 1. the white of an egge, ʒ. ʒ. mix them.

Or, R. leaves of Plantain, red Roses, ana. ʒ. flowers of Pomegranates, ʒ. 1. see the them in Rose-water and Plantain-water.

Or, R. of the pulpe of Crabs, or Quinces, sod in Rose-water, and Plantain-water, ʒ. 2. Barley meal, ʒ. 1. Sumach, flowers of Pomegranate, red Roses, ana. ʒ. ʒ. juice of Houfleeke, and Plantain, Q. ʒ. which repelleth the humours and mitigates pain.

Or, R. of Cerusse washt in Rose-water, ʒ. 2. Plantain, ʒ. 2. the white of an egge, mix them.

Or, R. of Tutia prepared, ʒ. ʒ. Rosewater, ʒ. 2. white of an egge, ʒ. ʒ. mix them.

Or, R. of Strawberies, ʒ. 9. Sugar, ʒ. 4. bruise them and let them, stand in Balnea, 8. dayes, then distil them.

Water of Succory.

R. of flowers of Succory, gathered before Sun rising, lb. 3. bruise them in a mortar with Sugar Candy, ʒ. 14. put them into a glasse, and let them stand in the Sun till they are dissolved into an oylly water, and annoint the eyelids and eyes therewith, and it will stay the flux of humours, and quicken the sight.

Oyl or water of Blewbottles.

R. of flowers of Blewbottles, gathered before Sun rising, lb. 2. stamp them in a mortar, and put them into a glasse well stopt, and let them stand in the Sunne twenty eight dayes, then put it into an oven with Household bread, and let them remain with the bread in the oven until the bread is baked, and the oyl or water is a special remedy for hot fluxes of humours and salt humours.

Or, apply a plaister of theyolke of an egge, crums of white bread, and Rose water or milk.

Sennertus of the dry Ophthalme.

IN this disease also the humours are to be temperated, prepared and evacuated. Then apply Topick medicines to mollifie the hardnesse and drynesse. As

R. of Endive, Water-lillies, Lettice, Nightshade, flowers of Violets, red Roses, ana. M. 1. roots of Marshmallows, ʒ. 1. ʒ. seeds of Fenegreek powdered grosse, ʒ. 2. bruise them in a mortar with butter and oyl Olive, and distil them.

Or, R. of Pellitory, Scabious green, ana. M. 4. cut and bruise them, and put thereto of Pigeons and Swallowes blood, ana. ʒ. 2. distil them and wash the eyes morning and evening.

Or, R. of Wheat meal, ʒ. 2. Fetches beans in meal, ana. ʒ. 1. ʒ. Terra sigillata, ʒ. 2. roots of Solomons seal, ʒ. 2. powder them and mix them with water of Succory, and make a plaister to apply upon the eyes at night.

Or, R. of May Butter without salt, oyl of Roses, ana. ʒ. 1. ʒ. Aloes, ʒ. 2. Camphire

phire 3. β. litharge of gold and silver, ana. 3. i. melt the oyl and butter, then put thereto the other things powdered, and wrought together in a lead mortar; make an oyntment thereof and anoint the ey-lids, in the evening and in the morning wash the eyes with womans milk and waters of agrimony, and roses.

For ease may one use one of these remedies following, which are very meet for it, if the corners of the eyes do run much and impostumate.

For this is the body first to be cleansed; afterwards to be bathed every day, and to sweat, but not too much: for that thereby should the moisture be drawn out of the body and be consumed.

Afterwards shall this powder be used oftentimes, made after the subtillest manner.

Take prepared *Tutia*, one ounce and a quarter: red Coral, yellow Miobalans, of each one quarter of an ounce, Pepper half a drach. strew that in the corners; Or take prepared *Tutia* one drach. Antimony half a drach. prepared Pearls, *Nihil*, red Coral, of each one quarter of an ounce, burnt silk houses half a drach. make an impalpable powder thereof, it drieth very strongly, and is also safe. Or take Aloe, *Acatia*, *Licinm*, fine Bolus, *Gummi Arabicum*, of each one drach. This being powdered together, is to be mixed with the white of an egg, or dissolved Dragagant: afterwards anoint therewith the forehead and eye-lids.

Item take the juyce of Housleek, or Nightshade, and Verjuyce, of each one ounce: mix beaten Acorns amongst it, Myrrhe, fine Bolus, of each one drach. lay it on the eyes, as is said before.

Item take Cipres nuts, Mommie, Dragons blood, Mastick, Dragagant, of each one quarter of an ounce, beat them small, and make with the white of an egg, or dissolved Dragagant a salve of it.

Item wash the eyes oftentimes with rain water, wherein Galnuts, Mirtle seeds, fine Bolus, and Cipres nuts have been decocted. These things are all good to drive back the moisture. Or take burnt Miobalans, Chebuli stones beaten small, make with water of Mints a *Collyrium* of them.

Item, take one drach. of *Tutia* steeped in Mirtle water and washed, white Coral, burnt stones of Chebuli, Butchers broom seeds, Galnuts, Aloe, Mastick, Frankincense, *Opium*, of each one scrup. all beaten together after the smallest manner, make a powder; or temper it in water wherein *Gummi Arabicum* or Dragagant is dissolved.

Now because that in this *Collyrium*, also in other more medicines for the eyes, *Opium* ^{Opium not} is used: therefore must I here admonish, that the same is not to be taken but in time of ^{alwayes to be} great extremity: for it might easily happen, that whereas one meant to ease the pain, that ^{used for the} the disease for evermore were made altogether incurable: yea that blindness might follow after it: therefore are men to take heed unto this.

A plaister: Take *Laudanum Ammoniacum*, of each one ounce, Mastick, five drach. parched Millet two ounces, beat it all small, make with Camomil oyl a plaister four fingers broad and one quarter of a yard long, the which lay upon the seam of the scull.

Hereafter do follow many more remedies, which are also very good for it: but this present is prepared rather for the running corners of the eyes, for to dry them, and to stay the rheume.

Of the disease in the eyes called Ophthalmia. §. 3.

Some have supposed that this Greek word did generally signifie the pain in the eyes: but others have defined it thus, *Ophthalmia* is an infirmitie that cometh in the eye-lids and in the eyes, spreading it self so wide abroad, that it covereth the whole apple of the eye. Or *Ophthalmia* is a hot disease, which onely assaileth the eyes (after a natural manner) through blood or Choler; or outwardly of corrupted matter, of cold Rheumes, or is caused of blood or vapors, and thereby whatsoever moisture is in the eye it is over-heated: yet do all learned conclude with *Galen*, that it is flegme of the eyes. Of this do also come other moistures, which the Latinists do call *Lippitudinem*, that is, the blearnesse of the eyes which is caused of three special causes, like as is said at the first, to wit, of outward, and inward; Of outward, as the Sun, smoak, dust, and such like: so match also the unnatural alteration of the times, use of vaporous meats, as Onions, Garlick, Mustard, strong compounded Wines, cause the same. The inward cau-
ses

causes are the afflux of certain humors, be they mixt or not; but this infirmity of the eyes may be caused of the blood, *Cholera*, *Phlegma*, or *Melancholia*, of which signes we will here somewhat discourse.

If it proceed of blood, then are the eyes and their veines puffed up red, the temples of the head do beat, the uppermost eye-lids do swell, the eyes are moist, yet with little pain; but with such moisture that in sleep the Eyes do bake too; for this doth also the time of the year avail, as doth the clearnesse, youth, warm and moist country, and meates that ingender much blood. If it do come of *Cholera*, then is there pricking, burning, with great pain and swelling, not so red as aforesaid, but moist and burning, that thereby also the apple of the eye is other whiles perished. If it proceed of *Phlegma*, then is there a compression and ponderosity in the eyes, with great pain, without heat or rednesse, but some whitenesse, and by reason of the great moisture, much sorenesse and swelling.

If it be caused of *Melancholia*, then is there also great ponderosity, with fallow colour, without rednesse of compression; the eyes do not bake together in sleep, for that the Catarre or the Rheume is too dry. The Physitians do herein make more differences and signes, which are to be commended to the Philosophers. But this may suffice for our purpose and intention.

Nevertheless, this is also to be noted, that these defluxions: sorenesse, or impostumations of the eyes (that befall for the most part in the corners of the eyes, with a sharpe salt Rheume, which hath been spoken of in § 2) are the beginning and true signs of this *Ophthalmia*. The corners of the eyes are four, two besides the nose, which are the greatest, the other smaller. Whensoever then the *Ophthalmia* doth appear in this place, occasioned of blood; then must it be prevented with letting blood, be it in the head vein, or other, in one, or both the arms, and let out much or little according to the ability of the patient. And if the matter were subtile and run fore, one may also let him blood in the temple of the head. In like manner, horseleaches applyed to the forehead, and boxing cups on the neck. But if all this will not help, there is to be made and appled on the top of the head upon the *Sutura Coronalis a Cauterium*, whether it be potential or actual. Afterwards the patient is to be purged, and to use no other outward means but to betake him to a good order of diet. Now to proceed to the special infirmities of the eyes or *Ophthalmia*, this shall be the first.

Of the rednesse of the eyes. §. 4.

THis is caused outwardly of stripes, thrusts, concourse of blood, superabundance of blood in the veines, which (as is said) spreadeth it abroad in the eyes. For this, it is advised to open the head vein on the contrary side, or at least to set boxing cups upon the shoulders: afterwards to purge. Further, to apply outward things which drive the matter back again. For this is first, the white of an egg brayed with womans milk, most highly commended and safe, a drop or twain dropped into the eye. Or see the Linseed and make a sponge wet in that decoction, and lay it warm on the eyes; but if this will not help much, then do in like manner with the decoction of Fenegreek or of Camomil.

Item, take the juyce of Nightshade, temper it with the brayed white of an egg, and with oyl of Roses, make a cloth wet in it, and lay it on the eye.

Item, if the eyes be bloodshot, take the juyce of Wormwood, bray it well with the white of an egg and drop into the eyes.

Take Coriander, see the it in water, wring it out with this decoction, make muscilage of Fleawort, temper it with fine Bolus, and lay it on the eyes with wet clothes.

Or make Cotton wet in the brayed whites of eggs with oyl of Roses, and lay it to his forehead, eyes, and temples. Also you may temper amongst it fine Bolus, or Frankincense, which you will.

But if the matter be subtile, then must one labour to discusse the blood: for which end, you are to take young Pigeons or Turtle doves blood, like as is taught before in §. 1. for that hath been found many times to be good.

Item, take Frankincense, *Sal gemma* of each one drach. beat it small, and make it with womans milk into a *Collyrium*.

Take

Take broad Plantaine water about one pint, small bruised Verdigrease one ounce, fine Bolus, Dragons blood, of each half an ounce, Camphire one quarter of an ounce; distill this in a glassen helme in seething water: It is not onely good for red eyes, which are painfull, and for swollen eye-lids that have long continued; but also to all sore stinking mouthes, and especially for all ulcerations of the privy members.

Ulcerations of
the privities.

Item, take Aloe three parts, Camphire one part, steep them in Rose-water, and use it.

Radish water is also marvellous good for all rednesse of the eyes. Take the water of Vervein, of Eyebright, of Marjoram, of each half an ounce, Fennel water one ounce, Camphire half a drach. the gall of a great Pickerel; temper and stir it altogether, and use it as the rest.

Item, take prepared *Tutia*, prepared in pisse and Fennel water (like as is taught in the Introduction) half an ounce, of Mace three drach. of Camphire six grains, of Malmesey one small pint: beat all these as small as may be, mix them together and keep it.

You have also other preparations more of this *Tutia*, like as there are twain expressed in the Introduction of this Book: but for the rednesse of the eyes is this especially recommended: take half an ounce of *Tutia*, make it glowing, and quench it 15. times in Rosewater; then bruise it small, and put unto it one quarter of an ounce of Calamint stone, three Cloves, half a pint of Malmesey: mix all these together. These three *Collyria* are for all rednesse of the eyes, and other things very highly commended of the ancient Physitians.

*Tutia prepa-
red.*

Also to befume the eyes with white Amber, is much praised.

Item, take Hyssop, Marjoram, Fenegreek, Camomil, Melilot, Roses, and such like: seethe them, and let the vapour go into the eyes.

A plaister for the rednesse of the eyes: Take Radish leaves well made clean and washed, and Currans of each half an ounce, Pigeons-dung one quarter of an ounce; beat them well together, and lay it thereon.

The same may also be done with pown Willow leaves, and laid upon it.

Salves: Take *Tutia* half an ounce, oyl of Bay one quarter of an ounce, Honey and Vinegar of each a spoonfull, Camphire one drach. make a salve thereof, and therewith anoint the eye-lids. This is also meet for inverted eye-lids.

Eyefalve called *Nihil*. Take prepared *Tutia* a quarter of an ounce, red Coral one drachme, Pearls one drach. *Nihil albi* one quarter of an ounce, Camphire half a scrup. Barrow grease 4. ounces; temper it well, anoint of this salve the quantity of a Coriander seed in the corner of the eye, in the evening when you go to bed; yet healeth the rednesse of the eyes, and taketh away all the Rheumes that falleth into the eyes. After this form is the salve of Roses much commended, which is described in the first Chapter and 2. §. whereof take one ounce, prepared *Tutia*, four scrup. and anoint the eye-lids therewith.

Confected Chebuli being eaten, do withstand the rednesse of the eyes, and defend the sight. In like manner Nutmegs confected in honey.

For rednesse of the eyes, first purge the body, after that, Take the white of eggs and Camphire, and with Allom beat it to a curde, as I have shewed in §. 1. of this Chapter; and without any doubt it helpeth the rednesse of the eyes, and heat of the eyes.

Take the white and yolk of an egg mixed with Sugar and a little Saffron, and put thereof into the eyes.

To dry the humour, take Quinces or rinds of Pomgranats sod in water.

Or R. of Lycium, Saffron, ana. 3. β. Acacia, 3. i. Rosewater, 3. i. or the white of an egg, and Rosewater, ana. 3. β. mix them.

Or R. of Melilot, Vervein, Rue, Celandine, ana. M. i. red Roses, m. β. distill them, and put off the distilled water into the eyes.

Or R. of *Tutia* prepared, Lapis Calaminaris, drosse of brasse washed, ana. 3. β. gum Arabick 3. β. make a powder of them, and put the powder into warm water, and make a Collyre; and when you use it, take thereof 3. β. with water of Fenegreek, 3. 6. and put of it into the eyes.

R. of Rosewater, 3. i. β. Eyebright, 3. i. Sugar-Candy. G. 15. *Tutia* prepared 3. β. mix them.

R. of

- ℞. of Musclage, Fleabane, Quinces, Fenegreek, drawn with water of Roses, ana. 3.
 2. Rose water, ʒ. i. β. Elder flowers, ʒ. β. Saffron, ʒ. β. mix them.
 ℞. of Rosewater ʒ. i. β. Eyebright, ʒ. β. *Tutia* prepared, white Siefs *Opium*, ana. ʒ. i.
 white Vitriol, g. 2. mix them.

Hot Eyes. §. 4.

FOrasmuch then as that there can be no rednesse of the Eyes without heat, therefore must we discourse somewhat thereof, and use these remedies following for it: Take the water of Eyebright, of Fennel, of Celendine, of each one ounce, prepared *Tutia*, three scrup. prepared *Sarcocolla* and pearls of each half a drach. temper it together. This *Collirium* is much in use at *Augusta*.

Another: Take Rue, Fennel, Vervein, of each like much, stampe it, and pour thereon Rosewater and white wine, so that the herbs be covered i let it stand a night, afterwards distill it in a glassed helme and in water.

Item, take prepared *Sarcocolla* half an ounce, white Dragagant, Frankincense, Iron drosse, of pearls, of each three drach. Indy *Spica*, Silver and Gold litharge, of each one drach. and a half, Starch Cerusse, of each one quarter of an ounce, *Tutia*, three drach. bruise this altogether unto a small powder, make a dough thereof with Rose water, afterwards make small trochiscs thereof, and let them dry; pown them afterwards again, and make them moist with the juyce of Pomgranats, and dry them again. Thirdly, make them moist with the water of Nightshade like as before: put thereto one drach. of Camphire, white Sugar one drach. and a half. When ye will use of it, stir it with Rosewater, white of an egg, and womans milk: Take Aloe, *Tutia*, Honey, Sugar, Fenegreek, Fennel, of each alike much, seethe them in Wine, and receive the vapour, or apply it unto them, it is very good for the hot eyes.

Item, take white Wine four ounces, Aloe, *Scrapinum*, Myrrhe, Sugar, Fennel, of each one drach. let it seethe moderatly: this is also good for a *Collirium*.

Take the water of Fennel, of Eyibright, of Celendine, of each half an ounce, *Scrapinum* one drach: dissolve this gum, and temper it altogether.

Item, take green Agrimony, stamp and temper it with the white of an egg; make tow wet therein, and lay it upon the eyes.

To set boxing cups on both shoulders, is also commodious for this infirmity, womans milk, letting of blood, Roses and Fennel, with *Tutia*: sodden Fenegreek, and eggs sodden warm and laid upon the eyes is also much commended.

Hot blisters and pricking in the Eyes.

THese are caused thorow moisture which setleth it self in the white of the apple of the eye, and there rankleth. The blisters are sometimes great, and sometimes small, white, red, dark, and also black with pain and pricking, according as the matter is. The deeper, the greater they be, and the more hurtfull and dangerous to be cured, because of the noblenesse and tenderness of this member. But this in the beginning is alwayes good for it. Take *Lycium*, Saffron, of each half a drach. *Acacia* or the juyce of Sloes one scrup. mix this with Rosewater, and drop a little in the eyes; he must also be let blood and purged. But this foresaid water for the eyes must be dropped into them with the white of an egg, and whilest the disease is in *Augmento*, or the increase: then take Fenegreek, Linseed, of each one quarter of an ounce, Melilot one quarter of an ounce, seethe it in fair water, and wash the eyes oftentimes therewith, let a drop thereof drop other whiles into the eyes: that ripeneth, draweth out the corruption and, swageth the pain. When as the blister is broken out, then heal it like other sores of the eyes. Item, take the fat of the fish *Tymalus*, and anoint it on the apple of the eye: it is very strong, therefore it is better for horses then for men. But this following is more sure: take the crum of white bread, make it wet in water; but it is stronger in womans milk, and lay it on, where it is dry make it wet again, or take a fresh.

Take rotten apples, stamp them with water of white Lillies; put of the juyce into the eyes, and cover the eye-lids somewhat thick in substance. Or else use my former medicine of the white of eggs, Camphire and Allom.

Wash the eyes with my Lixivium mentioned in before cap. 1. §. 4.

If the itching comes of worms in the eye-lids, Take Salt and burn it, and being powdered, mixe it with honey, and anoint the eyelids.

This confection following is very good for all heat of the eyes, swelling and pricking; take Eyebright, Fennel, Cinamon, of each three drach. long Pepper, Mints, Mace, Marjoram, Vervain, *Calamus*, Rosemary, of each 3. i. lb. Sugar pennets three ounces; white Sugar five ounces; with the Sugar seethe these juices following, of Roses, of Vervain, of each 3. 2. the juice of Fennel that is well clarified five ounces, the juice of Celendine, of Rue, of each 3. 1. lb. let them seethe so thick as a sirup, afterwards temper amongst it the rest well beaten.

Item, take young Endive, stamp and temper it with the oyl of Violets, or rather the oyl of Roses, anoint therewith the hot corners of the eyes and the eye-lids; the same taketh away the pain, and swageth the heat. If that will not help, take the meal of Lentils, Sumach seed, Roses, Pomgranate kernels, pownded together and tempered with Vinegar, use this as the rest.

Item, if this help not, then must the head vein in the forehead be opened, or in the corners of the eyes, which you will; which doth void away the sharp matter that setteth in the eye-lids. In like manner purge alwaies with such medicines which expel the *Cholera*, and salt matter.

It is also good to bathe otherwhiles, and to sweat moderately, whereby the sharp defluxion is delayed: or instead of sweating, you may foment the eyes with a sponge made wet in luke-warm water. Lastly, it is very good to wash the eyes with water of Fennel, of Celendine, of Vervain, and of Eye-bright, mingled together one amongst another.

Itch and Scabs of the Eyes.

These biting dry Scabs of the Eyes do otherwhiles manifest themselves on the lids of the eyes, so that one cannot forbear but to rub them, the which doth the eyes and face great hurt, making the same more hotter and redder.

This defluxion is a salt matter, which is sharp and pricking. Against this, he must first refrain from rubbing of the Eyes, eat and drink soberly, purge cholera, open the head vein, and also lay thereon outwardly at the first fresh water, or Rose water two or three daies: afterwards he must foment and wash the eyes with the decoction of Mallows, Violet leaves, Celendine and Vervain, or with Rose water also alone. If then of this or any other occasions there come any swelling to it, then look to that which is ordained for red and hot Eyes.

Watering or running eyes. S. 7.

It is manifest that the watering of the eyes doth proceede of many occasions; of mirth, sorrow, weakenesse of the retentive power, and superfluous moisture of the braines that falleth upon the eyes; like as of thrusts, stripes, sharp windes, smoke, cough, sharpe favours of Onions, Saffron, &c. all the which doe perish the eyes, so that the eyes do stand as if the eyelids were newly pluckt off, or that a Cataract couched in them, or as if they had suffered any other disease, the which also happeneth if any body drinke too much wine; wherefore that many may afterwards bewaile the miseries of drunkenesse, what concerneth the outward causes, those may be learned of the patient himselfe. But if this running of the eyes be caused through any disease of the brains, and not through heate: then doth the patient alwayes feelesome heavy puffing up of the veines in the forehead, and in the temples of the head; and this deflux is for the most part alwayes augmented by the neefings. This running or watering is very strong, falling as well into the eyes as into the nose, with a sharpnesse in the throat. But if this defluxion be through heat, then is the humor so hot, that through the heat it bites open the eyelids, which cause the hair to fall out of the eyelids, yea that the heat may be perceived, through feeling with the hands. But if it come through a cold, then are all things contrary to all these that we have now spoken of. Now the remedies of these running eyes be these.

They that be caused of outward causes, may be easily remedied, that is, by taking away of the cause of this defluxion; but as much as doth concern the inward causes where heat is the cause, it is specially advised, that the body be purged sometimes with

Pills

Pills *Cochia Aurea*, with *Succo Rosarum*, or with Pills of the five kinds of Mirobalans. And it is not enough that this and the letting of blood be once performed, but oftentimes; to wit, in the beginning, in the augmenting, and in the standing still of the disease; that thereby the sicknesse may be thoroughly holpen.

Wash the eyes with the said Lixivium; Cap. 1. §. 4.

Or take a red cole leaf and smear it with the white of an egg, and apply it over the eyes all night. Or stamp Elder leaves and fresh butter, lay it poultis-wise over the eyes.

Or take sower leaven of Rye bread, or sower rye bread, mix it with vinegar, and apply it to the hinder part of the neck.

Or take Cantharides; rub them in pieces, and put them into a fine cloth, and put them with the cloth into vinegar, and when they are well moistened, bind the cloth as big as you would have a blister, and so apply it to the nape of the neck, and when it hath drawn a blister, prick it, and cut off the skin, and apply Cole or Cabbage leaves unto it.

Sennertus de Epiphora. Of watering Eyes.

IF the flux encrease, *Galen* openeth a vein, that the inflammation may be expelled; but you must consider whether the flux come of the weaknesse of brains; or whether it comes of the distemper of humours of the body; if of distemper of humours, then the body must be purged; the head must be strengthened with drying and comforting medicines; and you must apply astringent topick medicines, as *Roses*, *Myrtles*, juyce of *Plantain*, flowers of *Pomgranates*, *Acatia*, *Frankincense*, *Mastick*, *Bolus*, *Sanguis Draconis*, which you must mix with the white of an egg, and vinegar, and apply it to the forehead with a linnen cloth.

Rc. of *Acatia*, *Sanguis Draconis*, ana. half an ounce, *Bolus* prepared, drach. three, *Mastick*, drachm. three, the white of an egg, *Plantain* water, q. s. mix them, and dip a linnen cloth in it, and apply it to the eyes and temples, and remove it as often as it dries.

Or Rc. of Powder of *Frankincense*, 3. 3. *Tacamahaca*, 3. 1. s. bloodstone, 3. 2. flowers of *Pomgranates*, flowers of *Rosemary*, ana. 3. 1. s. the white of an egg, *Rosewater*, use it as before said.

Or Rc. of *Mastick*, 3. 2. *Gum animæ*, *Tacamahaca*, ana. 3. 1. s. *Juniper* berries one drach. with a little *Turpentine* and *Wax*, make a *Ceratum*, and apply it to the forehead and temples.

If it be of cold humour after purging, dip Wooll in astringent wine, and apply it to the eyes.

Or Rc. of unripe galls, *Cypres Nuts*, *Sanguis Draconis*, ana. 3. 1. *Saffron*, 3. 1. *Tragacanth*, q. and with a cloth apply it to the eyes.

Or Rc. *Tutia* infused in *Melilot* water, and apply it to the eyes. Or quench *Frankincense* in water of *Virga aurea*, and apply it to the eyes.

Or Rc. of *Frankincense*, *Mastick*, ana. 3. 1. *Myrrhe*, *Aloes*, ana. 3. s. *Tutia* prepared, 3. 1. *Sarcocoll*, 3. s. powder them, and mix them with the white of an egg, or juice of *Quinces*, and dissolve them in *Fennel* water, or *Eyebright* water, and morning and evening drop of it into the eyes.

Sometimes the water that runs out of the Eyes is reddish like blood, which happeneth to women whose courses are stop.

Such are to be cured by medicines that cause the natural courses of women. Thus saith *Sennertus*.

Of wounds of the eyes.

IF any of the tunicles be broken, to divert the humours at the first; you may use phlebotomy, but rather use some fit purgations to detract the humours; and apply the white of an egg beaten with *Rosewater* and a little *Bolus*.

Or Rc. the whites of two eggs beaten with waters of *Roses* and *Tormentil*, ana. one ounce, then put thereto of *Allom*, *Saffron*, ana. 3. 1. and apply it to the eyes and temples.

Or

Or R. of Cerusse, Starch, ana. 3. 2. Frankincense, 3. 1. Sarcocolla, Tragagant, ana. 3. 1. Camphire, 3. 3. infuse them in Rosewater, and set them in a vessel close stopt, and put into a pot of water to seethe.

Or R. of Gum Arabic. dissolved in Rose water, 3. 3. powder of the roots of Camphire, 3. 1. 3. powder of Olibanum, Aloes washd, ana. 3. 1. mix them.

Or R. of white *Sief Rasis* with Opium, 3. 1. 3. Rosewater, 3. 1. the whites of two eggs, Tutia prepared, 3. 3. mix them.

After seven dayes use more drying and abstersive means, to hinder the growing of thick flesh.

As R. of Myrrhe, Sarcocolla, dissolved in milk, ana. 3. 3. Tutia prepared 3. 1. honey of Roses, as much as will make a Liniment.

Or R. of Bolus Armoniac. 3. 1. Tutia, Sanguis Draconis, Gum Arabic. 3. 3. Rose water, 3. 1. put them into a glasse close stopt, and seethe them in Balnea one hour, then put thereto of the juyce of Pomgranates, strain it, and put of it into the eyes.

Or R. of honey, 3. 3. juice of red Roses, 3. 4. Verdigrease, distill them in Balnea, and put two drops thereof into the eye 2. or 3. times a day.

I have with good successe used the buds of red brambles, Fennel, Housleek, stamp together and applyed; and I put into the eye my water made of white wine, Camphire, and Rosemary, in which *Lapides Calaminare*s were often quenched. After this I beat the powder of Rosine with the white of an egg, and applyed it 2. or 3. times in the day, and with this onely I have cured some that were sorely wounded, and had fistulaes in their eyes.

If the Tunicle be broken, this I have approved to be very good.

But *Sennertus* willetth to mixe the white of an egge with prepared Tutia, and to put it into the eye. Also foment the eye with the flowers of red Roses, bramble leaves, Shepherds purse, Knot-grasse, sod in wine; or else if heat molest, seethe them with water, and therewith foment the eye.

Or make a plaister of red Roses, Quince leaves, sod in wine, and with Acatia, 3. 2. and Saffron 3. 3. and apply it.

Or make it with *Hypocistis*, flowers of Pomgranates, and unripe galls of the Oake.

Or use this Collyre. R. Aloes washd, Tutia prepared, Sarcocolla, ana. 3. 3. Spike, Saffron, Sugar Candie, ana. 3. 5. and with the muscilage of Gum Tragagant, and Fene-greek, make a Collyre.

Or R. of Comfery water, 3. 3. Gumme Arabic. Olibanum, ana. 3. 1. Eyes of Crayfish, 3. 3. flowers of Pomgranates, 3. 1. mix them upon the fire, and strain it, and put of it into the eye.

Of bleared eyes of a hot cause.

IF the eyes be bleared through heat of the brains. Then the head must be kept cold by going bareheaded. And purge the head with the pulpe of Coloquintida, Aloes prepared, Cubebs, Cardamome, Pepper, made into pills with Venice Turpentine; this I have often proved, and it is very good to purge the head and stomach, &c. But yet let none be too bold to use inward medicines, although approved, without the advice of an experienced Physitian: for a mere Emperick by his desperate attempts, to prove every medicine that he reads in any book, is not only the disgrace of the divine art of Physick, but also is the cause of the ruine and death of many people.

The order of Dyets

FOR this must all drying things be used, and all moist attenuating meats and drinks chewed, like as Lentils, Coleworts, Lettice, Purslain, salt fish and flesh. Milk, Cheese, Onions, Scallions, Garlick, and all that fumeth into the head; some forbid to eat in the evening. When it is caused through heat, he must smell to Roses, Saunders, Camphire, and such cooling things; like as also the Pomanders are commodious for these causes, ordained in the discourse of the Plague.

When the patient is purged, and the pain of the eyes be yet in the beginning; then take (like as it is oftentimes advised at the first) the brayed white of an egge, and drop a drop thereof in the eye. Take also milk of a young woman which hath a daughter sucking upon her, put it fresh into the eye; or take two ounces of Rosemary amongst it, then beat the white of an egg, and drop a drop or two thereof in the eye.

Some do take onely fresh water mixt with Vinegar, and use it as is rehearsed, specially after bathing, and have thereby found great amendment.

This is also much praised; Take unripe Grapes, burn the same to ashes, bruiſe them very ſmall, and blow ſome-what thereof into the eyes; it dryeth the running, and doth drive away the redneſſe.

Or take the ſlime of Fleawort, Quince kernels, or Dragagant one quarter of an ounce, the white of an egge well brayed, womans milke that hath a daughter ſucking, half a drach. tempered well; if the pain be very great, then draw out the ſlimes or muſcilage with water, wherein before Poppy heads have been ſodden. You may alſo uſe *Sieff de Raſe* which followeth hereafter.

Take fresh Roſe leaves half an ounce, Saffron, *Spica* of Indie, *Gummi Arabicum*, of each one quarter of an ounce, beat all ſmall, and make cakes thereof with rain water, and when you will uſe them, then take one drachme thereof, and lay them to ſteep in the beaten white of an egge. This is ſpecial good in the beginning of the hot *Ophthalmia*: for it repelleth the matter backe, it conſumeth and aſſwageth the pain. In like manner, is this alſo following much commended; Take waſht Ceruſſe, prepared *Sarcocolla*, dragagant, *Licium*, *Acacia*, pils of Pomegranates and Frankincenſe, of each one drach. Pearles, *Opium*, of each half a ſcruple, and the juyce of Pomgranates (which is very clear) as much as is needful for to make cakes or troſchiſces thereof when you wil; then uſe thereof. Then lay a drachme thereof to ſteep in Roſe-water; this hath a conſtringent vertue: it dryeth and cooleth all hot humours; but when the pain is at the moſt, then temper among the foreſaid medicines two or three graines of *Opium* or of *Sieff album* called *Seiff Raſs*.

Take waſht Ceruſſe one ounce, *Gummi Arabicum* half an ounce, *Opium* dragagant, of each half a drachme: this muſt you bruiſe very ſmall, and temper it with the well brayed white of an egge and womans milke. Take alſo the juyce of Fennel well ſcummed one ounce and a half, Aloe two drachmes and a half, a leaf of well beaten gold; temper them well, and afterwards put unto it, the weight of ſeven graines of Frankincenſe: diſſolve them in good white wine, and mix them all together with Fennel and Roſe water; you muſt drop of this water twice a day in the eyes.

Item, take good Aloe ſteeped in the juyce of Fennel; put thereto the weight of ten graines of Frankincenſe burning therein, kindled at the candle, uſe it as afore.

Other waters more. Take Roſe water four ounces, quench therein glowing gold, afterwards put thereto Aloe, Frankincenſe, Maſtick, Litharge of ſilver, of each one drach. let it ſeeth until a third part be conſumed; afterwards ſtrain it through a cloth, and uſe it as is needful.

Item, take Dragons blood, Aloe, *Sarcocolla*, of each half a drachme, Saffron, Camphire, of each half ſo much, prepared *Tutia* one quarter of an ounce, bruiſe it very ſmall, and temper amongſt it wine of Nutmegs 3. 4. and as much Roſe-water; alſo let it ſeethe in water, in a glaſſe, until about 3. parts be conſumed, it dryeth and healeth without any danger.

Item, take *Tutia*, Hony, Rue, Fenegreeke, Fennel; ſeeth it in wine; it is ſpecial good for all over-hot eyes.

This water following is alſo very appropriate for the ſame diſeaſe; Take prepared *Tutia* one ounce, prepared Bloodſtone one drachme, Frankincenſe, Maſtick, Pepper, of of each a ſcruple, Fennel water, Eyebright water, of each one ounce, Roſe water and Violet water, of each two ounces, old fine wine three or foure ounces; put it into a glaſſe, and let it ſeeth in water even to the half, afterwards ſtrain it through a cloth.

A ſalve. Take the juyce of Rue, of Framboyes oyle, of Myrtle, of each one ounce, let it boyl until the juice be ſodden away; then wring it through a cloth, and ſet it again upon the fire; mix amongſt it prepared Saphire half a drachme, Jacint one ſcruple, Antimony one drachme, burnt Copper one ſcruple, prepared *Tutia* three drachmes, let it ſeeth ſoftly with the foreſaid fire; put therto three drachms of wax, be it more or leſſe accordingly as you deſire to have it hard; wherewith anoint the eyelids. This ſwageth the pain, ſtayeth all deſluxions in the eyes, and taketh away the cauſe of them wonderfully.

In running and overmoſt eyes, take Myrthe half a drachme, Bloodſtone one drachme, the uppermoſt ſprigs of Framboyes, and of the Roſe tree, of each one ounce; ſeeth them together in a glaſſe in water unto the half; afterwards ſtrain it forth through a cloth, and drop at leaſt foure times a day one drop in the eyes. Secondly, the forehead and temples of the head are oftentimes, or at leaſt againſt the evening, to be anointed ſoftly with the juyce of Roſes.

But

But if this rheume be but in his increasng, or in *Stau*, which is at the highest; then may he very freely put therein all the foresaid things, and chiefly womans milk (which is much commended for this) also temper Dragagant amongst it, and drop in them. In like manner take prepared *Tutia*, Camphire, of each a scruple tempered with half an ounce of white wine. It dryeth and swageth all pain. This is also very good, *Tutia* tempered in Fennel water, in water of Celendine, Rue, Vervein, and in Rose water, and a gal of a Pickrel, or a Partridge put thereto, and the same kept in a Copper vessel, until it be to be used; or take prepared *Tutia* one quarter of an ounce, white Amber one drachme, Fennel and Rose water, of each foure ounces, take also washt Cerusse one quarter of an ounce, prepared *Sarcocolla*, Dragagant, *Opium*, of each half a drachme, *Gummi Arabicum*, Saffron, of each half a scruple. This being altogether beaten as small as may be, temper it with rain water, and let it dry. And when as you will use it, mix it with womans milk.

Here is to be noted, that rain water for all pain of the eyes is very meet, for that it is subtile.

But whensoever this *Ophthalmia* cometh to abate, then may bathing be used or that which is most sure, seeth Camomil and Melilot in water, and make a spung wet therin, wringing it out a little, and so hold it warm upon the eye, and when it is cold to make it warme again. Or take fresh wormewood, *Licium*, Fenegreeke of each two ounces, *Sarcocolla* one ounce and a quarter, the juyce of Celendine half an ounce, Aloe one quarter of an ounce, Saffron, Sea-froth, of each one drachme, seeth that which is to be sodden, in rain water unto a pap, and temper amongst it all that is beaten, and lay it warme over the eyes. It is also very good to wash hands, feet, and face oftentimes with the warme decoction of wormewood, Melilot, and of Camomil. In like manner also is the yellow powder of *Rafis* in the declination of this defluxion much commended, which is thus to be made: Take *Sarcocolla* five drachmes, Aloe, Saffron, *Licium*, of each one drachme, Myrrhe half a drachme, make a powder thereof.

Bleared eyes of a cold cause

IF this defluxion or rheume come through cold, then at the first when it beginneth to fall, use this confection; Take Indie *Spica* five drachmes, *Agavicus* one drachme, and a half. Cinamon one ounce, Mastick, as much as the weight of them all: also make a confection thereof with clarified hony, and use thereof every day.

This patient is to smell unto all warming and drying things, as Muscus, Lavander, Marjoram, Amber, Betony, *Syrax Calamita*, and such like, as also unto the pomanders that every where in this booke are specified.

It is also very convenient to chew and to eat a good deal of Fennel seed every morning. Likewise also Rue and Verveine chewed, and the eyes anointed with the spittle.

If so be that the eyes be filled with cold moisture that floweth out of the braines: for that is this following very good to be used. Take prepared bloodstone one quarter of an ounce, Roses, burnt Ivory, red and white Coral, Amber, yellow Miobalans, of each one drachme, the juyce of the sprigs of Framboyes foure ounces, temper them together, and so keep it well stopped: of this juyce put daily into the eyes, and anoint also the eyelids therewith. This doth dry the rheume marvellous much, and doth strengthen the eyes from taking any such moisture.

Or take the juyce of Fennel, of Rue, of each one ounce, childrens urine half an ounce, Aloe three drachmes, let it seeth somewhat, and then strain it through a cloth, and put a drop of the same in the eye; it cleanseth, dryeth, and sharpeneth the sight.

Item, take Frankincense, Masticke, Cypres nuts, Myrrhe, Aloe, of each one quarter of an ounce, *Tutia*, *Sarcocolla*, of each one drachme, and a half; Dragons blood, Sumach, Barberies, Roses, of each one scruple, make them to powder, or to trochiscs with the juyce of Fennel, and use it with Rose water or Fennel water.

Item, rost three apples, cleanse them of the pils and kernels, then temper them with the yolks of three new laid egges, and then lay it warme to the eyes.

Item, take *Acatia*, Dragons blood, of each one drachme, fine Bolus a quarter of an ounce; this being beaten together, then make it to a plaister with the white of an egge, and lay it round about the eyes from whence the rheume doth come: you may lay it also upon the forehead, and upon the lids of the eye; but then you must leave out the Bolus.

In winter time may one wash his Eyes with the urine of a man child and wine: in sommer with the urine and with Rosewater, that driveth away the rheume, and preserveth the sight wonderfully.

This water following doth dry much the cold *Catarres*: Take *Gummi*, the Muscilage of Fenegreek seeds, of each one quarter of an ounce, of prepared *Sarcocolla*, *Spica nardi*, Myrrhe, Cinamom, Aloes, Bever cod, of each half a scruple; this powdered all together small, and made up with womans milk.

This following dryeth also much the defluxion: Take an ounce of *Tutia*, bruiſe it very small in a mortar, put thereto 12 ounces of old ſowr wine, pour ſome upon it, and bruiſe it well with the ſtamper, afterwards pour wine upon it again; afterwards let it ſeethe together in a copper pan. When it is from the fire, then temper amongſt it Aloes beaten ſmall, one quarter of an ounce, put 2. or 3. drops thereof in the eyes. Then lye upon your back the ſpace of two hours. This diſcuſſeth the blood alſo in the eyes, and taketh away all ſharpneſſe, and biting Rheumes.

In like manner, if this defluxion do make much pain, then take unwashed ſheeps wooll, burn it to aſhes in a cloſe ſtopt pot, bruiſe it as ſmall as may be, and mix it with the white of an egg, lay it on your forehead, and on the temples of the head; this ſwageth the Catarre very quickly, and abateth the pain.

Another. Take the ſowr juice of a Pomgranate (ſeethe the ſame to the half, and ſcum it well) ſix ounces, *Sief Memithe*, Aloe, *Licium*, Saffron, of each one quarter of an ounce, *Hydromel* half an ounce, put them all together in a glaſſe ſtopped cloſe, ſet the ſame the ſpace of four dayes in the Sun, and uſe it morning and evening, it is good and approved; it helpeth much the obſcurity of the eyes.

A Plaſter. It is alſo profitable for ſuch cold *Catarres*, to have a plaſter laid upon the temples of the head. The ſame is to be made thus: Take Aloe, Myrrhe, Mirtle leaves, *Acatia*, of each one drach. Maſtick, Frankincenſe, of each half a drach. beaten ſmall together, make it to a plaſter with the white of an egg, and lay it as is ſaid on the forehead and temples of the head.

Another. Some do counſel for to take *Aſſa foetida* one ounce, Pepper one quarter of an ounce, melt and ſeethe the Gum in vinegar untill it be thick, then ſtir Pepper amongſt it, lay it over the Eyes; but have good regard, that there come none of it into the eye: it will ſtink much, and is very dangerous for the eye. But there be other things that may be uſed for this purpoſe.

Of actual cauteriſation in the Neck in all Rheumes of the Head.

THIS hath oftentimes alſo been more remembred, and is often uſed by the ancient Phyſitians, even as many Italian Phyſitians do adviſe, that in theſe cold rheumes or defluxions, the neck is to be opened with an actual or potential Cautery, whereof divers may be ſought in the Register, and muſt be kept open about fourty daies.

What is convenient for Purging.

THAT is to be effected with the pills *Cochia*, which be ſharpned with the trochiſces of *Albandali*, alſo with the confection of *Hiera*, and ſuch like. In the declination of the rheume through cold, bathing is very meet, to waſh himſelf with urine, to drink Wine moderately, to apply unto it the foreſaid ſponge with the warm decoction of Camomil and Melilot.

Sore Eyes with or Without matter. §. 8.

THEſe diſeaſes do come commonly through outward occaſions, as of pricking, ſtriking, or any other manner of bruizing: in like manner, of inward cauſes, as hot, ſharp, and ſalt rheumes, which do eat in and periſh the pannicles of the Eyes.

If then there be perceived great pain with pricking, beating, and with moiſt rheumes in the eyes, and the eye-browe be fallen, the eyes ſtand wide open, the white of the eye looking red, and that ſome whitenesse be ſeen upon the black: then is there an impoſtume growing, and indeed ſuch accidents do verily require an expert Chirurgion: for (as the common proverb is,) there is no jeſting with the Eyes; Therefore to this end and intent ſhall hereafter be preſented and delivered many good medicines: and we will firſt begin with

with things which are caused through inward sharp rheumes: It is to be noted, that the Impostume that cometh in the white of the eye, is not so much to be feared, as they that come upon the star or black; for that they are the most dangerous. Amongst which, one is called the Canker, which cometh of melancholick humours; and the signes be, that this Impostume doth shew it self with heat and heavinesse of the mind; the face and the eyes are of a leaden colour: It maketh great pricking pain in the eyes, and in the temples of the head, on the side whereas the disease is. And if there be applyed thereto any hot things, then doth the pain increase manifestly, the appetite to meat is lost, and all the face getteth another colour: Therefore when that is seen and perceived, then must it be with all speed prevented. And first to begin with a necessary letting of blood and purging: The Patient must be forbidden wine and flesh, and especially sweet wines. His meat must be cooling herbs, as Spinage, Lettice, Purslain, Gourds, Endive water must be his best drink: much letting of blood (if the party may suffer it) is good. And if so be that the Impostume do appear very great, then is the Patient to be let blood the more in the *Median*, or in the *Saphea*, on the same side: afterwards in the Liver vein, alwaies regarding the time of the year, and the Patients ability. But if the Impostume be not so great, you may be content with the opening of the Liver vein or *Median* onely: hereby will the Rheume be cut off, that it cannot fall any more into the eyes.

For this are meet also boxing cups set upon the shoulders and higher, with pricking: But if the matter be sharp and biting, one must purge with Mirobalans, Manna, laxative juyces of fruits, and such like. Afterwards the Patient must be caused to neese, and to gargarise, whereof you have before in the second Chapter, and §. 2. good instruction, and shall have hereafter in other more places. When as this is effected and done, you may use of these medicines which you will. First there is *Sief album*, (not long since described in §. 7.) tempered with womans milk. If it leave beating, then it is a good token, and hope that the sorenesse or pain will wear away without Impostumation; but if it come to impostumate, then must it be cleansed with *Hydromel*, or honey of Roses, tempered with rain water, making a linnen cloth wet therein, and so laid on it. Secondly, with astringent things; as the *Sief de Thure*, which is forcible for all humours and defluxions of the eyes. Thirdly, with drying medicines; as with well prepared *Tutia*, and chiefly with the plaister *de Muscilaginibus*, which is described in the sixth Chapter, and in the end of §. 7. Will you then have some part of the Catarre repelled? Then put thereto the Muscilage of Flea-wort, or of Quince kernels, the which must 3. or 4. times a day be laid upon the Eyes, mixed alwaies with *Sief de Thure*, to wit, as long as the matter cleaveth to the apple of the eye, and no longer.

A good Salve. Take *Tutia* prepared in Rosewater half an ounce, fresh Swines greafe one ounce, Starch three quarters of an ounce; bruise it long in a mortar one amongst another: afterwards wash it three times in the water of Nightshade, and anoint the forehead, the temples of the head, and the Eyelids with it, without and within. This salve is marvellous good for all impostumate and running eyes, as also for all pains of the Eyes, blood-shots, scabs, and wounds of the Eyes. Some do use also the maiden milk, or *Lac Virginis*, (which is described in the fifth Chapter, §. 1.) but it is somewhat sharp in the Eyes.

If there be any sharp Catarre that falleth into the Eyes, take warm white bread, steep it in womens (or any other milk) lay it upon the Eyes.

Item, take a white loaf, cut slices thereof a finger thick, lay them to steep in Well-water, and lay them on the Eyes.

Oyl of burnt linnen is also very good for the impostumate eyes, which is to be made as hereafter followeth.

Lay clean and washed linnen clothes in a glassen helm, strew powned glasse upon it, again afterwards another lay of clothes, and glasse again, untill the helm be half full; afterwards distil it in sand. Some do burn it in gilt bowles, and give it for the plague. Item, set the clothes on fire with a candle, lay them upon an even piece of iron, tin, or silver, and put them presently out again. Then shall you alwaies find a drop of oyl, the which take up with a feather, and so gather it. This healeth marvellous well the impostumation of the eyes, taketh away the pain, and is good for the fistula and wounds in the eyes.

Clarified honey anointed in the corners of the Eyes doth heal all diseases.

A precious wa-
ter for the
eyes.

This *Collyrium* following is above all measure much commended; a little of it being dropped often in the eye, for it healeth and strengtheneth the sight mightily.

Take Rue, Roses, Endive, Betony, Vervain, Venus hair, Agrimony, Clevers, Milfoil, Eyebright, Chamedris, Pimpernel, Sage, of each two *M.* cut them small, steep them a day and a night in good wine; afterwards wring them out, and spread them on a board that the moisture may run off; ten houres afterwards beat them grosse, and distill them in water, and keep it stopp'd close.

Item, take the juyce of Celendine one ounce, the juyce of Fennel ounce and a half, Oxe gall five drach. and one scrup. Wolfes gall three quarters of an ounce, prepared *Tutia* half an ounce, temper them all together, this dryeth much the impostumate eyes.

Item, take Poppy leaves one *M.* Vervain, Eyebright, Fennel, Mallows, Hollihocks, Camomil, of each half a *M.* chop it and stamp it to pap, mixe it with oyl of Roses, make a cloth wet therein, and lay it over the eyes. It is a general commandement, that where one useth water for the eyes, you must bind it hard with twice double linnen, whereby the medicines applied fall not off through needling, coughing, or any other stirring or motion of the head.

Impostumes of the eyes through outward occasions.

If so be that the Impostumes of the eyes be caused through any outward occasion, as through thrusts, strokes, and such like, then are the deep thrusts or pricks dangerous and most to be feared, lest blindness do ensue. But these means following are to be used for the same; Take unpared Quinces, the kernels being taken out, beat them small, and temper meal of Lentils amongst them, and a little honey, that there may be a plaister made of them; lay the patient upon his back, and apply some thereof upon his eye. Or take a whole Pomgranate, between sower and sweet, see the it in a little Vinegar, stamp it, and use it as before.

A drying and
astringent Col-
lyrium.

Item, take the yolk of a roasted egg, lay it with towe upon the eye. Item, use also waters for the eyes that are drying and astringent, as hereafter followeth; take powdered Bloodstone that is nine times washt in the urine of a manchild or boy, one quarter of an ounce, *Gummi Arabicum*, Dragagant, burnt Copper, of each one drach. burnt and washt Pumis stone, *Opium*, of each a scrup. Fennel water as much as is needful for to form some trociscs thereof; when you will use them, then steep them in white wine. The eyes are also to be often washed with water wherein Roses are decocted, or Well-water tempered with Vinegar and sower Wine; for this is also fit Olive leaves, and if they cannot be had, then in the stead of them is the juyce of Shepherds purse used, wherein burnt lead bruised small is to be tempered, also the juyce of Quince leaves, and Medlar leaves, and then sallet oyl must be put amongst it, and so lay it over the sore eye.

All Impostumes in the eyes may be holpen, by applying the white of eggs, well beaten with the prepared powder or black rosine, by some called ship rosine, and washing the eye with this water.

Take of white wine, ℞. i. Camphire, ℞. i. Rosemary tops, P. β. put all into a clean bason; then heat 6. or 5. stones, called *Lapides calaminares*, and put them fire-hot into the wine and Camphire with Rosemary, then take them out, and heat them fire-hot, and put them in again, do so five or six, or seven times; this is the best water that ever I could use for any disease in the eyes, be rheume, water heat, cold, filme, fistula, pearl, blindness, dimness, or the like; this I proved in my practice in *Russia*, to be most excellent of all other waters.

Where the eyes do bake together in the sleep.

Take the juyce of Housleek, and anoint the eyes therewith; it doth soke them softly, and cool them.

Item, take the juyce of Agrimony alone, or tempered with womans milk; also Rosewater, and other waters for to soke therewith the dried matter of them.

*of Agyllops, a certain swelling between the nose and
the corner of the eye. §. 9.*

THere commeth otherwhiles a small impostume between the nose and the corner of the eye, the which the Physitians call *Agyllops*. If the same be not holpen betimes, then doth it infect the bone. The Chirurgions do heal the same in this manner: they cut up the uppermost skin, and wring out the impostume which lyeth lockt in a little bladder, and cut it off as near as may be; the rest do they take away with an actual or potential Cautery. The same swelling doth settle it self otherwhiles in the length of the eyelids, yet both are to be holpen with Oatmeal, Wine, and *Tubia* tempered together in manner of a Salve.

This *Agyllops* is holpen with often washing the eyes with my *Lixivium* before mentioned, Prob.

Of Blemishes or spots in the Eyes. §. 10.

THese are two special kinds; red, and white: The red are caused through blood, when there appeareth in the eye a red drop, or a dark (like as a congealed blood) which at times is also black: that is wont to be caused of blows, falls, great labour, much weeping, and such like. In like manner also of inward causes, as hath been said of *Ophthalmia*, and of red or overheated eyes.

For this is also much commended, the blood of Turtle doves, wilde Pigeons, or (if one cannot have them) of common house Pigeons being let blood under the wings, (like as is already rehearsed) and chiefly in the beginning, if one temper some fine Bolus among it, and the eyes to be fomented with warm water, wherein wild Time, Maridram, Fennel and Barly is decocted.

A water for the eyes. Take the seed of Ameos, Comin, Fennel-roots and the seeds sodden together, and a little *Sal gemma* tempered amongst it; you shall oftentimes let some thereof drop into the eyes.

If it be needful to use any stronger thing for it, then take one quarter of an ounce of Orpiment, put eight ounces of water unto it, stir it well about, and then let it settle; pour the water clear from it, that no substance of the Orpiment run with it, and drop thereof in the eye. But good heed must be taken in the use of this sharp venome, that there follow no bad accident after it; therefore it is more sure to use this following.

Take prepared Bloodstone three drach. burnt Copper one quarter of an ounce, red Coral, Pearls, of each a drach. *Gummi*, Tragagant of each two drachmes and a half, Pepper the weight of thirty grains, washed Cervise one drag. Orpiment, Dragon blood, Saffron, Amber, of each halfe a drach. make a dough thereof with the blood of Turtle doves, of Hens, or common Pigeons blood, and form *Trocises* thereof about the weight of one drach. When you will use these, bruise them in womans milk, and put a drop thereof in the eye.

It is also very good for the skinnies of the eyes, whereof we purpose to treat hereafter.

A plaister. Take Doves dung, make it with wine and vinegar into a plaister, and apply it luke-warm upon the eyes.

Or, take that which followeth, which is most certain. Take Raisons, put out the stones, pownd them, and put vinegar to it, use it as before.

Item, take fresh cheese meetly salted, Radishes roasted in ashes, Melilot, Camomil, of each one ounce, roasted Lilly-roots, meal of Lentils, Dragon blood, of each half an ounce, Saffron one quarter of an ounce; temper them all together with the brayed white of an egge, unto a plaister.

In like manner it is good to foment the eyes with the decoction of Coleworts, and the leaves thereof (sodden together in wine in manner of a plaister with Camomil) laid upon the eyes.

Now concerning the white spots which do come commonly after the Impostume of the eyes. Of these some are thin, and some are thick. But they that stand upon the white and be thin, do the sight no hurt; but those that are thick, and lye upon the apple of the eye, they remain and are almost impossible to be healed, but to be somewhat eased, and rather in children then in aged folks.

Now

Now albeit that this is hardly effected without the manual operation of an Oculist; yet neverthelesse are these things very good for it, and especially if the same be white and thin.

First of all, he is to bath oftentimes in water, or at the leastwise to foment his face and eyes so long with warm water, until the face be thorowly red and sweating; and if that thereby be caused a rednesse or pain of the eyes, it is to be omitted certain dayes, and afterwards begin again. Also you may use water wherein Mallows, Hollihock roots, Oaten straw, Barley, Oates, and chiefly Fenegreek are decocted, for this is a certain and approved receipt. After this fomenting, strew this powder therein take; *Sarcocolla*, white Sugar, *Spuma maris*, of each a like much, and bruise it very small.

Item take Cuttle bone powdered small, and temper it with womans milk.

Take Swallows dung, honey as much as is needful, and if you will make it soft, mix it with Fennel-water. But the story of *Tobias* doth shew that this medicine is especially perillous.

Make the eyes oftentimes moist with fresh womans milk, but if you cannot get it, then use the waters wherein Mallows and Hollihock roots be decocted: afterwards you may put thereto the *Sief de Thure*, the which you must prepare like as hereafter following.

Take Frankincense five drach. *Ammoniacum*, *Sarcocolla*, of each two drach. and a half, Saffron one drachme, beat them all unto an impalpable powder, and with the muscilage of Fenegreek make it into trochiscs; use it with womans milk, it doth mundifie the eyes apparantly.

In like manner, the *Sief de Plumbo* doth ingender flesh where there be small sores and spots, and it is thus made: Take burnt Lead, Antimony, prepared *Tutia*, burnt Copper, *Gummi Dragagani*, of each half an ounce, *Opium* fifteen grains: make it very subtile, and form Trochiscs thereof with rain water. It is very good for all diseases of the eyes, it cleanseth and driveth the matter out of the eyes, when it is mixt with Rose water, it taketh away all manner of uncleannesse out of the eyes, and stayeth the defluxion also, but preserveth especially the sight of the eye.

Item, take Litharge of silver bruised very small, Cumin, Bayberies, Galangal, Ginger, Aristology, Cloves, Nutmegs, of each one drachme beaten small, put a pint of Malmsey unto it, or any other strong wine: stir it well about three or four daies, afterwards strain it through a cloth into another glasse, and preserve it well stopped, for it is good for all spots of the eyes, and also for all fractures of the bones, and it draweth the wounds together without stitching. First take water that droppeth from distilled honey two ounces, Sugar-candy one quarter of an ounce, drop it twice a day in the eyes, Sugar-candy is good for all diseases of the eyes, and for the sight. Rosemary water made under the earth is also very good for these blemishes of the eyes, the which some do thus prepare: Fill a glasse with Rosemary flowers, stop it with wax on the top, and bury it in the Dogdayes about half a foot deep in the earth forty dayes long, and then yieideth it a water.

Verues of Sugar Candy, Water of Rosemary for the eyes.

Of Blemishes or spots in the eyes.



For spots or Pearls in the eyes use my Lixivium.

Or, else put the marrow that is in a goose wing into the eye, and put the water last rehearsed into the eye, made of white wine, Camphire, Rosemary, and Lapidis Calamitares heat hot, &c.

Or, Take Rose-Sugar-candy, burnt Allome, and Cuttle bone, powdered and searfed very fine as may be, put of that powder into the eye to bedward, and within half an hour after put into the eye two or three drops of this water made on this wise.

Take of sweet greek wine, ℞ 1. white Rose-water, ℞ β. of Celendine-water, ℞ 2. waters of Fennel, of Euphrage, of Rew, ana. ℞ 2. of Tutia, ℞ 1. of Camphire, of Aloes, ana. ℞ 1. β.



Prepare your Tutia thus, make it six times red hot, and quench it every time in Rose-water and wine, cast away that wine, then powder all that will be powdered, and put them into the before named wine and waters, then let them remain in a glasse well luted, and set it in the Sun forty dayes, shaking it three or four times every day. This medicine is precious, and hath cured those that have been blind.

Sennertus.

AT the first coming of the disease foment the eyes with this following. R. of roots of Mallows, ʒ. 1. β. Mallow, Celendine, Marjoram, Eye-bright, ana. M. β. Linseed, Fenegreek, ana. ʒ. β. seethe them in water and foment the eyes; then dissolve Sugar-Candy in Eye-bright-water, and put it into the eyes, or powder of Frankincense in Fennel water; or Mares milk mixed with hony; or the juice of Calves snout mixed with hony: and to take away the spots, take the juices of the lesser Centory, Celendine, Agrimony, Anemone, Fennel, Rew, Marigoldes.

Or, R. of Butter washt in Eye-bright-water, ʒ. 1. Tutia prepared, mix them.

Or, R. of Blewbottle water, ʒ. 3. Frankincense, Sarcocolla, ana. ʒ. 2. Dragagant Castoreum, Aloes, Coral prepared, Camphire, ana. ʒ. β. seeth them in a glasse; strain it, and put thereof into the eyes.

Or, R. of juice of Calves snout, ʒ. β. Celendine, ʒ. 3. Fennel, ʒ. 2. hony of Roses, ʒ. 1. mix them.

Or, R. of juice of the lesser Centory, Fennel, ana. ʒ. 2. hony of Roses, ʒ. 3. Mother of Pearls prepared, Harts horn prepared, ana. ʒ. β. Allome calcined, ʒ. β. mix them.

Or, R. of juice of Rue, ʒ. 2. Fennel, ʒ. 3. Gall of Pickerel, ʒ. 2. bones of Cuttlefish burnt, ʒ. 3. Sugar Candy, ʒ. 1. mix them.

R. of the dung of Swallowes powdered, hony and Eye-bright-water, and make a Collyre.

Avicens powder, which some commend, made of Sarcocolla, Aristolochia, Rotunda, Pumiston, and white Sugar.

Or, R. of Tutia prepared, red Coral prepared, Saphires prepared, ana. ʒ. β. pearls prepared, ʒ. β. Camphire, Vitriol white, ana. ʒ. 5. make powder thereof.

Or, R. of Harts horn burnt, the bone of Cuttlefish burnt, Sarcocol. washt, ana. ʒ. β. Aristolochia rotunda, ʒ. 1. Sugar Candy, ʒ. 2. make powder thereof.

Or, R. of Tutia prepared, ʒ. 1. Mother of Pearls prepared, ʒ. β. Sarcocol. ʒ. β. make powder thereof.

When the Pearls or Velmes be new.

When the pearls or spots be new, there are four kinds of waters to be used for them. First of all (as is sometimes admonished) let womans milk be dropped into it, and afterwards fine bruised Cuttle bone blown into the eyes. Secondly, take the juice of Corn-roses and of Centory, of each one ounce, hony two ounces. Thirdly, take Swallows dung bruised small and dry, half an ounce, hony as much as is needful. For to make a dough, let it dry; take thereof one drachme and a half, Eyebright water two ounces, temper them together: this is wonderful, but (as is already said) perillous. Fourthly, take Cuttle bone two drachmes, Sugar one drachme, make a subtil powder thereof, and let some of it be blown into the eyes: But if the fleckes be out, then are they to be fomented with womans milk, or with the decoction of Hollihock roots, Mallows, Barly or Oat straw: afterwards this following is good. Take fresh egge shels, burn them a little, the dung of a green Lizard, *Spuma maris*, Sarcocolla, that hath lyen certain dayes in the juice of Celendine, washt Cerusse, of each one drach. prepared Tutia, Sagapenum, Galbanum, of each half a drach. Cuttle bone, Ginger, ana. ʒ. 1. Kites gall ʒ. 2. pownd all that is to be pownded, and temper it with the water of Celendine.

For this serveth also the foresaid Rosemary water, which is made under the earth. Fourthly, take Verdigreace, ʒ. 1. Frankincense, ʒ. 2. Vitriol, ʒ. β. *Spuma maris*, Celendine, Rue, Roses, Rosemary. ana. ʒ. 1. β. seethe well the last four, until there remain about four ounces; mix the other powders with this decoction, and let it dry. Afterwards beat it again, and temper it as before, do this four times together. Lastly, make a subtil powder of it, and use it upon the pearls. It doth strengthen the sight, and taketh away the white pearls without pain; but if it be thick or old, so that none of these will help it, then is the last mean to take it away with the needle, which belongeth onely to the manual operators or Oculists.

Of the Fistula in the corner of the Eye. §. 11.

THere be many Chirurgions that describe these Fistulae amongst other ulcers of the eyes; in which place, namely, in the fifth part of this book we shall describe their natures, and what ulcerations they be; but we will here onely write of this Fistula, which is wont to appear in the corner of the eye. The causes of this are bad humours, and for the most part cold, which do a long time in this place settle themselves, putrifie and lastly impostumate. The signs thereof are humours of the place; and if any one wring it, then doth it pain one; it is somewhat reddy, giveth afterwards green matter; and it happeneth, that it oftentimes hurteth the eyelids and the nose. But before that the Fistula be touched with any application or cautery, the patient must be prescribed an order of dyet, and must purge well. For dyet; first, he must beware of all fat and strong favouring meats, of milk, moist fruits, Onions, Garlike, Mustard, and all that is much salted. In like sort, all that may replenish the head with hot vapors, as Spices, sleep immediately after meals, and doing violent exercise.

For to purge, one drach. of the pills of Hiera Composita is to be taken; Make five or six pills thereof with the syrup of Calamintha: If you will first use preparatives, then take of the foresaid syrup one ounce, *Oximel Compositum* half an ounce, decoction of Mace three ounces. Are you afraid of the heat of the liver? Take some cooling things therewith, as Cicory-water, or any such like. One may use four of these potions in the space of eight dayes; in the morning, and at the same time that the body is stopped. He is to take every other day, or every day, one pill of Aloephangine before meat, or washed Aloe. After the taking of these four potions, these pills following are to be used, *Pil. de Sarcocolla*, \mathfrak{z} . 2. *Cochiarum*, \mathfrak{z} . 1. make with the syrup of Roses seven pills of them; afterwards you are to use every morning, this *Collyrium* following; and after that, apply this plaister on the corner of the eye. Take prepared Antimony, Frankincense, ana. \mathfrak{z} . 1. prepared Sarcocolla, \mathfrak{z} . 1. Licium, Dragons blood, burnt Ivory, parched Dragagant, prepared Iron dross, ana. \mathfrak{z} . 3. Rue, Nightshade, and Celendine waters, ana. \mathfrak{z} . 1. let this dry, until one may form dow thereof; when you will use thereof, then dissolve it in the foresaid waters, and put two or three drops thereof in the eyes.

For a plaister; Take Mommy, fine Bolus, the juice of Sloes, Frankincense, *Hypocistis*, Mastick, ana. \mathfrak{z} . 3. Acorn cups, Cipers nuts, Gals that are worm eaten, Isenglass, Dragagant, Gum, ana. \mathfrak{z} . 1. The Isenglass must be dissolved in red Vinegar, and temper the other ingredients amongst it, and make thereof a plaister.

If it be then perceived that the corner of the eye watereth, and if one wring or presse upon it, there come matter out of it; then it is a Fistula, and the actual cautery is the best mean to heal it, for otherwise it is very uncertain as *Rafis* writeth; he found this medicine first, that the Fistula doth thereby cease certain moneths, that one would think the same to be thorow whole, and is thus prepared.

Take Aloe, Frankincense, Sarcocolla, Dragons blood, blossomes of Pomegranates, Antimony, Allome, of each a like much, Verdigrease, the fourth part of one of them, make a powder thereof; when it is then needful, wring the Fistula so long, until it yield matter Lay the Patient on the contrary side where the Fistula is not, and temper this powder with a little Womans milk, and drop a drop in it, now, and a certain season afterwards one more, and so four times one after another; let him lye the space of three hours. Do this the space of a week, and look well to it that the Fistula be wrung out, and yield no more corruption or matter.

Now although (as it is said) the accident is uncertain to be healed, yet is there amongst all the rest, Rue most highly commended for it. When that the Fistula is made wet with the juice of Rue, and wine of Pomegranates, and covered with a double cloth, also if the cause require to open the Fistula so wide until one may see the bottom of the same, which may be effected with the dry root of Gentian, Eldern pith, or with an Iron. Secondly, the spongius flesh which lyeth at the bottom, and is the right root of the Fistula, must be killed. The which must be effected with an actual or potential Cautery. The corrosive is made thus: Take Orpiment, Vitriol, *Cantharides* the heads and wings taken off, quick Lime, Sal-armoniack Allome, ana. \mathfrak{z} . 1. beat them to powder, and make a dough thereof with the urine of a man child; let the same dry, and lay somewhat thereof every morning in the Fistula; this will cleanse it. Also you may use this following, which is also very good.

Take

Take Ginger three drachmes, Verdigrease one drachme, beat them smal together, and see the them in half an ounce of vinegar untill they be thick; anoint the taint with it, or that which you lay in the fistula.

Item take fresh Rue, Agrimony, Celendine, of each a drachme, beat them and see the them in six ounces of Aqua-vitæ, or water of Rue, unto the half; put some thereof every day in the fistula, two or three times. Thirdly, it must be cleansed, which is to be effected with *Hydromel*, and Rue water, and honey of Roses, or with sowre wine wherein Roses are sodden. Fourthly, for to cause the flesh to grow or incarnate; you shall take Aloe, Frankincense, *Sarcocolla*, steeped in Fennel water, Oyl of Roses, of each one quarter of an ounce, wax as much as is needfull for a salve; one may put thereto one quarter of an ounce of *Ireas*. In like manner Agrimony is highly commended, and Rue leaves, of each one drachme decocted unto the half in a pint of wine, the same being wrung out, and used every day, like as is aforesaid.

After the ulcer is cleansed, apply Rhasis his *Sief de plumbo*, or use the yolk of an egg mixed with Sugar.

Or R. of Frankincense 3.10. gum Ammoniac, Sarcocol. ana. 3.ß. Saffron, 3.2. and with the juyce of Fenegreek, make a Collyre.

Or R. of burnt and washt lead, burnt brasse, *Tusia* prepared, gum Dragant, ana. 3.1. and with Eyebright water make a Collyre.

Or R. of red Coral prepared, Harts-horn burnt, ana. 3.1. Cerusse washt, 3.ß. crude Mercury, 3.ß. and with Honey of Roses make a linament.

R. of the juyce of the leaves and flowers of Celendine digested, in Balnea untill it is purified. Then take 20. crabs in the month of June, at the full Moon, and cast away the claws and hard crust, and stamp them in a mortar, and distill them with the juyce of Celendine purified as aforesaid in Balnea.

Item, wet a little lint in Petroleum, and lay it to the fistula in the corner of the eye, or onely drop a little of the oyl into the eye: Or put of the powder of Angelica roots into the corner of the eye, three or four times then the Petroleum, or else the powder of Dittain roots; use these powders not to often, because they corrode. At the last take the white of an egg, and beat it well with the powder of black Rosen prepared.

Prob. With this I cured one that had a Fistula 5. years, but I put pessaries in his nostrils made of Dittain roots and Honey, or the yellow Balsome.

If Gnats, Flies, or any such like thing seem to swarm before the Eyes. S. 12.

THis disease proceedeth of flegmatick and melancholy humours which fall out of the brains into the eyes, oppilating the sinewes of the sight more or lesse according as the defluxion is tough, hard, thin, much, or little.

The Physitians do call this accident *Cataractam*, as a cadent water. It doth sometimes proceed of a foul stomach, or through some disease of the eyes; but if it be caused of the stomach, then is the danger not so great; for as soon as the occasion is taken away, then avoideth that which is caused thereof. But the other is much to be feared, and very needfull to be looked unto, whilst it is yet time; but when it waxeth old it is incurable by Physick; and can by no means be holpen, but through the needle, and that is also uncertain.

That which is caused from the stomach, maketh before the eyes buzzing and flying, as if there were Gnats or somewhat else, that swarmed so before the eyes; and that much more, if the stomach be full, then when it is empty. Also whensoever such fantasies do continue; induring before the eyes the space of a moneth or twain without any alteration of the apple of the eye, or disclosing of any other signs; then may one assuredly judge, that these diseases are caused of the stomach; for this patient is a certain order of diet to be ordained, and he must purge with *Pilulis Cathart.*

But if this swarming of the Gnats or Flies be onely before ones eye, and not to be wiped off, then may it well be deemed that this disease cometh by reason of some moisture which lyeth closed in the eyes, especially if one see no dark thing in the eye; but if one perceive any dark thing therein, then without all doubt the sinew of the eye is stopt and obstructed. Now for to help this infirmity, there is nothing more to be advised then to begin with a good diet. first heed is to be taken, that the body, and especially the head

be covered well, and kept warm: he must refrain all moist air and dwelling, and not look much into the water (especially where it is much stirred with the wind) he must oftentimes fasting rub and comb his head. He must bathe his feet before supper with this decoction following: Take Bay leaves, Sage, Betonie, *Stechas*, Penniroyal, and such like; except Smallage and Dill.

Item let him be oftentimes rubbed with warm clothes from the neck to the shoulders downwards: after meat he must refrain from forcible exercise, and (if it be possible) he must abstain three hours from writing, and beware of all hard meat; but use all that warmeth.

And to recite somewhat thereof in particular, well salted and raised bread is not amisse to be used, wherein Fennel seed or Fennel powder is baked. Concerning flesh, there is nothing more commodious, then sucking Veal, young Mutton, Roe deer, Kids, and Hares. Of Fowles, young Hens, Pullets, Capons, and young Pigeons, (and chiefly wilde ones, which have a secret vertue to strengthen the brains) Partridges, Snipes, Fessants, and Quails; the Blackbird is also permitted for this. River fish are more wholesome then other: neverthelesse other fish are tolerated measurably used and broyled, dressed with Pepper, Ginger, Fennel, Anniseed, Parsley, Vervein, Eyebright, and Rue. One may eat eggs after what manner he list; onely so that they be not hard baked, sodden or roasted. Further, Sugar, Honey, Verjuyce, the juyce of Lemons. and Citrons, herbs of a warm nature, as Sage, all manner of Mints, Penni-royal, Hyssop, and wilde Time, are all good, all kind of Rapes, all their seed confited doth strengthen the sight. Of all fruits are allowed fresh Figs, Almonds, roasted hasel Nuts, Pistacies, roasted Chestnuts, Currans, Raisons, Sallet-oyl, Oyl of Walnuts, Oyl of sweet Almonds. These Spices following may be also used, as Pepper, Galangal, Cloves Nutmegs, Mace, Ginger, Cinnamon, Grains, *Lignum. Aloes*, Cummin, fresh Fennel, Eyebright strewed upon his meat, or take half an ounce of Eyebright, one quarter of an ounce of Mace; and alwayes take one scrup. thereof before meat, for this hath been found to have oftentimes holpen them that had their sight blemished: Rue seed is also very good, and for them that have this passion in the eyes, are the herbs, roots, and seeds of Pionie good, howsoever they be prepared for the taking. Also Treacle, and Mithridate, have a special property to put away the clouds, and all that swarm before the eyes. *Avenzoar* doth write, that all they which be burthened with the forementioned Cataracts or dimnesse, that if they look earnestly into the eye of an Asse, thereby the defluxion should be stayed, but if so be that this be true, it is a wonderful work of nature. This powder following may also be used for an approved thing, for many have been holpen thereby.

Take Eyebright with the flowers beaten smal, Mace, of each an ounce and a half, silver mountain three quarters of an ounce, Sugar four ounces and a half: make a powder thereof.

It is also very good, that one hold his face oftentimes over the vapour of the decoction of Celendine, Fennel, and Eyebright: but such like more shall follow hereafter.

What these patients must refrain.

EVery such patient must beware of those things that make great disturbance in the head, as anger, calling, crying aloud, raging, sorrow, stench, and from much watching, because they much weaken the natural heat. But he must oft let blood, and use boxing cups. But as concerning his meat; there are hurtful for him all still standing waters, seafish, and all fish which are taken in moorish waters. to be eaten rather sodden then broyled if one should often eat of them, Crabs, Eeles, Tenches is he utterly to forbear: also milk, and all that is drest with milk, and he must not use much vinegar but onely outwardly. All herbs of cold and moist natures, as Endive, Beets, Spinage, Purslain, Lettice, Cucumbers, Gourds, and chiefly Colworts which darken the sight, and are to be eschewed and left. Of all roots are chiefly forbidden Garlick, Onions, Radishes. In like manner also all pottages (except red pease, which be called *Cichelings*) Rice, Wheat, and Barley: all fruits which be sweet and cold, Apples, Cherries, Pingles (whether they be confected or not) are to be refrained. And he must chiefly beware of all that which provoketh neesing, and the cough. There is nothing better for his drink, then clear wine of a good tast, and that is meetly strong, but a little at once. But they that drink no wine, or have no wine, may use from October unto March this following: Take Vervein,

vein, Celendine, Rue, Eyebright, of each one quarter of an ounce, see the them in twelve quarts of water, untill the third part be consumed, put 14. pound of honey unto it; see the it again untill about the third part be sodden away, alway skimming it, then strain it thorow a cloth, and keep it stopt close in a pot. Now if the sick person desire it, then may wine (that is meet for the eyes) the 5. or 6. part be tempered amongst it. By this drink hath been perceived much amendment, and that in ancient folks who had a dark sight, have ben holpen therewith. Also *Hydromel*, which is honey water or mead, is much commended for this, with any addition. Every one may diminish or increase the quantity of the honey even as it pleaseth him best.

Forasmuch as concerneth purging, which is exceeding needfull, he must know to direct him according to the time of the year, otherwises in winter then in sommer, otherwise in the spring of the year then in harvest, or fall of the lease, which were too long to rehearse at this present, and therefore we will recommend that to the Physitians. But there are to be commonly used *Pillula Cochia, de Sarcocolla, Sine quibus, Di hiera Composita, Lucis*, of the confections *Hierapiera, Benedicta laxativa, & Hiera longodion*. The Clusters are to be decocted with the common herbs, and tempered with one ounce of *Hiera*. Further, it is then commanded to take in winter a peece of confected Ginger; in like manner also after dinner and supper to use one of the tabulates following: Take *Spec. de Xylo*, Aloe three drach. *Diacinnamomi* one drach. white Sugar four ounces, see the them with Fenel water, and cast Tabulates thereof of a meetly bignesse.

And if he begin to perceive any clearnesse, he must in the beginning of March drink of this decoction following four ounces alwayes four hours before meat in the morning: first, take Ginger, white Pepper, *Calamus*, of each one drach. flowers of Eyebright, Balsame wood, of each a quarter of an ounce, three cleansed Hermodactils, stampe them all together, and see the them in three pints of water, untill two parts be consumed. Secondly, take the juyce of Fenel, common lee which is not sharpe, of each two ounces, *Turia* prepared with the urine of a manchild one drachme and a half: set this the space of twenty dayes in the Sun, and use it as shall be declared hereafter. Thirdly, take juyce of Roses one drach. common lee, Eyebright water, of each one ounce, set it (as is said) in the Sun, and make the eyes therewith moist every morning and evening two hours before meat: use also the juyce of Roses alone, anoint therewith the forehead and temples of the head.

Before supper he is to take all the spring time a quarter of an ounce of *Diacorum*. Fourthly, take Gall, Mastick, sealed earth, the juyce of Sloes, of each one drach. *Sandaraca* one ounce, the juyce of Roses as much as is needfull to steep the same in: bray it altogether in a mortar untill it be meetly thick: anoint therewith alwayes every third day when you go to bed, the forehead, and the temples of the head.

Fifthly, take Mace, Eyebright, of each one drach. and a half, *Lignum Aloe* one quarter of an ounce, Fennel, Cumin, Ameos, of each half a drach. Amber two scrup. see the this altogether in a pint of Fennel water unto the half: take alwayes four ounces at once tempered with Sugar: drink thereof four times a week, three hours before meat.

In the sommer you are to use this following every morning, at the least every second day then must you chew (but not swallow) a peece of Mastick and *Cucubus*. Item, take Fennel, Celendine, Rue, the juyce of Roses, of each three ounces, Sugar-Candy, white Sugar, of each six ounces, Sugar pennets four ounces, of Fennel seed, Licorice, Violets, Roses, Eyebright, of each one ounce, Pistates three drach: that have been steeped five dayes in Eyebright water, and be dried again; pownd them all to powder. The Sugar is to be sodden unto a sirupe for to make a confection thereof, and take thereof every morning about half an ounce. Secondly, take the juyce of Vervein two ounces, the juyce of Roses, of Fennel, water wherein Licorice hath been sodden, of each two ounces, the gall of a Pickerel one drach. temper it and set it 15. dayes in the Sun. This *Collyrium* is to be put once or twice into the eyes before meat, or at least moisten them therewith, for it is very good and sure.

In the beginning of harvest, and after purging, one must use to chew sometimes *Calamus*, otherwhiles Nutmegs, Galangal, or as much *Agaricus* as the bignesse of a Bean; spew out the slime (as is said) and then use the confection with the salve of the forehead.

A plaister for the forehead: Take clean *Laudanum* half an ounce, Rosen one quarter of an ounce, Celendine, *Lignum Aloe*, of each one 3. Cloves half a drach. melt the two first in sharpe vinegar, temper them afterwards with strong wine, and let them all see the thick with

with the herbs; put the spice unto it, and make a plaister thereof, and spread it on lether, cover it with red Syndal, make it that it be as large till it come over the eyes: this warmth, dryeth moderately, and strengtheneth the brains. This powder following may also be strewed upon the head, take *Lignum Aloes*, Eyebright, wild Time, Hysop, Stechas, of each one drach. Mace three quarters of an ounce, Violets 3. i. 3. pound each of them by themselves, and temper them well, thereof strew upon the head alwaies two houres after supper, on the top of the crown about the weight of a scruple, and that once in three or four daies; the same helpeth much. Or take this powder following, *Lignum Aloes*, Cloves, Cardamome, of each half a drach. Amber, Eyebright, Fennel, flowers of Celendine, Roses, of each one scrup. Mace one drach. make thereof a fine powder, and use it as before; but take not more then six grains thereof at one time, and when you will strew more upon it, then first brush off the former.

Item, wind small stamped Marjoram in a piece of silk, and smell oftentimes thereto, fume also your head or hat oftentimes with *Lignum Aloes* over the fire.

There may also sometime be used drying head lee, whereof every where may be discovered. Famous Physitians do also require to take every moneth an ounce and three quarters of *Hiera Picra*, tempered with Fennel water, and that without any fear, for that it is a gentle medicine. There may be taken every moneth in the stead of the other, two scruples of the powder of Centory, with Fennel water, and fast six houres after it.

With the things that are to be dropt in, one must go to work very providently, and that not carelessly, but only in great need, and when the body is well cleansed. Amongst the same be these commended, which are also the least: Take the juice of Fennel well cleansed two ounces, let one drachme of *Sal Gemma* be dissolved therein, put three or four times a day one drop thereof into the eye. Or take the juice of Fennel as it is, or that which is thick one drachme, bruise it in an ounce of the water of Eyebright, use it as before. For this are also good the galls of ravening birds, and also of Fesants, Partridges, and such like, which eat no flesh. This simple *Collyrium* following is very much commended; Take the gall of a Pickerel one quarter of an ounce, *Sal Gemma*, half a scruple, let them melt together. In like manner this following: Take the fresh liver of a sound Buck, being washed, prick it well through, and fill it with long Pepper, Fennel and Eyebright powder, of each alike much; put it on a spit, and let it rost by a gentle fire, receive the juice that droppeth from it in a clean pot, and use it as a Collyrium.

Or take in the end of April the juice of Fennel, stop it tight in a glasse, and set the same 15 daies in the Sun; afterwards strain it through a cloth, and temper Aloes unto it 3 6. one ounce of *Lignum Aloes* beaten small; let it afterwards stand 15 daies in the Sun, and strain it again through a cloth, and use it as is rehearsed already.

This following is also many times well approved. Take Swallowes heads, burn them to ashes in a covered pot, take one quarter of an ounce thereof, clarified honey 3. 3. the juice of Fennel one ounce; temper them altogether in a glasse, stop them tight, and seethe them in water unto the half; use thereof morning and evening, and before and after meat, one drop.

Item, burn Fennel stalks to ashes, poure lee upon, it wash therewith the eyes and eyelids, for it is very good. It is likewise also good that each one use his own urine, or that of a man child.

Forasmuch then as for these diseases there be many kinds of remedies described, therefore may one chuse that which liketh him best, and to follow all that one findeth to do good, for there are not so many described, that they should altogether be used; but because that one might chuse thereof, and use only all that one may get most easily.

Of the skin of the eye. §. 13.

IT is declared in the beginning, that out of old Cataracts there doth easily ingender a Skin, and the star, which will take away the sight; whereof we now mean to write: there be therefore commonly two kinds of them discovered by the Physitians; as the red and white. The red do the Aarabians name *Sebet*, which cometh of abundance of blood in the small veins of the eyes, which doth spread it self abroad over the whole eye, so that it seemeth to be a red cloth, whereof ensueth a great itch. The patient can abide by no means any light, nor Sun, nor fire. This disease will be sometimes also (as is reported)

ported) inherited from the Parents, but it infecteth not any body else. It is grievous and tedious to be cured, if so be that the manual operation be not used thereto. For this, one of the chiefeft things is to lead an ordered life, to use that which is good, and to eschew that which is ill, like as is sufficiently shewed in the 12. Section, and is meet for this purpose.

For purging are the *Pillula Cochia* or such like requisite. Also for this is advised to open the head vein: And for the itch, to wash the eyes with water wherein Roses, Sorrel and Mallows are decocted.

Or you may prepare this Powder; take the fresh egg shells, that have been infused nine dayes in vinegar, afterwards seeth them a good space in the same vinegar, dry them in the shadow, stamp and bruise the same: this powder is to be used oftentimes in the eyes.

Some do temper amongst it *Sarcocolla*, Aloe, Ginger, Gum, of each the third part of the egg shells, and make it with Eyebright water unto a Collyrium. It may be used in manner of a powder, being beaten small.

Item, take Cerusse which is washed nine times in Rose water, one drachme, burnt Copper, Gummi Dragagant, prepared *Sarcocolla*, Bever cod, Aloe, Frankincense, Opium, prepared Pearls, Camphire, of each a drach. temper this with the juyce of Celendine, make your hands fat with the oyl of bitter Almonds, and make trochiscs thereof, the weight of half a drachme. Afterwards dissolve one of them in Fennel water, and when you will use it, put some thereof into the eyes; it cleanseth them, and taketh away the skin from the eyes.

Sennertus.

Of the Skin or Hare in the Eyes.

First foment the eyes with the decoction of barley, Mallows, Marsh mallows, Camomil, Melilot, Linseeds, Fenegreek, Dill, flowers of Blew-bottles.

Or take egg-shells and dissolve them in vinegar, then dry them and make them into powder, and put thereof into the eyes.

Or you may use of burnt brasse, Vitriol, Scales of brasse, flower of brasse, calcitis burnt; but I suppose it is best to use milder medicines; as

Rx. of womans milk, honey, ana. \mathfrak{z} i. Saffron, G. 4. seethe them and put thereof into the eyes.

Or Rx. of Sorrel water, \mathfrak{z} . 4. Allom, Cerusse, ana. \mathfrak{z} . i. Camphire, G. 4. seethe them in a glasse, set in Balnea, then strain it.

Or Rx. of Rose vinegar, \mathfrak{z} . 4. Rosewater \mathfrak{z} 5. white Vitriol \mathfrak{z} . 2. the Jaw-bone of Pickerel burned, Tutia prepared, ana. half a drachme, seethe them in a glasse close stopt in Balnea.

Or Rx. of Rose water, Tormentil water, ana. \mathfrak{z} . i. β . white wine vinegar, \mathfrak{z} . i. Tutia prepared, \mathfrak{z} . i. β . Scales of brasse, \mathfrak{z} . β . boyl them in a vessel close stopt, strain it, and filter it.

Or Rx. of Plantain water, Knotgrasse water, ana. one ounce and a half, Vitriol calcined one drach. Salt amoniack half a drach. Myrrhe one drach. boyl them, and strain it and filter it.

Or Rx. of the Gauls of Pickerels, distill them in a glasse till they are thick, and put thereto a little Camphire, and draw the gaul that is thick with the spirit of wine, that you separate the spirit of wine, to which extract put Sugar to the spirit, ana. G. i. and dissolve it in the former liquor, G. 6. and with a feather put it into the eyes morning and evening.

Seiffe viride Rhafis is also good.

Or the powder of burnt brasse materated in urine, 5. or 6. dayes, and then dried is good.

Or Rx. of Sugar candy \mathfrak{z} . 3. bloodstone prepared, \mathfrak{z} . i. burnt Allom, white Vitriol, Camphire, ana. \mathfrak{z} . β . put thereto of white wine vinegar, Rosewater, Fennel water, ana. \mathfrak{z} . 4. seethe them and strain it.

Or Rx. of Celendine water, \mathfrak{z} . 4. burnt Allom, \mathfrak{z} . 2. Pumice stone, \mathfrak{z} . i. seethe them in a vessel close stopt, and strain it.

Or R^c. of Mastick half an ounce, Cerusse, burnt Allom, ana. one drachme, Pumice stone, G. 15. Salt Gemme, G. 7. make them into very fine powder to put into the eyes.

Or R^c. of Tutia prepared, 3.3. Pearls prepared, red Coral prepared, pompholix, ana. 3.2. Sugar candy, 3.1.β. Camphire, Ginger, ana. 3.1. make thereof a very fine powder to put into the eyes.

Or R^c. of Blew bottle water 3.7. Frankincense, Sarcocoll. ana. 3.2. Castoreum, Aloes, ana. 3.1. Camphire, 3.β. put them into a glasse well stoppt, and boyl them, and put the liquor thereof into the eyes.

Or R^c. of Celendine water 3.8. Shells of Crabs feet, or egg shells burnt, Aloes, Sarcocoll. ana. 3.1. Tutia, white Vitriol, Sugar Candy, ana. 3.β. put them into a glasse close stoppt, and seethe them in Balneo and strain it.

Or R^c. of bloodstone two drachmes, white Vitriol, Verdigrease, ana. three drachmes, Myrrhe, Saffron, ana. one drachme, long Pepper half a drach. Sugar-Candie, 3.β. make them into very fine powder, keep it for use to make a Collyre. Take of that powder 3.1. dissolve it in 3.2. of radish water, and put it into the eyes two or three times in the day.

R^c. of the juyce of Fennel four ounces, Celendine three ounces, Rue two ounces, Malloes two ounces, Aloes one scruple, Vitriol one scrup. Verdigrease one scrup. Ginger, Cinamon, ana. 3.1. Galls of Eeles 3.β. gall of an Oxe, 3.2. Sugar-Candy 3.2. honey 3.β. boyl the juices, and thereto the other things, cleanse it, and make thereof a Collyre.

Item, make this powder following, which is good to take off the white skin when it is but new; the same is also good for running and sore eyes. Take Ginger, Pepper, *Myrobalani Indi*, and of the yellow Mirobalans, of each five drach. Aloes one drachme and a half, Cuttlebone three quarters of an ounce, Antimony three drach. Cassia wood and Cloves, of each half an ounce: make all this unto a subtile powder, and let it be blown into the eyes.

And if so be that these foresaid things do not help, then must the skin be pluckt off; whereof it is not our meaning here to shew the manner.

Ungula.

Now as concerning the white skin of the eyes, which the Physicians do call *Ungulam*, which is a nail; for that it is likened to a nail of the finger, which is of nature between skin and flesh, and groweth from the corner of the eye towards the middle of the same: Of these some be hard, and some be soft, yellowish, darkish and reddish, and have some society with the foresaid Sebel, whereof some be light, and others very hardly cured by manual operation.

They do grow out of all corners and sides of the eyes, untill that in part or in whole they cover the apple of the eye. The cause of this are many tough and thick humours, like as one may see in the horses, and four footed beasts more, which are fed with grosse food. Now what one is to beware of in this sicknesse, hath been before declared at large in the 12. Section.

For this (like as also in all other) is very good the letting of blood and purging, with all other things which repel this defluxion, for the beginning of the cure, like as is sufficiently shewed in the former Instructions. Now henceforth we will go and discourse of the smallest and newest skins.

Take Mallowes, Camomil, Hollihock roots, Linseed, of each half a *M*. let it seethe well, and receive the vapour into the eyes; afterwards use the Collyrium which is described before in the eight §. and beginneth thus; take beaten Bloostone, &c.

Item, take *Vinum Punicinum*, put a good deal of Rue therein, and let it stand in a glasse the whole Sommer in the Sun, drop thereof into the eyes. The same doth drive away the new skin, and all darknesse of the eyes. The juyce of Celendine, of Beets, of Fennel, Vervein, each a part or mixed, being put into the eyes, do take away the heat of the eyes, and all darknesse of the same.

Or take the flowers of Cicory, as many as you will, put them into a glasse stoppt, cover the glasse with thick dowe, put it then into an oven. The water which runneth from these flowers, use to the skin of the eyes.

This also may be approved; Take Juniper leaves, and the berries that grow thereon, distill water thereof, and put it into the eyes. Item, take fine honey, bruise some Camphire amongst it, and use it as all the rest.

Break

Break a fresh piece of Bever cod in pieces, wherein you shall find some moisture; temper this with Wine, and put it into the eyes.

For this is also good, great Ants bruised in pieces, and made to pap with the fat of Quails, Myrrhe, and Fennel water.

Take six grains of Pepper, and as much Allom, vinegar one ounce, seethe it unto the third part, and keep it for daily use.

Take Grasshoppers, but not the green, nor them that be big, nor too little, bind them on a threed, and dry them in the Sun, then beat them to powder, bind them in a cloth, and lay it all night in wine, drop thereof into the eye; it is very sharp. Others do but make a cloth wet therein, and lay it upon the eye, and that is surer. Some do use Eldern Pith.

Item, take the innermost skins of the maw of a Sparrow, half an ounce, *Verbascum* seeds three drach. beat them very small, and make it into a salve with the oyl of sweet Almonds; afterwards take Verdigrease, white Vitriol, Sal armoniack, burnt Copper, of each half a scrup. long, white, and black Pepper, green earthen potsheards, *Sagapenum*, *Galbanum*, of each one drachme, Bucks galls one quarter of an ounce; pownd very small what is to be pownded, temper them with honey, and put of the juyce of Marjoram or water unto it, that thou mayst use it for a Collyrium. There may many be found where in the venime *Orpimentum* is put, the which I do not willingly rehearse; because that where any thick and old skin doth cover the eye, it is to be taken off with the needle, so that it is unnecessary to vex the eyes with any such perilous thing.

Of the mists and clouds of the Eyes. §. 14.

THe *Nebula* (which is also called by reason of her whitenesse, *Albugo*) is divers: it hath also other causes then the foresaid white eye skins.

There be two sorts of these; the first is meetly thick, like the white of a sodden egge to look unto: the other is much subtiler, and is like a cloud, and it is also easier to cure then the other; both proceed through the defluxion of moistures out of the head; and will be according to the nature of that moisture, thick or subtile. There cometh also otherwhiles a third sort into the eyes, as of some kind of bruise, or old impostume, or of any blisters of the eyes, which are a long time in curing.

Neverthelesse it hath been found, if young children through the pocks do retain any such clouds, and the eyes with the body be waxen greater; that the same clouds do lessen in time.

The thick whitenesse is thus to be cured; Every morning fasting are the eyes to be fomented with clear warm water, or with water of these herbs following, whereof we mean to use the juyce: Take the juyce of corn Roses, the juyce of Centory, temper them together, or use each by it self. Item, take the dried juyce of Celendine 3. 3. Ameos one quarter of an ounce, make a powder thereof.

Item, take white Sugar Candy, each put a part in the eye, is very good. Take Pumice stone, prepared *Sarcocolla*, Aristology, white Sugar, of each a like much; make a powder thereof. Cuttlebones alone, or tempered with one of the foresaid, are also very profitable; womans milk after the foresaid bones, milkt in the eyes, and used often, mollifieth the white skins.

This following is also highly commended; Take Pumice stones, Cuttle bones, prepared *Sarcocolla*, Aristology, red Coral, Boreas, of each one drach, Sugar-Candy three quarters of an ounce, make thereof a subtile powder. Take the burnt shells of Sea-crabs, prepared Tutia, and Sugar; beat them as small as may be. Now to the end the eyes may be cleansed, and the clouds taken away, this honey following is to be put therein: Take clarified honey two ounces, the juyce of Centory, the juyce of Fennel, of each an ounce and a half, let it seethe somewhat, and scum it till it be clear; drop thereof on the white cloud of the eye. Will you have the honey more sharp? Then put thereto 3. drachmes of Boreas.

Take one part of Swallowes dung, Honey three parts, temper them together; this will apparantly help, but it is sharp like as is said already.

Dispersion, or contraction of the Eye beams or sight, §. 15.

BEcause that these parts or skins of the apples of the eye (called *Ragolis* and *Unea*;) are sometimes disgregated through inward and outward occasions, so that they be stretched out even to the white of the eye, whereby the sight is not a little hurt: it is therefore first to be marked, whether this disease be from the nativity, or proceed of the great pain in the head, *Cephalad*. If it be born with one, there is then small hope to have it cured; but if it be caused through any other occasions, as falls, blowes, thrusts, many humours that disperse themselves abroad, or of some former impostume that hath not long been past, then it is still to be holpen: first, by letting of blood in the head vein on the contrary side where the disease is; afterwards through purging with the pills of *Cochia*, and through a well governed dyet. This is one of the best medicines, for it consumeth all humidities, not onely of the head, but also of the whole body. Afterwards one may make a plaister for it with fine Bolus, Mirtle seed, of each half an ounce, Linseed beaten small two ounces, Rose water, and the juyce of Barberies; or take Nightshade, Plantain, the juyce of Housleek, of each a like much, and lay it over the eyes with a cloth. Item, wet a cloth in Rosewater, wherein Tutia hath been infused, and lay it over the eyes; for this is cauterization in the neck very much commended: but if this disgregation of the sight be small, then it will be easily cured with the *Sieff* of Gaules, which hereafter shall follow, which foresaid *Sieff* of Gaules, or *de Felibus* is thus prepared.

Take the Gals of these aforementioned beasts, to wit, of Cranes, Pickrels, Buckes, Hobbies, Sparhawks, or of any other ravening Birds whatsoever, of each two drachmes, and a half, *Euphorbium*, Coloquint, *Sagapenum*, of each one drachme, melt the gum, pownd all that is to be pownded, and temper it with the gals; and with two ounces of the juyce of Fennel, and use it like any other *Collyrium*; It is also specially good for those that are purblind, whereof shall be hereafter spoken.

But if the starre or beam of the eye be dispersed because it is hurt, there is then no great care to be taken, for the same is easily to be holpen; make this plaister following. Take beanes and Barly meal, of each one quarter of an ounce, Oyle of Roses half an ounce, the yolke of an egge, temper it well with the juyce of Endive, as much as is needful.

Take Nightshade, Housleek, and Rose water, of each one ounce, and the white of an egge, make a cloth wet therein, and lay it upon the eyes. For this is also good, the gall of a Bucke, ashes of the burnt head of a Magpie, of each a like quantity, tempered with Hony and the juyce of Celendine, and so layed upon the eye; this is commended for a very approved receipt.

And if so be that the apple of the eye be contracted and wax smaller, it is then caused through drought; and although naturally the small apple of the eye be good, yet is the diminishing of the same very bad. For this are good moist meates to be used, to bath in sweet waters to use oftentimes womans milke, and drop of the foresaid mildest *Collyrium* into the eyes.

Sennertus, of the extension of the apple of the eye.

IF it come of abundance of humors, the body must first be evacuated, then use medicines resolving the (*Unea*) and strengthening the same. And for this purpose let the party hold his face with his eyes open in sea-water, or for want thereof in water mixed with salt. Also use meet astringent things, as Roses, Spike, Saffron, Pompholix, Spodium. Also use a Collyre of Roses, Saffron, rindes of Frankincense, and Acatia.

Rx. of red Roses dried \mathfrak{z} . 1. Saffron, Spike, rindes of Frankincense, ana. \mathfrak{z} . β . Tutia prepared, Spodium, Acatia, ana. \mathfrak{z} . 1. powder them, and bind them in a knot in a linen cloth, and put it into Rose water, \mathfrak{z} . 3. and when you use it, presse the cloth, and put of that water into the eyes.

Or Rx. of gum Arabick, Tutia, Sandarach, Tragagant, ana. \mathfrak{z} . 2. Bolus, \mathfrak{z} . 1. Linseeds, Quinces, Saffron, ana. \mathfrak{z} . 1. the juyce of Pomegranates, \mathfrak{z} . 1. β . Rose water, \mathfrak{lb} . β . let them macerate all night in warme water, then boyle them half an houre and strain it, and put thereof into the eyes.

Of the contraction of the apple of the eye.

If it comes of the defect of the watry humours, then use moystning things; as milke and water applyed to the forehead and head, that the head may receive nourishment from the inferior parts; and it is good to wet the hands in some water, and to hold them over the eyes; use moystening things, but use no sharp nor hot things.

Of the extuberation of the Eyes, as if they would fall out. §. 16.

THis is caused through many occasions, as for that the head is full of humours, or that the eyes of themselves do swell through a full body, and otherwhiles through wind, and otherwhiles through some kind of impostume, if there be much blood or flegme with it, whereof mention is before made in the 8. §. It may happen also that the sinewes of the muscles about the eyes are feebled and lamed through some superfluous humour of the head, like as it may well happen by reason of the great paine of the head through extreame vomiting, and strong straining of going to stoole, of hard coughing, and of such like strong motions; and this happeneth especially in the dropsey, if it come through fulnesse of the body, then doth the Patient feele a strong pricking and pain about the eyes; if through wind, then is the pricking not so strong, but rather contracting; and if it come through much blood, that do the red veines declare; with heate, Cholera, maketh pricking and smarting. If this infirmity be new, then it is easily to be holpen (in case that it is not caused through the Dropsey) and that onely through good government of dyet. But if this infirmity be but small, then lay cotton on the eye, and tye it to a linnen band; eat and drink but little, sleep much, and refrain from all labour. But if the grief be much, and with great pain, open the head vein, and purge with *Hiera*, and with Pills ordained in *Ophthalmia*. Set boxing cups with picking on high upon the shoulders, foment the eyes with wooll which is dipped in warm vinegar and water, or with water and vinegar, wherein Pomgranate blossomes and peels, Gaules, and Sumach is decocted, and make the whole face wet therewith. And if therewith be great heat, then make a plaister of the herbs Shepherds purse, Plantain, and Housleek, and so apply it upon the eye. But if it proceed through weaknesse of the sinewes, then purge the head, use Gargarismes, and the Salves that hereafter are taught in *Paralysi* and contraction of the mouth, make a fomentation of warm herbs: or this plaister; take Frankincense, Mastick, Cipres nuts, and the leaves, of each a like much beaten, tempered with oyl of Camomil; but if you will put some of the juice of Sloes unto it you may

Of eyes that be burnt, §. 17.

IF any bodies face be burnt, so that one have fear of his eyes, and that they do swell, then take water of Vervein, steep Quince kernels therein, wring the slime through a cloth, and anoint the face therewith, and the eye-lids: but look for that which is written before of white and red eyes, what cooleth all kinds of inflammations, or that is declared in the first part.

Take a fine linnen cloth, dip it in sallet oyl, lay it over the eyes, then take curds made of the white of egges, and beaten with Allom, and lay them upon the oylie cloth, change it 3. or 4. times every day till the eyes are whole. *Prob.* This I have proved in all burnings or scaldings.

Whensoever any be stricken in or upon the eye. §. 18.

TAke powdered Wormwood, temper it with the brayed white of an egge, and lay it over the eye.

Item, take the juyce of Vervein, the white of eggs well brayed, lay it on the eyes with a wet cloth; look also thereof in the sixth Chapter, and the first Section, of the humours of the eye-lids.

If any thing be fallen into the Eyes. §. 19.

IF so be that the eye (through any thing that might fall therein) be bruised or perished; that must forthwith be holpen, to the end that it do not inveterate; for this it is advised to take fresh cleer water in the mouth, and spout the same into the fore eye so long, untill all that whatsoever be in it may be washed out.

Yet womans milk is more commodious, sprouted into it out of the breast. This may also be done with white wine, for it causeth the eyes to run better; and if one wring thereon, then cometh that which is fallen into it with more ease out of it again.

Or take a piece of white Rosine, let it be made warm in the Sun, or after another manner, then draw it very softly on the apple of the eye, then doth it remain hanging thereon.

This operation or power is attributed also unto *Rubies* and *Saphires* being stroked in the eyes.

Roll the upper eye-lid about, and wipe it with a soft linnen cloth, then doth it remain hanging on the cloth.

Item, take Betony, Celendine, Eyebright, Hyssop, Penny-royal, of each a like, see the them in meetly water, and wash the eyes with this whilest that it is warm.

How to cure the diminishing, feebleness, and darknesse of the eyes. §. 20.

THe sight is many times of some disease of the eyes (like as in *Ophthalmia* is declared) lessened, and also enfeebled, as the shining of the Sun, looking-glasses, shining copper, lightning, fire, long darknesse, watching, the beholding of white things, like as when one walketh far in the snow, cold ayr, or that chalk, dust, or any things else come into the eyes, thorow much looking upon small things, to let much blood, or that one doth it not if he be accustomed, also through an unchaste life. Further, the eyes are much weakened with great lask, great labour, odoriferous things, and specially the *Basilicon*, of which we are not to omit this admirable work of nature, that is, if one eat too much of this, then will the sight be weakened, where notwithstanding the juyce thereof dropt into the eyes doth strengthen the sight, and dryeth up the moisture.

Sennertus, Of feebleness and dimnesse of the Eyes.

External medicines are made of Eyebright, Fennel, Celendine, Valerian, Rue, Marigolds, and the like; as

R. of Rosewater two pound, Blew bottles, Eyebright, ana. half a pound, Malmsey wine, \mathfrak{z} . 2. \mathfrak{ss} . Tutia prepared. \mathfrak{z} . 6. \mathfrak{ss} . Camphire. \mathfrak{G} . 8. Cloves sliced, \mathfrak{z} . 2. boyl them in an earthen pot, and strain it, then put thereto of white Vitriol, \mathfrak{G} . 6.

Or *R.* of Eyebright, Rue, Larks spur, ana. \mathfrak{z} . 1. Nutmegs, Mace, ana. \mathfrak{z} . \mathfrak{ss} . Cloves, Ginger, ana. \mathfrak{z} . 1. stamp them, and put them into strong wine four pound, or \mathfrak{q} . \mathfrak{ss} . let them digest two or three dayes, then distill them, and put of the distilled water, into the eyes morning and evening.

Or *R.* of Eyebright, Rue, Betony, Vervein, Celendine, Blew bottles, Rosemary, Larks spur, ana. \mathcal{M} . Frankincense, Aloes, Myrrhe, ana. \mathfrak{z} . 2. Calamus aromaticus, Mace, Cloves, ana. \mathfrak{z} . bruise them a little, and put them into Rosewater two pound, Rue water, Malmsey, ana. one pound, Urine of a child half a pound, macerate them eight dayes, then distill them.

Or *R.* of Eyebright, Fennel, Rue, Celendine, Vervein, ana. \mathcal{M} . 1. Rosemary, seeds of Fennel, Annise, Carawayes, Lovage, ana. \mathfrak{z} . 1. roots of Calamus aromaticus, \mathfrak{z} . \mathfrak{ss} . Mace, Frankincense, Myrrhe, ana. \mathfrak{z} . 2. waters of Roses, Rue, Malmsey, ana. two pound, macerate them and distill them.

Or *R.* of clarified honey \mathfrak{z} . 1. juyce of Fennel, \mathfrak{z} . 1. the gaule of a Goshawk, the gaule of a Pickerel, and of a Partridge, ana. \mathfrak{z} . 1. mix them.

Or *R.* the roots of Gentian cut into pieces, \mathfrak{q} . \mathcal{P} . and see the them in water and wine, ana. half a pound, strain it, and put it into the eyes, it clears the eyes of scars after the small pox, &c.

The

The Emperour Maximilians Eye-water.

Rx. of young Geese dung, gathered in the moneths of May or April, distill the dung, and put off the distilled water 2. or 3. times a day into the eyes.

Or Rx. of Tutia prepared ʒ. 2. white Vitriol, Sarcocol. *nihilis albi*, Aloes washt, ana; one scruple, Camphire half a scruple, waters of Fennel, Roses, Celendine, Pimpinell, water Lillies, ana. two ounces, Cuttlebones one drachme, mix them, and make a Collyre.

The old Arabians commend the liver of a Goat roasted and eaten with Salt; or the vapour of it received into the eyes, or the gravie of it roasted to be reserved and dropt into the eyes. Some roast the liver and gall together, and reserve the gravie thereof and drop it into the eyes.

Or Rx. of the juice of Fennel, Celendine, Rue, Eyebright, ana. ʒ. 2. Honey, ʒ. 10. Tutia, Sarcocoll. Crude Vitriol, Aloes, ʒ. ʒ. Nutmegs, Cloves, Saffron, ana. one drach. Gaules of Capons, Cocks, and Hens, ana. half an ounce, Sugar Candie, of syrup of Roses six drachmes, the Liver of a Goat two ounces and a half, flowers of Roses, of Rosemary, ana. M. ʒ. cut the Liver into small pieces, and bruise the other things, mix them, and distill them.

Or use this which is stronger.

Rx. of long Pepper sod in the Liver of a hee-goat, ʒ. 2. Goats gall, ʒ. ʒ. of the liquor of a Goats liver roasted, ʒ. 6. mix them and distrain them. Some commend the gall of a viper before any other thing.

Compounded wine to drink for the Eye-sight.

Rx. of roots of Elecampane, ʒ. 4. Eyebright, M. 4. seeds of Fennel, Lovage, ana. ʒ. 2. put them bruised into a bag, and hang them in new Hydromel, and drink thereof morning and even.

Or Rx. of Eyebright, M. 2. Fennel seeds, ʒ. ʒ. Cinamon, ʒ. 3. bruise them and put them into a bag, and hang it in rhenish wine.

Or this Ophthalmick water is good, if you take every morning fasting a spoonfull.

Rx. of leaves of Rue, Eyebright, Vervain, Fennel, ana. M. 1. tops of Rosemary, Sage, flowers of Roses, ana. P. 2. Juniper-berries, ʒ. 1. Cassia Ligna, ʒ. ʒ. Wood of Aloes, ʒ. ʒ. Fennel seeds, ʒ. 2. Lovage, ʒ. 1. Rue, ʒ. ʒ. bruise them, and put them into Malmsey, lb. 6. let them macerate 5. dayes, then distill them and drink of it.

Another. Rx. of the roots of Valerian, *Phu. ponticum*, ana. ʒ. 2. Gilloflowers, ʒ. ʒ. leaves of Rue, Vervain, Fennel, Eyebright, with the flowers, ana. ʒ. 6. green Bay-berries, ʒ. 1. green bay-leaves, ʒ. ʒ. Marigold flowers, Bawme, Sage, Rosemary, white Roses, ana. ʒ. 2. Fennel seeds, ʒ. ʒ. Cloves, Cardamome, Cubebs, ana. ʒ. 1. Cinamon, ʒ. 1. Wood of Aloes, Rhadii, ana. ʒ. 1. shred and bruise them, and put them into lb. 12. of Malmsey, after that distill them in Balnea, and drink of it.

A compounded spirit of Euphrage.

Rx. of the spirit of black Cherries, lb. 1. of the greater compounded water of Swallowes, ʒ. 6. Doronicum, Wood of Cassia, Amomum, Roots of Valerian, Celendine, ana. ʒ. 2. Marmu. leaves of Rue, ana. ʒ. 1. Eyebright, ʒ. 1. infuse them together 12. hours, and distill them in Balnea, and drink thereof fasting.

A water strengthening the Eyes.

Rx. of the compounded spirit of Euphrage, ʒ. 3. *aqua epileptica Langii*, *Elixir vite Matthioli*, ana. ʒ. 1. essence of Rosemary, ʒ. ʒ. Ambergreece, G. 6. Musk, G. 4. Syrup of Cinamon, ʒ. 1. mix them.

Or Rx. of the juyce of Fennel, ʒ. 3. Rue, Celendine, ana. ʒ. 1. honey, lb. 1. see the them unto the right thicknesse, then adde unto it of the powder of Eyebright, ʒ. 1. Fennel seeds, ʒ. ʒ. Mace, Cubebs, ana. ʒ. 2. make thereof an Electuary.

Or Rx: of the Conserve of Eyebright, $\mathfrak{z} . 3 .$ Treacle, $\mathfrak{z} . 2 . \beta$. white Amber prepared $\mathfrak{z} . \beta$. Pearls prepared, $\mathfrak{z} . 1 .$ of the species of Diaphenicon, $\mathfrak{z} . \beta$. and with the syrup of Roses make an Electuary to be used at night going to bed.

Or Rx. of the Electuary Humami Mesne, $\mathfrak{z} . 3 .$ conserves of Eye-bright, $\mathfrak{z} . 2 .$ Fennel seeds, Lovage seeds powdered, ana. $\mathfrak{z} . 1 . \beta$. extract of the roots of Valerian, $\mathfrak{z} . 1 .$ Salt of Rue, of Vervain, ana. $\mathfrak{z} . \beta$. species Oeconis, $\mathfrak{z} . 1 .$ and with the syrup of Stecades make an Electuary.

Or Rx. of the conserves of Eyebright, $\mathfrak{z} . 1 . \beta$. Betony, Rosemary, ana. $\mathfrak{z} . 1 .$ Elecampane roots, $\mathfrak{z} . 2 .$ Fennel roots condite, $\mathfrak{z} . \beta$. Myrabolanes, Chebuli condite, $\mathfrak{z} . 3 .$ extract of Rue seeds, $\mathfrak{z} . \beta$. Lovage seeds, $\mathfrak{G} . 7 .$ essence or spirit of Valerian, $\mathfrak{z} . 1 .$ and with syrup of Betony make an electuary to be taken morning and evening.

Or Rx. of Cinamon, Ginger, Nutmegs, Mace, Cloves, Cubebs, ana. $\mathfrak{z} . 1 .$ Cumin, Cardamom, ana. $\mathfrak{z} . 2 .$ Sugar as much as of the rest, and make thereof an electuary, adding powder of the seeds of Annise and Fennel.

Or Rx. of Fennel seeds, $\mathfrak{z} . 1 .$ Valerian roots, $\mathfrak{z} . \beta$. Anniseeds, Pepper, Ginger, Cumin, Penny-royal, Rosemary flowers, Juniper berries, Galangal, Gillofers, ana. $\mathfrak{z} . 1 .$ Eyebright, $\mathfrak{z} . \beta$. powder them with honey, make an Electuary.

Or Rx. of Eyebright, drach. $\mathfrak{z} . 5 .$ Marjoram, Cinamon, ana. $\mathfrak{z} . 2 .$ Fennel seeds, Coriander seeds prepared, ana. $\mathfrak{z} . 3 .$ Annise, Carawayes, long Pepper, Cloves, Mace, Nutmeg, Ginger, Galangal, ana. $\mathfrak{z} . 1 .$ Spike, $\mathfrak{z} . \beta$. Sugar, $\mathfrak{z} . 2 .$ make thereof a powder, and use it in meats.

Or Rx. of leaves of Eyebright, Marjoram, ana. $\mathfrak{z} . \beta$. Fennel seed, Carawayes, ana. $\mathfrak{z} . \beta$. long and black Pepper, ana. $\mathfrak{z} . 1 .$ Cinamon, $\mathfrak{z} . \beta$. Salt, $\mathfrak{z} . 1 . \beta$. make thereof a powder to use in meats.

Or Rx. of leaves of Rue, Lovage, flowers of Eyebright, ana. half an ounce, Roots of Valerian, Cinamon, Fennel seeds, ana. two drachmes, Cubebs, half a drach. as much Sugar as of all the rest, make thereof a powder.

A distilled Water to drink,

Rx. of leaves of Rue, Eyebright, Sage, ana. $\mathcal{M} . 1 .$ Juniper berries, $\mathfrak{z} . 2 .$ Wood of Cassia, half an ounce, Wood of Aloes, $\mathfrak{z} . 1 .$ Fennel seeds two drachms, Lovage seeds, $\mathfrak{z} . 1 .$ Rue, $\mathfrak{z} . \beta$. bruise them, and infuse them 24 daies in Malmsey, $\mathfrak{lb} . 6 .$ take thereof a spoonful every morning.

These Patients must beware of all grosse meats, as Cheefe, old flesh, Coleworts, also from over-much eating and drinking, and from fasting. Also all such diminishing of the sight is caused through great pain of the head, swimming and great heat, which dryeth too much. Also through cold moistures, which obstructeth the sinewes of the sight. There are three kinds of the weaknesse of the sight, the first of all diminisheth, when a thing is seen unperfect, and when it is thought to be lesse; the second kind is a spoyled or corrupted sight, whereas one seeth any thing otherwise then it is, like as happeneth in the disease *Scotoma*. Thirdly, it is a contracted sight, when one can discern nothing by the sight, like as in the blindness. For all these aforesaid infirmities, shall the Patient first use preparative potions, and purge with the pills *Cochia* or *Stomachica*, and also use Glysters which draw all humours downwards. Fennel seed used in all meats is especial good both before and after meat; then as it happeneth, that the feebleness of the eyes do proceed of a bad full stomach, which doth cause many bad vapours in the head; then do the ancient Physitians advise, that these sick persons shall be caused to vomit, for that will dry and cleanse the stomach from all bad corruptions and intolerable moistures. Also there be drying powders to be put into the eyes, whereof there be many before described.

But if with this imperfection of the sight, there be an abatement or consumption of the body, like as one seeth in all those that recover after a languishing sickness, they must be fed with good meat, for that if one be fasting or hungry, the pain will be the greater and more forcible. Also he is to be let sleep well, and given wine to drink, make the head oftentimes moist with warm water, or to bathe; but beware that he sweat not too much.

In the nose and ears is he to drop the oyl of Almonds, and besprinkle the eyes oftentimes with the young womans milk.

Hereafter

Hereafter do follow certain medicines: first a government of life, for that a good order of diet is no lesse of importance for this, then it is in any other sickness. First of all, one is above all the other foresaid things to abstain from very clear air, unmeasurable Venery, reading small prints or writings, &c. From going to sleep with a full stomach, from all salt and strong meats, from drunkenesse, and all that replenisheth the head. If the cause be moisture, then is likewise to be feared bathing, much sleep, letting blood, cupping, and vaporous meats, new Wine, Beans, Pease, and other pottages, Lettice, Venergar, and Radishes, much fish, Pears, Apples, and all moist fruits, especially after meat. In like manner all moist, dark and misty weather, smoak, wind, dust, moist dwellings, going idle, unleavened bread, old and grosse flesh, and all that maketh grosse blood. On the contrary side, there be many commodious things that strengthen the weak sight, as the sight of green fields, trees, the precious stone *Smaragdus*, green grasse, green linnen, and such like more, which are to be set before our eyes, to the end it may thereby be quickned. In like manner also all blew colours, and all other orient colours, as to looke into a steell looking-glasse, in the clear water, gold, the stars of heaven, the precious Saphire stone, flowers of Borage, of Eyebright, and specially of Larks spurres, which are chiefly commended.

The like operations are ascribed unto the Wine and the conserve of Eyebright, and that not without reason, for that they be both forcible for to strengthen the sight, and to make it clear and fresh, so that many old folks through the use of these have continued and strengthened their sight with them. They do also decopilate the obstruction of the Milt and Liver being daily used, they cleanse the stomach, and withstand all agues that proceed out of the stomach: for what they serve else, and how they are to be prepared, the Register shall make mention. Therefore hath the wine of Eyebright also, and the conserve of the same, not their names in vain: for they have like power in strengthening of the sight, to dry the moistures of the brains, and to clear all dark sights.

Wine, and conserve of Eyebright.

Further, it is very commodious that one do kembe well once a day especially ancient folks: youths are to wash their eyes often with fresh water, also to suffer hunger and thirst sometimes, and to drink sweet water. In like manner all that is meet for the strengthening of the memory, is also very fit for the sight, as hereafter shall be shewed: and all that is accounted good for the five senses, as the sight, the hearing, smelling, tasting, and feeling. Clear fair air is alwayes good, bread well raised, good wine soberly drunk, also light meats which fume not into the head. This is now sufficiently written of the order of diet. Now we will come to the medicines, and waters for the eyes. Hereunder is one which was made and ordained for the Emperour *Frederick* the third, the which unto this present day is very highly commended, and is thus prepared: Take *Betony*, *Rue*, *Vervein*, *Celendine*, *Eyebright*, *Roses*, all of them green, of each six good handfulls, *Aloe* one ounce, long *Pepper*, *Cloves*, of each half a drach. some also put thereto three handfulls of *Woodbind* and the flowers. This being all chopped, is to be distilled through a glasse helm: drop thereof into the eyes, & anoint all the face therewith. Or take the juyce of *Fennel* and of *Vervein*, each by it self, or mixt amongst other, drop it into the eyes, lay it over them with a cloth, it taketh away the dimnesse. There is also described before in this Chapter and first §. a water for the eyes, of *Celendine* decocted with honey, which is especially good for all darknesse of the eyes.

The water of the Emperour *Frederick* for the sight.

Another, Take *Fennel*, *Eyebright*, and *Rosewater* of each one ounce, *Sarcocolla*, *Tutia*, both prepared, *Sugarcandy*, of each one scrup. the gall of a pickerel, five leaves of beaten gold: put these together in a glasse, and let it seethe a while in hot water in a glasse, and use it as a *Collyrium*.

This preserveth the sight marvellously.

Item take *Fenegreek*, *Hollihock* roots, of each two ounces, cleanse them well, and let them seeth well in clear water, with a mild fire unto the half: wring them out hard & strain them through a cloth, tempered with *Aloe*, a quarter of an ounce, *Sugar-candy* or *Sugar* of *Roses* one ounce, strain it with the *Rosewater* through a cloth, and let it seethe together unto a sirupe: preserve it stopt close in a glasse, and use it as other eye-waters. Take prepared *Tutia* one 3. white *Amber* half a 3. *Camphire* half so much, *Fennel* water and *Rosewater*, of each two ounces, temper them together. The water that is gathered of the vapor of hot bread marvellously cleareth dim eyes; Take *Rosewater* as much as you please, *Sugar-candy* as much also; let it stand before that you use it a certain time in the Sun. All galls of ravening birds, as also of *Partridges*, of *Buls*, *Hares*, *Wolves*, *Foxes*, and

and above all the Bucks gall doth dry the eyes and sharpen the sight, but one of these or more must be decocted with much juyce of Fennel and clarified Honey (once as much more as the other) and dropt into the eyes. Take the galls of Partridges, Balsom oyl, of each one quarter of an ounce, the juyce of Celendine one drachme, temper and use them as the other. The ancient Physitians have highly praised this following: Take the juyce of Pomgranats which be neither sowre nor sweet, two ounces: seethe them in a silver vessel unto the half: then add clarified honey one ounce, let it boyl well, strain it through a cloth, let it stand certain dayes in the Sun, and drop it into the eyes. Item, the juyce of sowre and sweet Pomgranats, of each two ounces, set it in the Sun two moneths, then strain it, and temper thereto one drach. of Aloes, long pepper half a 3. And if you desire it to be more drying and biting, put thereto one scrup. of Sal. Armoniack: the older this is, the better.

Hereafter follow certain simples which strengthen the sight, as the juyce of roasted Onions tempered with honey dropt into the eyes, the brains of flitter mice or Bats tempered with honey and dropt therein, the ashes of the same blown into the eyes especially in the beginning. Rue hath an especial property in the eyes, is good eaten, and the juyce of it tempered with the juyce of Fennel and Honey dropt into them. Hyssop used in meat is also very meet for the sight, Rapes and sodden young doves very good, also their broth drunken; so are also swallowes and Mag-pies eaten, good for the strengthening of the sight, and the ashes of them tempered with honey and put into the eyes; Calamus raw and confected is very meet, burnt Coral drith and consumeth all moisture of the eyes: *Acacia* strengtheneth and sharpeneth the sight, and expelleth the rednesse; Almonds are also very good. All odoriferous herbs, as Lavander, Rosemary, Gilloflowers, Roses, and all pleasant smelling fruits, are good for the eyes.

Pomanders fit
for a bad
sight.

Pomanders: Take Rosemary, Nep, Marjoram, Penni-royal, of each one drach. *Lignum Aloes*, Marjoram gentle, and Mace, of each one quarter of an ounce, *Muscus*, *Ambra*, of each two grains, make thereof a powder, bind it in a piece of red silk, and smell oftentimes to it. They may also use the same which have the disease of the Cataract, whereof is much admonished before.

The ancient Physitians were of opinion, if one anointed oftentimes the eyelids with Coral, precious stones and gold, or did behold them, that it were to strengthen and clear the sight.

This powder following of *Rass* is much commended for to strengthen the sight therewith: Take prepared Tutia, ten drach: make this to paste with the fresh juyce of Marjoram gentle when it hath stood a night and be well settled; afterwards let it dry well, beat it again and put Ginger unto it, long and black Pepper, and Celendine each a drach. Sal Armoniack half a drach. all beaten small, and made moist with the clear juyce of Fennel: let it dry again, and so preserve it. When you will occupy it, then beat it unto an impalpable powder, and put it into the eye.

This powder following is to be strewed upon the head: Take Cloves, *Lignum Aloes*, *Betonica*, *Sandaraca*, burnt Ivory, *Styrax Calamita*, of each half a drach. make thereof a powder, strew all the head therewith. As oftentimes as you will use it, then kembe the head before, to the end the first may come off, afterwards use twise a moneth when you go to sleep one quarter of an ounce of the trochiscs of *Diambra*, hold them long in the mouth untill they do melt.

Item, take Cumin which is steeped one night in Vinegar. and afterwards dried, Anisfeeds, prepared Coriander, of each three ounces, Fennel seed six ounces: temper them altogether. You may also let them be confited with Sugar, and use it after meat: this strengtheneth the stomach, stayeth the vapours from gathering upwards toward the head, and consumeth all cold matter in the stomach and the head.

A powder to be used with meat.

TAke Sugar mountain, Ginger, Cucubes, Cloves, long Pepper, Nutmegs, the roots of Celendine, Diptamer roots, of each half an ounce, prepared Cumin, Fennelseeds, Anisfeeds, flowers of Eyebright with the leaves, of each three quarters of an ounce, prepared Coriander one quarter of an ounce, Sugar as much as you please: this is to be beaten small together, and used daily in meat; it strengtheneth the sight, and defendeth against blindness.

This

This following is also to be observed for a special means, that one must gargarise every ten dayes; two dayes together in the morning and evening eight or ten times together. Take marjoram gentle, one handfull, Licorice half an ounce, see the them in a pint of water unto the half; take a good cruse full thereof, temper against it one drachme and a half of *Hiera Picra*: gargarise with it (as is said) it is very requisite, but bitter.

After supper take one of these Tabulates; Take *Spec. Diambra* one drachme and a half, Eyebright, Celendine, Fennel, Vervein, of each one scrup. the seed of Rue of Silver mountain, of each half a drach. Sugar five ounces; see the all these with Eyebright water, and cast Tabulates of it. Lastly, take Rue, Celendine, Eyebright water, of each two ounces, Fennel and the juyce of Vervein, of each one ounce, the gall of a pickerel three drach. *Lignum Aloes* beaten smal half a drach. the seed of Rue, of Celendine, Marjoram gentle, of each one drachme, temper them with the afore said water, stop it tight in a glasse, and cement it with dow; afterwards set it in an oven when the bread is taken out, and let it stand a whole day therein. The next day take of the dow again, and set it the space of twelve dayes in the Sun; afterwards strain it through a tight cloth, but wring it not out, and keep it in a stoppt glasse, whereof put every morning and evening one drop in the eye, and lye upon your back, then shall you perceive an apparant amendment.

Pillula, Pilles.

Take white beaten Eyebright half an ounce, Caroway sodden in vinegar and dried, Marjoram gentle three quarters of an ounce: *Lignum Aloes*, India *Spica*, of each one ounce, the seeds of Sorrel five scrup. temper them with the Iulep of Roses, whereof you are to take at one time a half or a whole drach, once in three or four dayes in the evening when you go to bed.

Will you then make a powder thereof? Put thereto prepared Coriander, Cinamon and Fennel, of each one quarter of an ounce, Sugar as much as you please. This may you take after supper.

This following is a costly confection, and strengtheneth the sight, therefore it is called of *Montagnana*, *Electuarium Oculistæ*, because it is very profitable for the abating of the sight which proceedeth through flegmatical humours; for besides that it strengtheneth the brains, it restoreth the lost sight again, and maketh also the spirits of the sight subtiler and stronger.

Take Silver mountain seed, Eyebright, Fennel, and Cucubes, of each a drach. Cardamome, Mace, of each one drach. and a half, the seed of Celendine, of Rue, of each one quarter of an ounce, Rosemary one ounce, Annisfeed, *Lignum Aloes*, Caroway, *Consolida Saracenica*, of each half an ounce, Sugar or Honey as much as is needfull for to make thereof a confection.

Another.

Take dried Betonie, Celendine, Eyebright, Hyssop, Penni-royal, of each one drach. Fennel, Silver mountain, Annis, prepared Coriander and Marjoram gentle seeds, Bassill seeds, Cardamome, Cinamon, Ginger, Galangal, Nutmegs, Cloves, long Pepper *Lignum Aloes*, Mastick, Spiknard, of each half a drach. preserved Citron pills three drach. conserves of Borage of Rosemary, of each one quarter of an ounce, Sugar decocted in Fennel, and Rosewater as much as is needfull for to make a confection. This patient shall take also after purging the second or third day one drach. of Treacle, Aurea Alexandrina, or Mithridate. Or make a potion: Take half a drach. of Treacle, break it in wine, water of Rue or Fennel, and take it once every week: yet this is best of all that one may use for a weak sight, preserved *Chebuli* eaten fasting doth much strengthen the sight; some chew every morning Juniper-berries, spetting it afterwards into the hands, and letting the fume go into the eyes: the which can also strengthen the sight much. The same vertue hath also the chewed Annis, Cumin, and especially Fennel seed, whether they be confected or no.

All later and ancient writers do commend this remedy following, as well for the strengthening of the sight, as for those that be purblind; take the liver of a Buck, take off the Gall, cut broad pieces out of it, lay therein whole long Pepper, cover it with another piece of liver and Pepper as before, thus continuing till all the pieces be laid one upon another, so that above and beneath be nothing but liver. Put this then into an oven, and dry

The confection of Montagnana for a bad sight.

drie it well away; then take of the Pepper, beat it small, and mix some Muscus amongst it, and with the moisture which droppeth from the liver, moisten therewith the powder, and make lozenges thereof, preserve it untill you have need of it, then temper it with Eye-bright water, or such like, and use it as the other. To these spices of medicines are three kinds of commodities ascribed: the first to drop fatnesse into the eyes: the second to receive the warm vapor into the eyes: Thirdly, that the patient eat thereof many times a year, every time three dayes together.

One more (which is almost like unto it) doth hereafter follow: Roast a hogs Liver, wet the eyes with the damp of this roast-meat, and rub the fatnesse on the eye-lids.

Take a slip of Rue, drink the infusion of it at your meal, it is also very good for this.

Take Cinamon, Cloves, Mace, of each a like much, powre Malmsey upon it, and use it as you please.

When one hath then used a good deal of these foresaid things, and there be yet perceived much more moisture in the eyes: there is sometimes to be used for to dry the brains of this juyce following, drawing it up though the nose, to wit, of Marjoram gentle and Dane weed.

There are also twice a week two of these pills following to be taken after supper: Take *Pillula Incis*, Rubarbe, of each one scrup. and a half, and make thereof five or seven pills.

Of all those that after the rising of the Sun, do see nothing at all, or very badly. S. 21.

THis infirmity of the sight is of two kinds: The first is when one can see well in the day time, but against the evening and night can see nothing, or very badly. The other to the contrary, when one in the day time doth see little, or badly, moving the eyes up and down, when he doth come into the clearnesse, without holding them open, therefore be they commonly called In Dutch blind Cats; but when it groweth towards evening, then begin they to amend, and can see much better. Both these infirmities do proceed of like causes, and according as the spirits of the sight be formed, where of the Philosophers do dispute much. The Grecians do call them *Nyctilopas*, the Latinists *Lusciosos*. in English purblind, whereof *Galenus* speaketh generally, that it is a disease which proceedeth of no manifest cause. Others write, that it is incident rather to black eyes then to other: what concerneth the signs, they are to be inquired of them that have this infirmity.

First, for this is reputed good, if the party be full of blood, that first of all the head vein, afterwards the veines in the corners of the eyes be opened: others do advise to open the median and the vein in the forehead. Afterwards whether it be of a *Phlegma*, or *Melancholia*, purge with the pills *Cochia* or *Lucis*, and then to make Mithridate or Treacle. In the eye is to be used the fat of the Bucks liver (described before) or to temper it with a little of the Bucks gall, or the Bucks gall alone decocted with a little vinegar applyed likewise as aforesaid: for in this disease is most of al to be commended that which, cometh from the Buck or Goat. *Plinius* admonisheth that some have advised, that one should wrap the Goats dung with wax, and so swallow it down. He writeth also that this blindness is to be holpen with Goats blood, and it may come thereby, for that it is said that those beasts do see as well by night as by day: therefore it was commanded to *Nycropolis* to eat the Bucks and Goats liver roasted. And how the same shall be drest is shortly before declared, where we have discoursed of the diminished and weak sight.

When one is Waxed almost blind. S. 22.

IF there fall any moisture in the eyes which maketh one almost stark blind, then it is found out by experience, that the decoction of a Viper, the head and tail chopt off, hath holpen (yet the intrails pluckt out and stuffed with Fennel seeds) like as it also helpeth if one eat the flesh of this Serpent boyled. This is reported of the Viper snake.

The like vertue hath the decoction of *Guaicum* used after his manner or kind, the which is not onely meet for this, but also in certain confections for the sight, which Pope *Innocentius* the third did send to an Abbot, who was almost blind; and is made thus: Take Fennel seed half a pound, Silver mountain seed, and blew Chamedris, of each four ounces.

bounces, Smallage, Annis, Parsley seeds, Peni-royal, Hyssop, Saxifrage, Juniper-berries, of each one drach. the seed of Stavesacre two ounces: this beaten smal with Honey, or Sugar, and a confection made thereof, and use thereof morning and evening, and you shall see marvels.

Cometh the cause of the hindrance in the sight through obstructions of the sinewes whereby the sight commeth into the eyes: then use the Pils *Cochia* and *Lucis*, of each half a drachme, make 7. or 8. pils thereof, swallow them in the morning betimes, and fast five hours upon it, use them once every moneth. Afterwards use this confection, take Penni-royal, Rue, Betonie, Celendine, of each one handfull, Saxifrage, Lovage, Annis, Camomil, Ginger, Fennel, Parsley, Hyssop, Marjoram, Silvermountain, of each two drachmes and a half, Gallangal half an ounce, pownd all very smal that is to be pownded, and temper it with Sugar which is clarified in Fennel water, it requireth half a pound of Sugar at the least; cast Tabulates of it, and then lay them upon the tongue, and let them melt of themselves: this do and continue it the space of two or three moneths, all after that the blindness is great and hath long continued.

Seethe of sene, ʒ. i. Annis seeds, ʒ. ʒ. in fair water, ℥. i. untill half is consumed, strain it, and drink it in a morning fasting; use broth 4. or 5. hours after, and eat not untill towards night: use this once in 7. or 8. or 9. dayes, for outward means see more in this 7. Chap. §. 10.

Of Squintnesse. §. 23.

THis is a distraction of the eyes out of their natural places towards the right or left side, upwards or downwards: the occasion of this is sometimes through resolution of the sinewes, where the whole place doth draw that infirmed unto it. Also it may be a cramp in the same sinewes, where to the contrary the shrinking sinewes do draw the whole unto them; it cometh also very well through a custome, when young children in the cradle do lye alwayes upon one side, and open but one eye: but if the squintnesse do come through slacknesse of the sinewes or the cramp, that is seen and shewed by the signs which are described in *Paralysi*, or in the cramp. This disease could the ancient Physitians heal very badly, and it is very uncertain in young children, neverthelesse we will not premit to shew our advise for it: on the side where the disease is, put some clearnesse, to the end the eye may be drawn to his natural place: also when it is carried about on the arm, the ancient Physitians have used all those things which were wont in *Paralysi* and in the distraction of the mouth to be adhibited.

Take a pair of glasses made very narrow, sowe them in leather, Silk, or Velvet, fitted for the eyes; let the glasses be very narrow, and by the leather be bound right before the eyesight that the party may be forced to see onely through those glasses, and this is an approved means.

Hydromel, honey water: how to make and use the same. §. 24.

IT is before oftentimes mentioned, and therefore it very worthy for to describe here how to make it: The ancient Physitians took rain water and honey decocted therewith, scumming it well, and using it for a common drink, in the stead of water or wine, like as also it standeth discovered in many places of this Book; now it is for the most part made with Well-water and Honey. In fine, *Hydromel* is no other thing but our common mead without any addition: of other sorts of mead is spoken hereafter in the eight part.

The eight Chapter.

Of the Nose.

His is also one of the principallest outward members of the face, artificially conjoynd of sinewes and gristles, and by nature ordained for many kind of uses; for who knoweth not how exceeding needfull it is for the life, and for preservation of the good breath, and for discerning of all smels and savours? in behalf of both these two causes is the Nose set in the height of the body, and endued with such a property that it might refresh and cool the heart, the lights and all inward parts with continual breathing, without the which no man liveth.

Besides this, it hath power to discern and judge the savour of the meat: it is set besides and above the mouth, to the end it might adjudge and give evidence to all before it goeth into the mouth, what is pleasant and what is to be eschewed, or is necessary or hurtfull: it standeth also in the midst of the face, not only for a garnishing, but also for a stay or defence between both the eyes for to defend them (as hath been said before.) It is also a right pipe or gutter to purge and cleanse thereby all the moisture of the brains and the head; to the end there should nothing fall down upon the breast or other principal parts that might there cause great sicknesse. This member is subject also to many kind of diseases, as Impostumes, Obstructions, Rheumes, excessive bleeding, losse of smelling, of all which and others more, shall be hereafter spoken.

Of Obstruction or Stopping in the Nose. §. 1

This infirmity is caused through inward or outward occasions: If the Nose be stoppt through falling, striking, or thrusting; then must it swell: if it be then swollen, then be the wayes, through which the breath and smell commeth, stopped: yea also the smell otherwhiles wholly lost. It may also be well stopped through some grosse moisture, that falleth out of the head and brains, which cannot passe through the nose, for that the nose vents are thereby stopped. As much as then concerneth any outward bruising, there must be salves and plaisters laid upon it, like as upon other tumours. The same being healed, the vents and pores will be open again, and the smelling restored, yet it is always good advice to set boxing cups upon the neck and shoulders, and to lay upon the breast brayed whites of Eggs, tempered with some Camphire. But of this stopping shall be spoken more at large hereafter, especially in the losse of the smelling.

Of the Ulcers in the Nose. §. 2.

These impostumations do the Writers divide into *Ulcers & Apostemata*, which we do English, Ulcers and Impostumes; the Ulcers are alwayes dry or moist: dry when they make hard scurfe, and contrarily when they yeeld out much moisture, like as if the nose were rubbed on the inside and thereby bled, and yeelded yellow, green or black matter; both proceedeth of sharpe, salt, and burnt matter that descendeth out of the head into the nose. The signs thereof may one easily discern: if there be pain in the nose, then is to be seen against the bright Sun where the disease is. For this accident the pain is to be purged with the Pills *Cochia* or *Hiera*, and such like. This is also a common rule in the curing of all Ulcers, to wit: that it be begun with no strong medicine, or that the party be purged before. Like as for example, if the patient be plethorick in body, and the ulcer be great, open the Median, and let out four or five ounces of blood according to the strength of the patient: but if the disease be not so great, then open the head vein upon the arm or upon the hand, at all times upon that side where the disease is not, and sometimes very well in the veins of the nose. In like manner, also are cups to be set in the neck, thereby to seduce the matter. This being done, the patient is to use the space of eight dayes, or six dayes, this preparative potion: Take *Oxyssacchara* (which shall be immediately hereafter described) the sirups of water Lillies of each three quarters of an ounce, Sorrel water, and Fennel water, of of each three quarters of an ounce, drink it luke-warm in the morning. The purgation upon it is this.

This

Take half an ounce of the confection *De succo Rosarum, Cassia* prepared with the water of Violets one ounce, temper altogether with three ounces of Barley water meetly warm, for otherwise it is too thick. Immediately after purging lay this plaister following upon the nose, that it may be covered every where with it: Take smal Housleek, and the juyce of Plainran. the juyce of shepheards purse, of each one ounce, the whites of two eggs, Camphire bruised small four scruples, prepared Tutia, and Butchers broomseeds of each one drachme, burnt Coral and Amber of each two scrup. Starch one ounce and a half, bruise these together in a leaden mortar some hours together; this is to be used three or four times a day.

Another.

Put the juyce of Tassel leaves three or four times a day into the nose, it may be drawn up into the nose: but if you fear that it will cool too much, then temper the third part of the juyce of Betony amongst it.

Oxyacchara.

THis kind of Sirupe may easily be made by all house-keepers, it hath also great vertue and operation, for it doth consume the mixed and flegmatick humidities which do pinch or annoy the uppermost parts, and cause the unruly double Tertian and quartan Agues: Take six ounces of white Sugar, the juyce of Pomgranats four ounces, sharpe Vinegar two ounces: see the them in a little pot by a mild fire, untill they be of the thicknesse of a common Sirupe.

Item, if there be scurfe in the nose: Then take Sallet-oyl, the greafe of a Capon as much as you please, and powre a little molten wax amongst it, and anoint therewith the scurfes: likewise take warm water, draw it up into the nose certain dayes together, in the morning it is also good. Item, take the gum of a Cherry tree, the gum of a Palme tree or Dragagant, dissolve them in Rosewater which thou wilt, anoint the Muscilage of slime in the nose with a feather. Or take the Marrow of an Oxe bone, new wax, of each half an ounce, oyl of water Lillies one quarter of an ounce, melt and use it as before. Or you must in stead of the oyl of water Lillies, take also the oyl of Roses.

Another: Take Dragagant and the seed of Fleawort, steep them in Rosewater and oyl of Violets, anoint the nose oftentimes with this muscilage. You may also make this salve; Take Ducks and Hens Grease, the fatnesse of Sheeps wool, Harts suet, Honey, of each half an ounce, brunt Mirobalans, Galls, of each a drachme, temper them together. This asswageth and drieth much.

In like manner this salve following is very convenient. Take oyl of sweet Almonds one ounce, oyl of Roses one ounce, washt Butter, Hens greafe, the Muscilage of Dragagant of each one quarter of an ounce, and a little wax.

Or take fresh marrow out of the Calves bones, and gum, of each one quarter of an ounce, oyl of white *Camelina* one ounce and a half, wax as much as is needfull. The same doth also butter washt well with fair water, likewise also decocted Hollihocks, Nightshade or Mallowses.

Another, almost as the former: Take the marrow of Calves bones, the yolks of eggs, Dragagant and gum, of each one quarter of an ounce, oyl of *Camelina* one drachme and a little wax.

But if the impostume onely beginneth to run: then dip Cotten in strong and well salted vinegar, put it into his nostrils, herewith they will be dried. But this following is better: Take prepared Tutia which is flaked in the urine of a man-child of two years old, and Cerusse, of each two drachmes and a half, the juyce of Housleek five ounces: rub this at the least the space of three dayes together, the space of three hours every day in a leaden mortar, set it afterwards well stopt in the Sun when it is to dry; then powre again other juyce of unto it, and bruise it as before: do this so three or four times together: with this salve are you to anoint the disease three or four times a day. This salve is so forcible, that many people which have had the Canker and *Polypum*, thereby have preserved their life a long time.

And if so be (through the great uncleannesse of this ulcer) there behoveth stronger things, and the disease be also old: then make first of all the scurfes moist with wine, wherein Agrimony, Vervein and honey is decocted, dry it and make it moist again, afterwards

use

use this following; Take Vitriol, red and yellow Orpiment, of each half a drach. beat and steep it in the gall of a Bull or Oxe, and refresh it daily untill the matter be white; then put thereto Antimony and Myrrhe, of each one quarter of an ounce, Wax as much as will make an oyntment, anoint therewithal, and stop it in the nose; if you will have this somewhat milder, then put thereto beaten Horsemints and Mallowes, to the quantity of one quarter of an ounce.

This that followeth is not so strong: Take Cypres roots, Allom, Galls, Myrrhe, Saffron, of each one quarter of an ounce, beat them to powder, and blow it into the nose. Or make thereof a salve with honey. Also you may use the salve *Unguentum Apostolicum*, the which is made thus: Take Turpentine, white wax, white Rosine, *Ammoniacum*, of each one drach. *Opopanax*, Verdigrease, of each half a drach. the Litharge of gold two scrup. faller oyl six ounces in the Sommer, but in the winter nine ounces, vinegar as much as is needful for to dissolve the Gum with it, make a salve thereof. This salve is common at the Apothecaries, and is not only good for this, but also for all sore eyes, Fistulaes, for cleansing the wounds, wherein it hath a marvellous operation; for it consumeth the bad flesh, incarnateth afterwards, and healeth all hard swellings; so that there is not almost the like unto this.

Item, take burnt lead well washt, Cerusse, Litharge of gold, of each a like quantity, oyl of Roses, and Wax as much as is needful for a salve. This also following is much commended and is certain; take one sower Pomgranate, others take sower, mean, and sweet Pomgranates, of each one stamped with their pills, wrung out and decocted a while in a little pot and clarified, dip a taint in it and put up into the nose: but if there be any ulcers with it, then use this following, Take Cerusse, Myrrhe, Litharge of gold, burnt Copper, Galls that are parched a little, Allom, of each one drach. oyl of Roses three ounces, Wax as much as is needful for a salve: this healeth and dryeth. Item, take Cerusse one ounce and a half, calcined and washed Cerusse, Litharge, of each half a drach. Vinegar, Wax, of each one spoonful; make it with oyl of Mirtles unto a salve, wash the nostrils with warm wine and pisse, wherein Myrrhe and Frankincense is decocted. And if this Ulcer will not be healed with the aforesaid things, it is then to be taken for a secret Canker, which one may not touch with sharp things, as presently hereafter shall appear.

Obstruction or stopping in Childrens Noses, without any other infirmity. §. 3.

IT happeneth oftentimes, that young, yea new born children do suffer great stopping in the nose; their breasts must be anointed well with the oyles of sweet Almonds, and of Violets, and to them that give suck, wine is forbidden.

And if the childrens breast be full, then is the oyl of Violets with Sugar to be put into the mouth. Ancient folks (if they cannot abide the oyl of Violets by reason of the smell) then take fallad oyl, or oyl of sweet Almonds instead thereof.

Impostumations in the Nose. §. 4.

THe second kind of exulcerations in the nose are much more perillous and worse, and are called *Apostemata*, *Hemorrhoides*, *Polypus* Canker.

The first is a soft excrescence of the flesh, which giveth moisture when one wringeth the nose; soft in feeling, and bleeding quickly: this proceedeth of moist water which falleth out of the brains, rotteth there, and degenerateth into the flesh, the which otherwhiles groweth out so long that it hangeth without the nose; it taketh away the speech, the breath, and also the smelling, sometimes shewing red and sometimes white and blackish. But the Polypus is hardish, hath many roots and veins; he is so called after the name of a fish which hath many feet; and for many more similitudes and properties that are between them. This is caused of melancholick humours tempered with slime or *Phlegma*, and stoppeth the nose through his increase.

This Canker is wholly hard and fast; it manifesteth himself also on the outside upon the nose, with many black veins of melancholick blood, whence this sore taketh his offspring, and doth bring with it an intolerable stench (which the Physitians do call *Ozenam*.) The cause of these tumours is the affluence of bad humours; but that which causeth *Hemorrhoides* is a sweet *Phlegma*, which is without blood, but rotten, very moist without pain, therefore is better to be healed then this following.

But

But in *Polypo* is corrupted blood, whereto doth come a stinking *Phlegma*.

The Canker is a burnt, rotten, and hardened *Melancholia*. Both these last are uncertain, yea wholly impossible to be holpen; neverthelesse there be many kinds of remedies ordained and used as followeth.

When as then the first sort doth appear with softened or white flesh which filleth the whole nose, then is the head vein first to be opened; afterwards a tent anointed with this salve following, to be put into the nostrils where the disease is. Take yellow Orpiment, Copperas, Verdigrease, of each ʒ. ʒ. Quicksilver, Sal-Armoniack of each an ounce, bruise these small and cast it into Lime lee; this may you use so: or make it with honey unto a salve. Others do use this sharp water following: Take yellow Orpiment, quick lime, Verdigrease, Quicksilver, of each ʒ. 1. ʒ. Sal-Armoniack ʒ. ʒ. beat them clean, and let it see the well in water; when it hath stood a while, then will it be very sharp. In like manner, getteth also a corroding quality, the water wherein quick lime is quenched, and wherein Quicksilver is put.

This is more gentle, take Allom, Verdigrease, of each half an ounce, yellow Orpiment one scruple, temper them, and stick a tent in Vinegar, sprinkle it with this powder, and so stick it in the nose where the disease is. Of the mean Corfives is also taken for an approved thing, powdered Vitriol blown into the nose in the morning and evening. There is also described in this Chapter in the second Section, a medicine with the juyce of Pomgranates, which are especially good for this, amongst which you are to temper a little Antimony and Verdigrease. But if this will not help, then are stronger things to be used, as an actual cautery or incision, and although this do seldom prosper, neverthelesse we will discourse somewhat thereof. For this soft excrescence of flesh whereof we have spoken at the first is not wholly incurable, but may through these meanes be cured, which neverthelesse is very unpossible in the Canker: but if it were found that there ought to be used either the actual cautery or incision, then must the cauterized place be anointed with fresh butter, and the brayed white of an egge, and cover the nose and the whole face with vinegar and water, or Rose water, or take the yolk of an egg, temper it with oyl of Roses, and the juyce of Roses, this swageth almost all the pain of the Cautery.

Here do now follow certain sharp yet good means, which are most surest in greatest necessity, the first is, that these superfluous excrescences be clipt off with a sharp payr of Cissors even to the bottom, afterwards take away the rest that remaineth behind with this salve following; Take one ounce of honey, vinegar one-quarter of an ounce, *Sarcocolla*, *Ammoniacum*, of each ʒ. ʒ. see the these upon a mild fire, and therewith anoint your tents which you thrust into the nose: it hath a special vertue of healing and drying. The other means, if this were not sufficient, then burn the disease with an iron that is flat before, thrust it through a copper pipe which is wrapt in clothes wet in Rose water, to the end that the sound part of the nose be not burnt, do this so long untill one can perceive no remainance of it more. Afterwards anoint the cauterized place with butter, untill that the Escarre falleth off, and heal it with Basil and the oyntment of Cerusse, or with the salve that is described in §. 2. in the Ulcers of the nose with *Tutia*.

The third mean to expell this accident; Take a long and strong horse hair, thrust it into the nose untill you bring it out of the mouth again: fasten it on both ends, and pluck it hitherwards over the accident, and that so oftentimes till it be cut out at the bottom. This being accomplished, stanch the blood with this powder, take Myrrhe, *Sarcocolla*, fine Bolus, Dragons blood, of each ʒ. 1. prepared *Tutia* ʒ. ʒ. this powder must be blown in the place where it bleedeth, or strew a tent with it and stop it into the nose; now the blood being stanchd, heal it with the foresaid salve.

Of the Canker in the Nose. §. 5.

THe causes of this Canker in the Nose, and the signs thereof are discovered before. First, it sheweth it self small like a corn of wheat, but afterwards will be as big as a hasel nut or Almond: it yeeldeth seldom matter, and remaineth alwaies (as is said) hard and dry: it will abide no strong things, as actual or potential cauteries, but it must be softly medled with, and easie remedies used thereto, as to let blood, laxative things, and Master *Tristrans* water, which is described in the fifth Chapter, and §. 1. Also oyl of blew Flowerdeluce anointed thereon, and chiefly Treacle and Mithridate thrust into the nostrils, and to hold the same in the mouth and eat it.


Also it is very good to purge the head with this potion; Take *Myrobalani Indi* one ounce

and

and a half, Sene, Epithymum, of each one quarter of an ounce, Sugar-Candy four ounces, see the them together in nine ounces of water even to the half, strain it then through a cloth, and temper it with Manna and four Dates amongst it, of each one ounce. In like sort may one purge also with the *Pillulis fatidis*, or *Stomachicis*. The place of the accident is also to be twice a day at the least strengthened with the oyl of Roses wherein Camphire is tempered, and lay a cloth therein dipped in them, or made as it were into a salve, and anointed therewithal. Yet instead of this he may use the juyce of Nightshade. The Patient must much beware of all pottages, cheese, hard flesh, and all which ingendreth melancholick blood; but must use drying meats. His drink must be wine tempered with water.

For the defluxion *Ozena*, which the Canker bringeth with it, is this following very meet; Take one ounce and a half of oyl of Roses, half an ounce of white Wax, a little vinegar, and the brayed white of an egg, milk one ounce, washed Cerusse one quarter of an ounce, the juyce of Lettice, of Plantain, of Nightshade, of each half an ounce, stirre them together the space of two or three houres in a Leaden mortar.

For Ulcer or Apostumation in the Nose: or Cancer.

Se to put honey often into the nostril, or mix it with Tobacco powdered, or Dittany roots powdered.

Or R^e. of the plaister made of Honey, Wax, Rosine, Turpentine, and Hogs lard, mixe thereof with Dittanie or Tobacco, or Pepper powdered. This I have often approved for special remedies.

Use to purge before and after with the purges aforesaid for the head.

Of the Murre. §. 6.

WE have taught in the description of the Nose, that it is by nature ordained for a channel, thereby to cleanse the moisture of the head and the brains, like as is brought to passe through this course of the Murre, the which the Grecians do call *Catarrhum*, especially this Murre which falleth down into the Nose, do they call *Coryzam*; of the other two kinds, whence cometh so much badnesse, which be salt *Catarrhes* or *rheumes*, which descend into the throat and upon the breast, shall be taught at large in their places.

We will onely here now discourse of all those maladies that concern the Nose; that this course or running proceedeth out of heat and cold, which is *Cholera* and *Phlegma*, that shall be shewed at large in the discourse of the pain in the throat, in the second Part, where is spoken of the *Catarrhe* or *rheume*. Here is no other thing discovered but only of the Murre, how that that is most caused when one cometh suddenly out of great warmth into cold; and to the contrary, out of great cold speedily into warmth: like as when one runneth bare-headed out of the bath into the wind; or as one runneth out of the great cold into the warm stew: and this is also the cause wherefore the people for the most part in the latter end of Winter or Sommer are plagued therewith. Now when this mur or snivel is salt and biting, then doth it soon cause these accidents, *Ozena*, *Cancer*, or *Polypos*: therefore the snivel is not to be esteemed so small. but rather endeavour by and by to provoke and move this defluxion, to the end the matter may be carried out, whereto this fume so flowing is convenient; Take Cloves, Myrrhe, Frankincense, odoriferous fruits and herbs, as Quinces and their parings, Rue, Marjoram gentle, and such like. Lotions for the feet are also very fit for this purpose, like as followeth; Take Sage, Lavender, Betony, field Mints, or any other, three or four handfuls, see the them in water, and put the feet therein; use it oftentimes, and meetly deepe.



See the Rosemary tops and Maces, in wine vinegar, and when it hath sodden a while, bind some of the Rosemary and Mace in a thin linnen cloth, and hold hot to the nose, do so often.

The cleansing of the Head.

IN all the former cases, the most principal remedy was alwaies to cleanse the head and braines, whereto this water following is very good; Take four ounces of the juyce

juyce of wild Cucumbers, Sal Armoniack pownded small, ʒ. ʒ. tempered in a glasse, and fill it half full with water, stir it oftentimes about, and snuffe it up into the nose in the morning fasting five or six times together warm, and do this alwaies about the second day. This openeth all obstructions that hinder smelling, whether it be in Impostumes or Ulcers of the Nose; it draweth also the matter out and consumeth it, and it strengtheneth all the instruments that are created for smelling.

Item, take the juyce of Marjoram and penny-royal, of each one ounce, Muscus two grains, use it as before. Make also this powder following; Take Penny-royal, Marjoram and Nep, of each one drach. Grains ʒ. 3. pownd all and bind them in a fine cloth, and smell oftentimes to it.

Take oyl of Violets, oyl of Saffron, of each three drach. Ireos, long Pepper, *Euphorbium*, of each two grains, make a salve thereof with a little wax, whereof you shall take the quantity of a pease, and anoint it in the nose when you go to bed, it purgeth and cleanseth the brains.

Some do use Hellebore or Pepper for the nose, but it is not without danger, for it troubleth too much the brains; but how and through what means the head is to be cleansed with needling, look in the first and second Chapters of the pain in the head.

Of the excessive bleeding at the Nose. §. 7.

THe excessive bleeding at the Nose hath divers causes, which were too long to discover them all at this present time, it only sufficeth us to shew the inward and outward causes: as concerning the outward causes of bleeding, are blowes, falls, thrusts, sore labour, and the heat of the Sun: all these things do open the veins, and make subtile blood, which is easily moved to run out. The causes thereof can easily be perceived and inquired of the patient. The inward causes be superfluity, sharpnesse and heat of the blood, the which is over all the whole body, head, liver, milt, womb, and other places.

In like manner also through agues and other great sicknesse, through pain of the head, a forcible expulsive power, and feeblenesse of the retentive vertue, in full bodies and abounding of blood, is the bleeding at the nose requisite, it emptieth the head and other parts. In *Phthisis* and other sicknesses more, it is commanded to provoke it, whereof shall be more at large spoken in other places. Therefore if there be perceived an unburthening through this bleeding at the nose, then it is a good sign of health: like as to the contrary, a sudden and excessive bleeding is very dangerous, and a sign of death. But if this bleeding happen through any bruising of the skin of the brains, then it is very hard, yea in danger never to be holpen.

And whensoever the bleeding is above 48. ounces, then it is a bad token, and yet badder if it do surpasse it: if it come then unto 20. or 24. pound, every pound reckoned at 12. ounces, then must death follow after it immediately.

In like sort the signes of death are, if the bleeding person be not onely of a bleak colour, but also dark, green, or leady coloured.

For excessive bleeding at the Nose.

BRuise Plantain leaves, and put a little of it into the nostril that bleedeth, or if both bleed, then first in the left nostril.

And let the party stand upright and hold one of the hands extended as high as he can reach by a wall or post; and hold the other hand extended downward as straight as may be, and if the party bleeds at both nostrils, then first hold up the left hand, then the right in manner aforesaid. This failes not to cure the bleeding at the nose.

An order of Dyet.

THis bleeding at the nose cometh through some causes that require alwaies a good order of life to be observed. For this purpose is this most common, that those things be alwaies used that cool the blood, and make it thick: if there be any agues with it, then must light things be used (which be cooling) as Lettice, Purslain, Endive, small Endive, vinegar, verjuyce. Is then the bleeding strong and vehement? to the end it might

once be stayed, use Beans, Pease, Lentils, Rie, Coleworts, Cheefe, Beef, Hares and Harts; also thick red wine, all hot spices, white wine (if so be that they be not well watred) are to be eschewed.

Now we will shew how the blood is to be stanchd.

For to perform the same, there be six kind of means; first, by the foresaid cooling things (which be to be eaten) these things following are to be dropt into the nose, and laid thereon; in like manner also upon the forehead, the juyce of Lettice, of Housleek, of Nightshade, corn Roscs or Nettles: in like manner the water of water Lillies, of Cichory, of Roscs and Cumin water; Also the herb of Poppy, Willow leaves, or their juyce.

Item, also Horsetail, Shepherds purse, Vinegar and Camphire, and if it be very great need, Opium; for these things altogether make thick blood, that it cannot run so hastily out of the veins. It is also good to irrigate his head with cold water, so long continuing untill his head be so cold, that he get thereby a shivering and shaking, or trembling. In fine, to keep the head cold, and not to stir it much, is very commodious; also wet a cloth or napkin in cold water, in vinegar, or in Rosewater, wring it not out too hard, and wrap it so about the neck.

Item, take the whites of twelve eggs, powned Allom four ounces, beat it well together, wet a cloth in it, and wrap it about the neck, about the forehead and temples, afterwards take Hares hair, or the hair of a Roebuck, stop the nostril full thereof, and that at the first.

Also it is commended that both the thombs and their arms be bound hard about the elbowes; but let them not be bound too hard, but being sometimes made loose, to bind them again.

Or make one of these plaisters, take the juyce of Nightshade six ounces, Rosewater 3. i. ʒ. Barley meal as much as is needful for to make a plaister, lay this upon the liver, if the blood run forth of the right nostril.

The second mean to stanch the blood effected with stopping things, as the juyce of Sloes, red Coral, Momy, Aloe, Horsetail, Amber, Bloodstones, Hippocystis, Bolus, flowers of Pomgranates, Lentils, Gals, Sumach, Shepherds purse, Medlers, Cerusses, Quinces, Pears, and other sower Pears amongst the compounded things, *Trochiscs de Carabe*, *Terra sigillata*, which foresaid things, all that be of this nature, do draw and shut the veins together.

For this are also meet these plaisters following, take the juyce of Plantain and Rosewater, of each two ounces, vinegar half an ounce, and the white of an egg, sealed earth, or in the stead thereof lime as much as is needful for to make it meetly thick; lay it upon the forehead and the temples of the head.

Another. Take Dragon blood, parched gum, parched starch Roscs, the juyce of Sloes, Hippocystis, burnt Ivory, the blossoms of Pomgranates, Bolus, sealed earth, bloodstone, red Coral, and Amber, of each one drach. and a half, Poppy seed, Purslain seed, of each 3. i. Opium 3. ʒ. pound all that is to be powned thereof, and with the juyce of Plantain make it to a plaister, and use it as before.

This following is not much unlike to the former; Take Dragon blood, parched gum, the yellow seeds of Roscs, the juyce of Sloes, Hippocystis, burnt Ivory, blossoms of Pomgranates, Bolus, sealed earth, bloodstone, red Coral, of each one drach. and a half, Poppy seeds, Purslain seeds, burnt Harts horn, ashes of galls, Cipres nuts, of each one drach. beat them all small, and mix them amongst the other with the juyce of Plantain, afterwards make small cakes of it; when you will use it, then beat it to powder and blow it into the nostrils: but you may use it as a plaister for to lay upon the forehead and the temples of the head.

Item, take well beaten Momy as much as you please, mix it with copwebs and the white of an egg, dip cotton or lint in it, and then stop it into the nose. First take Harts bones, burnt Ivory, Dragon blood, *Verbascum* powned with vinegar, temper the foresaid powder amongst it, according to that you will have of it little or much put it into the nose, all these things stanch blood, tempered together, or each alone, or mix Aloe with the white of an egg, use it as aforesaid. Item, take the whites of four eggs well brayed and tempered amongst Aloe 3. i. Frankincense one quarter of an ounce, Dragon blood and fine Bolus, of each 3. ʒ. use this, yet putting therein Hares hair made wet.

Secondly, take well brayed whites of eggs, and temper Gips or plaister amongst them, so that it wax a pap, then lay it upon the forehead, take Hares hair, temper it well with the white

white of eggs, and a little Allom, afterwards mix it with Rose water, or Rose vinegar : take powdered Horsetail, temper it with Plantain water, or the juice of Plantain.

Thirdly, the blood is to be stopt with astringent things, as Dragagant, Gum, Frankincense, Mill dust, whites of eggs, and such like, take Tormentil or Pyrola, one of both, this is to be held in the mouth. These astringent things are not oftentimes used alone, but commonly tempered with the aforementioned binding and cooling things.

Fourthly, the bleeding is to be inhibited by potential cauteries, as Copperas, Orpiment, quick lime, Sal Armoniack, when the same be powdered and blown into the nose, for they make an escarre. But this is to be feared, if so be that the blood be not quenched therewith, that it might afterwards bleed the sorer, therefore it is not without great danger to use this mean.

Fifthly, it will be stanch'd with those things which have a proper and hidden vertue for it, as the juice of Basil, but especially Assedung, and Hogs dung are said to be good for it (be it of whatsoever cause that the bleeding be provoked) if the same be but of it self alone held before the nose, and so let smell thereto : and also the same tempered with the juice of broad Plantain, and anointed in the nose, or burnt to ashes and blown therein, or a plaister made thereof and laid on the top of the nose : this plaister is also meet against the excessive terms or flowers of women, put into the neck of the womb, and also applyed to their privities.

This is also very good ; Amber, Purslain, garden Mints, and their juice with cobwebs, thrust up into the nose.

Sixthly, the blood will be stanch'd if one let it out on the contrary side, the which is effected if one open the Median or liver vein, as also many learned Physitians do affirm, that they have for the bleeding of the nose not approved any thing more better nor certainer then to open the vein upon the hand or on the foot, and then to drink two scruples of *Philonium Persicum* with Purslain water : they have also, as hath been said, powdered *Troc. de Carabe*, and blown into the nose.

It is also very good to set boxing cups on the shoulders and on the legs, understanding well, that if the blood run out of the right nostril, then set the boxes unpickt upon the liver ; if it run out of the left nostril, upon the Milt in the left side : also the legs, the arms and the breast are to be bounden, to rub the outward members, and also under the armpits and other places of the body with burnt nettles for to draw therewith the blood downwards. Besides all these aforesaid, I am to manifest one remedy more that exceedingly stoppeth also bleeding : Take slackt lime, make a plaister thereof with vinegar, lay it over the nose, it will stop presently. Others suppose also that this lime is to be blown into the nostrils, or made up with the white of an egg, to be so put with a teint into the nose. This also (as some suppose) will the wooll or flaxe do, that flyeth from the herb *Carduus Benedictus*, cut small and thrust into the nose.

Item, it hath been oftentimes found, that an extreme frighting hath caused blood by and by to stanch and cease, for that the blood runneth then towards the heart. In this also hath superstition and unbelief taken place, whensoever one holdeth in his hand a dead mans bone, and the mosse that groweth upon a dead bodies scalp be stopt into the nose, then is the blood stanch'd out of hand. In like manner also, albeit that it be somewhat more natural, if one lay the mosse of the black (or sloe) thorn in the shooes and go thereon, it doth stanch blood.

Item, take broad Plantain, and the juyce of Shepherds purse, of each $\mathfrak{z} . 3$. prepared Bloodstone, fine Bolus, sealed Earth, Dragons blood, of each $\mathfrak{z} . i . \beta$. spread it on a cloth, and lay it on the place of the nose where the blood cometh, and refresh it oftentimes. Or take beaten Bean meal, temper it with the white of an egg, and use it as before. It cometh also otherwhiles to passe (and is also no wonder) that such superfluous blood of the nose doth bring swooning with it ; for the which are sick persons hands and feet to be rubbed with salt and vinegar, to bind fast the arms and leggs, and to bind and unbind them again, also to use other outward means, which here afterwards in the second part shall be described for the swooning.

Item, if the blood run out at the right nostril, set a boxing cup unpickt upon the Liver, and so whensoever the swooning is past, the Liver vein is to be opened, or the *Salvatella* in the left side, and to smell to cold things, as that which is made of Quince pears, and to use Lettice, Purslain, Beans, and other pottages, untill that the blood waxeth thick.

For a conclusion, you have hereafter many remedies in the fifth Part for to stanch blood, which are also good for this purpose.

Enfeebled or lost smelling. §. 8.

THis is no small disease to man, for if one be born with it, or have had it long, he is esteemed by the Grecians incurable, unlesse it be through continuance of time, and with great trouble: neverthelesse the ancient and latter Physitians have imployed all diligence to devise all necessary means; and first described three several kinds thereof. The first kind, where thoroughly and wholly the smell is lost.

The second is a diminishing of the smell, where a thing is smelt like as it is, yet unperfectly; and this disease is much more with men then with beasts, for that they be of a moister brain, and all beasts have their brains much dryer, therefore they do also smell sharper and further.

The third kind is a corrupted smell, where one receiveth the smell otherwise then it is of it self, like as when one adjudgeth stinking things for odoriferous. The cause that the smell is utterly lost, is when the conduits that go towards the brains be thoroughly obstructed, that the ayr received cannot come to the skin of the brains, which obstruction may happen through some violent motion or blowes on the head. Also if about the place and instruments of smelling there ingender any Wart or fleshly excrescence, or any ulceration; or also through any other grosse humours that will settle there, and stop up the conduits of smelling. Lastly, through repletion of the head and of the whole body.

The cause of the diminishing of the smelling is as before, but is not so great; it may also be caused by cold or by hot medicines, which be used at the nose. The cause of a corrupted smell is a bad moisture, which lyeth hidden in the same place, and there maketh stinking vapours; and so may also the Canker of the nose be caused and procured.

The signes of the obstructions are, that no moisture cometh out of the nose without pain, unlesse the brains had some impediment; but if any moisture doth appear without pain, then doth the same moisture obstruct the conduits of smelling.

If it proceed of heat and drought, then may you perceive the heat in the forehead and nose: if of cold, it is also discerned by the same places; or if it be some stinking moisture, then doth all stink that he smelleth unto, and all what is near him, also his breath is unfavoury and stinking.

Other infirmities or lets are known by sight, they may also be discerned by the pain and by the matter. The cure of them all consisteth especially in comforting and cleansing the infirmities of smelling and the brains, whence most commonly all these these infirmities do proceed.

It may also be perceived by the former reasons, that all these obstructions and sorenesses, the diminishing and losse of smelling doth proceed of humours: now to remedy the same, are you to begin the cure by a good dyet, wherefore all meats easie of digestion are best, as broths, yolks of eggs, Hares brains, which have a proper and secret vertue for this infirmity, Pullets, young Pigeons, Partridges, Fesants, Veal, Cawdles, and all of them distilled with Sugar, Marjoram, Rosemary, and Betony; parched hasel nuts are also very good for this purpose, small white wine shall be his drink, neither may you omit to purge the body: if the sicknesse be caused of cold, then is he to be purged as hath been said in Chap. 2. §. 1. of the cold pain of the head; but if blood and heat do cause it, then are you to proceed as hath been shewed in Chap. 1. §. 6.

Afterwards you are to cleanse the head with neesing, in them that have lost their smelling without any excrescence of flesh or sorenesse of the nose; for which purpose you may look the second Chapter, and second Section; also in §. 6. of this present Chapter: but these simples are especially to be used for it, to wit, Amber, Rosemary, Cinamon, Cloves, *Lignum Aloes*, *Nigella*, to which he must smell often and long, for they open the obstructions of the head; which is also effected with these dried herbs following, namely, Rue, Germander, field Cypres, Nep, and Marjoram: but for to provoke sternutation or neesing, take *Lignum Aloes*, Pepper and Stavesacre. Also the vapour of boyling vinegar received into the nostrils very often is of good effect, for because the same hath a biting nature, it doth move neesing. Also you may see the one of these things following in wine, and receive the vapour as is said into the nostrils.

Take Calamus, Gentian, Bay-leaves, Penny royal, field Mints, Annise and Fennel seeds, Parsly, and roots of Smallage; or receive often in one day the vapour of warm water wherein Melilot or Fumitory be decocted, the water of *Asarabacca* or of Elder, is also good for

for this use. Also the seeds of Nigella bounden in a cloth, carried with him, and smelt oftentimes unto it; the same strewed upon hot coals, and to receive the fume of it.

Item, take the powder of Nigella, Ireos, of each 3 quarters of an ounce, Marjoram gentle, Camomil, Bay leaves, Nep, Stechas, of each half a handful; see the all in sufficient water untill about the third part be wasted: mix the powders amongst it, and draw thereof into the head, it doth cleanse the head very well. Also this powder following may be prepared; Take Nardus seed which hath lyen a day and a night in sharp vinegar, and is dried again, one ounce, Bever cod and Nutmegs, of each one drach. and a half, red and white Behen, Galangal, white Pepper, Marjoram and Nep, of each ʒ. i. Costus roots, Sagapenum, the seed of Rue and Basil, of each one ounce; stamp each apart, and bind it being tempered in a piece of Syndal, and smell oftentimes unto it. This is good against all hinderance of the smelling which cometh through coldnesse, be it with or without obstructions.

Pomanders.

Take red Storax, Nutmegs, Cucubes, Cloves, Nardus seed, Lignum Aloes, Indi Spica, and Cinamom, of each one drach. Muscus and Amber, of each one scruple, Laudanum one ounce, make a Pomander thereof, like as there be many described in the sixth Part, and is also taught how the same is to be made. Or else Camomil, Melilot, Rue, Marjoram, decocted in half wine half water. But if these things will not help, then take the juyce of blew Flowerdeluce, and a little beaten *Piretrum*, anoint that, or stop it into the nose: do the like with oyl of Spike, wherein is tempered a little *Euphorbium* and *Muscus*, for both of them be strong and hot.

This following is commended for a worthy receipt, whereas the smelling is lost; Take small powdered Nardus seed, temper it with oyl of Olives, bend the head backward as much as is possible, and let three or four drops fall into the nose, but take the mouth full of water, to the end the oyl may run the lesse into the mouth. Item, take Nardus seed which hath lyen three dayes in vinegar, and is dried again, one quarter of an ounce, steep them in three ounces of the juyce of Marjoram gentle, or at the least in fair water, and use it as aforesaid three or four times between day and night, and so shall you see marvels: Take oyl of Tiles, like as shall be described hereafter, half an ounce, Muscus two grains, stroke them in the nose being made warm. The gargarismes are also commodious, like as here followeth: Take Radish, Marjoram, Calamus, Betony, Pennyroyal, of each half a *M.* let them see the in a pint and half of wine, untill about the third part be sodden away; put thereto as much honey as you please, Mustard seed, *Piretrum*, of each one drach. use it in the morning. The like also gargarized with decocted Rue and Hyssop, also *Piretrum*; Mastick and Zedoary, or one of these, are to be taken and chewed in the mouth, and to spit out the moisture: likewise is also very good to strew this powder following upon the head.

Take Briony, Lignum Aloes, grains, of each ʒ. i. Marjoram gentle, Cloves, of each one quarter of an ounce, Bever cod one scrup. Muscus, Amber, of each one grain and a half, powdered apart, and then mixed: of this powder take 4. grains, and strew it upon the head before where the hair beginneth, to the crown of the head.

For conclusion; because among the foresaid remedies there be some violent, which may provoke much pain in so precious a member as the nose is; therefore drop therein when the pain is too great, the oyl of Gourds seed, and pour warm water upon the head, that will assuage the heat and pain; so will also all whatsoever cooleth and moisteneth, whether it be used inwardly or outwardly, or stopt inwardly into the nose: like as for example, a cloth made wet in Rosewater and laid upon the nose, or Rosewater drawn up into the nose.

Oyl of Tiles or Bricks, called Oleum Philosophorum.

This oyl is worthy for her vertues sake, that it should be here described; for it is not onely good for the lost smelling, but also for all cold sicknesses; for it is warm and piercing, it consumeth all tough moisture of the members, and expelleth all swelling: it is also very good against the falling sicknesse, swimming of the head, the dead palsie, losse of memory, cramp, and pain of the back, and against all manner of Gouts: it is also highly commended in all diseases of the milt, the bladder, and of the Kidneyes, in all ulcers, leprosy, scals, and fresh wounds. This oyl is made as hereafter followeth.

Take a very old Tile or Brick, beat it in pieces as big as Walnuts, make it glowing hot, cast one piece after another in old Sallet oyl, leave them therein so long, untill they be well soaked through with the oyl; afterwards beat them to fine powder, and put them in a glasse helm, the which is clean over well luted, lute also the helm and the recipient, afterward distill it in sand or ashes, but first with a mild fire augmenting the same a little; the oyl which cometh out of it, preserve it well stopt.

The ninth Chapter.

Of the Eares.



Here be more parts of the face, to wit, the Eares, in truth precious and necessary members, the which nature hath ordained as instruments for receivers and judges of the voices and their noise, whereof as well men as beasts have alwayes twain, on each side of the head one, that alwayes stand open, because that as well sleeping as waking we have need of hearing. They be also outwardly shapen with divers crooked entrances, to the end they may receive much ayr, and noise might retain and discern the same the longer: which crooked wayes are also meet for this, that there may not easily fall any thing therein, which otherwise might befall if the entrance were right out, whereto is alwayes the moistnesse in the entrance of the eares, which we call the waxe of the ears, and is as it were birdlime, to the end that the small flies, fleas, and other such like that would otherwhiles creep into the eares, might be first staid therein. It is also very seldom seen that men can stir their ears, the which neverthelesse is seen in all fourfooted beasts.

The eares are also subject to many kinds of diseases, the which are divided by the learned into three principal kinds.

The first is, when any one is wholly and thoroughly bereft of his hearing, the which we call with one word deafnesse.

The second is, when the hearing is diminished or weakened, like as when one heareth not but when one calleth aloud to him.

The third kind is, when the hearing only is lost or altered, like as one thinketh that he heareth one pipe, sing, rush, or any thing else, the which in truth is not so.

But of this and of other more that concern the ears, we will write thereof more at large.

The causes which may hurt both these, are almost incurable, some be natural, some also through some outward and inward accidents, to wit, as to come out of too hot or too cold ayr, sudden alteration of cold or heat, from warm water to cold water, or any thing else that might come into the ears, as thrusting, falling, striking, wounds, beasts that may creep therein, unsleckt lime, &c. In like manner also disturbance of the brains, of the head, and of the whole body, rheumes of the head, and chiefly cold, tooth-ache, pain of the sinewes, and of other members which do touch the hearing; or impostumations, swellings, and worms that do grow in the eares. All these and other more have their special signes. If the deafnesse or diminishing of the hearing proceed of outward causes, the same may be well demanded of the Patient. Doth it come from the braines? Then will also the sight, smelling, and especially the taste be annoyed. If it be caused through hot Impostumes, or swelling of the sinewes, then is there intolerable pain, panting, trembling, and some frensie with it, yea hot Agues, and lastly death it self, if so be that there be not some good advice taken for it in time. If it be caused through cold humours, there is then Impostumation and cold alwaies about the same places. Be winds the causes? then is there alwayes some hissing with it. Impostumations do yeeld matter: Worms may be perceived by their stirring or rumbling, and if otherwhiles one fall out: what now concerneth the description of their remedies, our beginning shall be first of all of the pain of the ears, and afterwards of all other infirmities of the ears.

Pain of the Eares in general. §. 1.

First it is herein to be noted, that the pain of the eares is not rightly nor properly spoken; for that which toucheth the outward part of the ear, the same can suffer no great pain: and although the pain were great, yet is there no danger of life with it, for that they be no principal members of the life: nevertheless this is wont to be called, the pain in the eares which is within the head, and in the instruments of the hearing, as in the sinews of the hearing, which are neer unto the brains, and are knit therewith; of which intolerable pain deadly Agues and frensies do proceed. Therefore we will here expresse sundry remedies for the strengthening and cleansing of the braines, from whence these terrible accidents do come, like as already hath been done in the description of the head, in the first and second Chapters, and more yet where we have discoursed of the poise or murre, that for this are especially these following gentle cleansings of the head commanded to be used.

Take two ounces of Marjoram gentle, white wine one ounce, the seeds of Licebane, Piretram, of each one scrup. temper it and drop it into the eares; such cleansing of the head is not to be spared, as long as the pain of the eares or head endureth. Or when he perceiveth that it will come again, it is forthwith to be prevented and cut off: but if the pain get the upper hand, which is caused through blood, the which the red and swolne face with beating of the brains doth shew; then is the head vein on the same side where the pain is to be opened, that the matter may be drawn downwards.

If there run any choler amongst it, then may the same be purged with yellow Mirobalans, fowr Dates, sirup of Roses, *Cassia, de Succo Rosarum*. After both these remedies following, or one of both are to be used outwardly.

Take oyl of Roses, of Willow leaves, of each a like much, temper a little vinegar amongst it, and drop it luke-warm in the eares. Or take warm womans milk like as it cometh from the breast, and drop it oftentimes therein. Both of them do slack the heat, and assuage the pain. For this is also good the brayed white of an egg, tempered with a little oyl of Violets, and some Camphire; others do use oyl of water Lillies alone, or tempered with others.

A general rule of the outward applications into the Eares.

Forasmuch as now it is of much importance, how that is to be used which is to be put into the eares, therefore we will (before we run any further) declare this rule following. First there ought nothing to be dropt into the eares before that the body and especially the head be purged: but before we come to this, he may use the fomentations, bags, vapours, and plaisters that are to be used most safely; for this application hath alwayes some more danger in causing some obstruction or stopping. And if so be that with them nothing can be affected, then is the imposition to be attempted; yet the eares are first of all to be cleansed with clothes: also there is nothing to be put therein, which by nature is either too hot or too cold, but all whatsoever is middle, mean and luke-warm: also not too much, but from one to four drops, and to hold the same not above three houres in the eares; howbeit nevertheless others do suppose this time to be too short, for that the medicine in so short time cannot perform his operation, therefore do they prescribe six or eight houres. In the imposition shall the patient lye upon his whole ear, yet not to drop it in, if so be that it be not first run out: the which through neefing, crying, strong blowing of the nose is done. And this is also to be noted, that there is never any repelling medicines therein to be used, to the end that the pain be not driven to the brains. Now for to come to the hot pains of the eares, then take the water of Purslain, grated Gourds, (the juyce prest out) temper them, or use each alone, like as is already taught.

Or take the seeds of Gourds, Melons, Pompions and Cucumbers, of each one drach. and a half, beat them and see the them in six ounces of vinegar untill that two ounces be consumed; strain them through a cloth, and use them like as all the other.

Take the juyce of Housleek, oyl of Roses, of each half an ounce, and temper them; or take the juyce of Roses, of Housleek, of each half an ounce, oyl of *Sesamum* two drach. temper them together. Or take the oyl of Roses two ounces, sharp vinegar half an ounce,

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let them see the untill the vinegar be sodden away, then temper therein *Philonium Romanum* one quarter of an ounce, and rub it in and about the ears.

Take the juyce of Housleek, temper it with womans milk and use it. Also you may take the juyce of Peach leaves, tempered with a little vinegar.

Item, take a small glasse with a narrow neck, put therein the fresh leaves of Violets half full, put more unto it afterwards twenty Ants eggs, and then fill full the glasse with the foresaid Violet leaves, stop it tight; bury it the space of sixteen dayes in the ground wherein Ants are; afterwards wring them out, and drop thereof into the ear: and if one perceive thereby no amendment, and that the pain be yet augmented, then are stronger things to be used for it as followeth.

Take *Opium* one scrup. oyl of Roses one ounce, temper them together, and drop a little thereof in the ear, it asswageth the pain and procureth sleep: but do this but seldom, for we have oftentimes warned you from the *Opium*. The same may you also do with the juyce of Southernwood, with the foresaid oyl. In like manner also garden Snail's decocted in the oyl of Almonds. Eyewaters may also be used for this, which are ordained for the hot and sharp pain of the eyes, like as here before in the seventh Chapter, in the fourth and fifth §. is declared, if so be that the pain be intolerable.

This plaister following is very highly commended for all pain of the ears; Take dry Violets and Camomil, of each one ounce: temper amongst it well decocted and beaten Henbane roots, with Barley meal, of each one ounce and a half, the fat of Hens one ounce, oyl of Camomil as much as is needful; let them see the thick together, and lay it upon the ears, and upon the temples of the head: when it is cold, then lay another upon it that is warm. It must also not be neglected to rub the patient softly behind his Ears with the foresaid oyl, being made luke-warm once or twice a day. But if the occasion of this pain be through cold, then parch first Millet and salt upon the fire, and lay it warm over it in a cloth, and purge the Patient, like as hereafter shall be taught of the diminishing of hearing.

For to put into the Ears, are to be taken these things following which are extant or in readinesse, as oyl of Bayes, oyl of Costus, oyl of Radish seeds, the juyce of Marjoram gentle, the which also is good each apart, or mixed and dropt therein. Also oyl of Rue, oyl of Spike, of Bever cod, and of Behen: the Ears are to be rubbed round about with the salve of *Martiaton*, and covered with unwasht sheeps wooll, and to do this twice in 24 hours.

Take oyl of Roses or of Eggs, and the juyce of Sage, of each two ounces, stamp therein one or two Scarabees (which are of the small beasts that fly abroad in the evening with or without horns) also as many Earthworms washt in wine, see the this by a soft fire untill all the moisture be wasted: afterwards strain it through a cloth, and drop thereof in the ear every morning and evening luke-warm two or three drops.

Item, temper Bever cod with womans milk, use it as aforesaid; if this help not so soon, then take Ants, bruise them and temper them with womans milk; the juyce of Radish dropt therein the space of three dayes, shall also take away the pain.

Take the juyce of Pauls Betony, of Strawberry leaves, of Sage, of Housleek, of each one ounce, Mastick and Frankincense of each one drach. and a half, temper them together; the decoction of Coleworts two ounces: to drop thereof into the ear, should also take away all pains.

Of the order of life or dyet.

VHereas we have shewed many causes of the disease in the Ears, yet can there no certain order or rule be yeelded for it. But one must direct him according to the quality or importance of the cause.

But generally whereas pain or impostume of the ears be approaching, then must one keep him alwayes sober in eating and drinking, and to eschew all that which ascendeth to the head, whereof is already sufficiently expressed: also all that maketh wind, as portages, moist fruit, cheese, smoked and salted flesh, unleavened bread, and great fishes, small or watered wine is he to drink, and to eat roast meat: Cumin, Annise, Caraway, and Fennel are very requisite for all diseases of the Ears which proceed through cold: so also is prepared Coriander after meat.

Of the noise and hissing in the ears. §. 2.

THis disease hath many causes, as blowes without wounds, overmuch vomiting, great stirring of the head and the whole body, great cold or heat, wind, moisture of the head, or the impostumation of any other member; but the principallest cause of this hissing is, that the vapour and winds of the brains do fall into the ears; and according to the importance thereof, do forcibly rush like water, which either continueth alwayes without intermission, or at some times also ceaseth. Now pretermittting many subtil differences; this hissing proceedeth most through the feebleness or imbecility of hearing, by reason it is not thoroughly clear and clean, so that it may be thereby known, to wit, that it is lesse perceived fasting and when one is hungry, then when one hath eaten; for that the ascending vapours of a full stomach do much take away all such pureness in hearing.

This hissing must be prevented betimes, for that when it endureth continually, it is not to be cured through good government and necessary medicines; then commonly followeth after it a perfect deafnesse: and for this are commonly used these following: *Pillula de Hiera*, *Mastichina*, *Cochia*, *Sine quibus*, *de Agarico*, and *Trocisci de Agarico*; These diseases of the head be cleansed with the things which are described in the first §. of the pain of the ears through needling and otherwise.

Certain ancient Physitians have more violently dealt with it, and advised to temper two grains of *Opium* in oyl and to put it into the ears, but the same is so perilous, that some thereby have remained utterly deaf: but if *Opium* must needs be used, then this is more safe.

Take *Opium*, Bever-cod of each one grain, break them with one quarter of an ounce of vinegar, and drop a drop or twain into the ears: yet is this following much safer.

Take Sallet-oyl wherein Poppy seed and Myrtle seed are decocted, and use it as is expressed, But if the hissing come with anguish of the head, and especially through cold causes, feebleness of the hearing, and windy vapours, whether it be from the stomach, the wombe, or any other parts of the body, then use for it the juyce of Marjoram, with womans milk.

Use also which of these oyls you will, as the oyl of Radish-seed, of Bayes, of Roses (wherein some Bever-cod is mixed) of Mustard seeds, *Coffus* and of *Sesamum*, and above all is the oyl of bitter Almonds commended. In like sort these things following which have the same efficacy are to be used, temper Radish water with oyl of Bayes, the juyce of great Harts tongue with honey, the juyce of an Onion alone steeped well in Rue water, afterwards take bitter Almonds and the juyce of Rue, of each half an ounce, and prepared *Euphorbium* bruised small and tempered amongst it: but if so be that these foresaid do not help, then it is a token that this hissing of the ears proceedeth of a great moisture which lyeth inclosed in the pannicles, which cover the brains.

And then must the brains be oftentimes purged with the pills of *Hiera cum Agarica*, and *Pillula Cochia*, and to take them in the evening after meat. Will you then according as it is advised use preparative potions before? then take Oximel, and Oximel of Squils, honey of Roses, sirupe of Betonie and of Stechas (which you think good) each time one ounce and a half, or two ounces, tempered with the water of Baulme or each like, continuing this three or four mornings one after another. After the purging take Marjoram gentle, Stechas, Sea-mints, Wormwood, Marjoram, of each half a M. seethe them, and let the warm vapour go into the ears.

Item, take Rosemary, Sage, Betonie, Camomil, Marjoram gently, of each a little sodden together, and use it as aforesaid.

Item, for this is also good, the vapour of vinegar wherein Wormwood is decocted: also juyce of Onions and of Rue decocted in oyl, and two or three drops put into the ear, boil the Betonie alone in Wine, and let the vapour go into the ear: the juyce of Marjoram put into the ear oftentimes in the day, driveth away all hissing of the ears, which cometh through any wind or cold matter, and hindreth sleep.

We have before shewed how to mix *Euphorbium* in the oyl of bitter Almonds, for which one may take the oyl of Eldern, of Rue, of Camomil, and Dill, also of Licebane. Peach kernels, oyl of Walnuts, of Bayes, or which you will: or you may use one of these foresaid which you will alone, or with oyl of Bever-cod, and of *Euphorbium*, which is not so hot.

Item

Item, take the gall of an Oxe, or of a Sheepe, the oyl of bitter Almonds, of each half an ounce, the juyce of onions or of garlick and honey, of each one quarter of an ounce, temper them and use them as is afore said. Take oyl of Spike (at the Apothecaries) and the juyce of Onions, of each a like much, use it warm as before, it is very forcible.

Item, take one drachme and an half of Aristology, temper it together with the juyce of Bayes and use it as before.

After purges to cleanse the head of evil humours;

Take the best leafe Tobacco, seethe it well in water and inject thereof into the ears, this opens the stoppings, dissolves, the viscous matter, and is special for hearing.

Hissing in the Eares With bad hearing.

Take white Hellebore, Bevercod, of each one drachme, Rue, Saltpeter, long Pepper, of each two scruples, *Euphorbium* one scruple, the juyce of Radish and Garlick, the oyl of sweet and bitter Almonds, oyl of Dill, of Camomil and Nardus, of each one ounce; let them seethe alone in a pot of water untill the juyce be consumed; afterwards strain them through a cloth, and drop two or three drops in the ear with a chip, or slice of Cipres wood, whereon is laid a good deal of the stamped leaves of Marjoram. These little Cipres boards are very highly commended of famous Physitians, made warm and laid alwayes before meat upon the diseased ear and temples until it be cold, and this continued so long until the hissing be gone away: also when one goeth to sleep he may lie down upon his ear, putting alwayes the stampt Marjoram upon it.

And if any body through the great hissing cannot sleep, then is he to prepare this bagg following, and after that it hath layen certain hours in lee, to wash and rub himself therewith.

Take the innermost of the Coloquint, field Cipres, *Asarabaca*, Centory, of each one handful, Marjoram, field mints, Penni-poyal, of each two handfuls, water mints one handful and a half, chop it small, and make two bags thereof; lay them in lee and wash your head therewith, afterwards wring them out well, and lay them warm upon the head, or on the hissing ear. It is an approved remedy.

Item, in like manner may you take a dry bag for to hold before the ear, to wit of Betonie, Stechas, Marjoram gentle, and Camomil, lay these warm upon the ear. Take Mastick half an ounce, *Picecrum* one drachme, beat it small, and temper it with as much honey of Roses that you may form *Trociscos* thereof, chew it in the mouth and spet it out again: they do draw much slime out of the head.

Treacle and Mithridate are not onely good against this hissing, but also against all the diseases of the ears and hearing; therefore it is commanded in this disease for to take after purging one drachme of fine Treacle with conserve of Buglosse.

After meat you shall use Marmalade or any such like that detaineth the ascending vapours out of the stomach towards the head: it is also commended not to eat much in the evening, nor to drink late: but rather to take a spoonful of Caraway seed (which is steeped in vinegar) and so go to bed, or you may use also Annis, Fennel, and prepared Coriander.

What meats are to be refrained.

Beware of al whatsoever doth ascend upward towards the head, as Garlick, Mustard, Onions, Horseradish, nuts, strong wine, and all that is made of dow and milk; of Colworts, sodden fish, and especially from Eeles and Tenches, also from all broths, but especially in the evening, also it were not amisse every fourth day before supper, or two or three hours after, to take these pils following.

Take Bevercod five gains, pils of Sarcocolla half a drach. washed Aloe one quarter of an ounce, make pils thereof with the juyce of Nep; after this use the vapour described in this §. where it beginneth: Take Marjoram gentle, Stechas, &c. Afterwards this bag or cap laid upon the head, that both the ears even to the neck be covered therewith: Take Nep, marsh Mint, Penni-royal, Marjoram, and Rue, all dry, of each one handful. Mace half an ounce, Ameos, Borage seeds, and Caraway, of each half a handful, two white Poppy heads, stamp all these to powder, and make thereof a cap or bag.

Another: Take *Asarabacca*, Nep, Penniroyal, Stechas, of each one handful and a half, Spikenard, *Spica Romana*, Rosemary flowers, Basil, Lignum Aloes, of each half a drach.

Mace

Mace half an ounce, pownd this together, and make a cap thereof; make it warm between two Cipres boards, and lay it on the head as before. Capital powders are also commended for this purpose: Take Lignum Aloes, Cucubes and Cloves, pownd each apart, and strew this in the hair on the top of the whole head, as is taught before.

Will you then have a mixt or compounded powder? then take one quarter of an ounce of Lignum Aloes, Spica Indica, Cucubes and Cloves, of each one drachme, *Sandaraca* and Roses, of each two drachmes, Mace 3.3. make thereof a powder; strew this upon the head two hours after supper, and early in the morning, like as is said. Whereto all such patients are oftentimes to smell, is sufficiently alleadged here before in the eight Chapter and eight §. in the diminishing or lost smelling.

Of the binding or rubbing in the hissing of the Ears.

FOR this rushing or hissing of the ears is very good that the shoulders even unto the rump, and the knees unto the feet, be forcibly rubbed and chafed downwards so long untill they be through red.

It is also very commodious to bind them hard, and again quickly to make loose and undo them: also to bind hard the brawn beneath the knees, and then afterwards ascending by little and little, even to the very privities.

In like manner are also good for this, boxing cups without picking, applied from the buttocks upwards even to the shoulders.

Lastly, if there appear in the face or on the temples any extuberating, then can it not be ill to let two or three ounces of blood out of the Median. To these we will add a very old superstition, whereof *Plinius* hath written 1500. years ago, which is, When ones right ear itcheth, then is there somewhere some good thing spoken of him: but if any ones left ear itch then is there some ill speaking of him: which misbelief continueth with many even to this present day.

Impostumes and sores in the Ears. §.3.

IT hapneth very seldom that nature accustometh to purge her superfluous moisture through the impostume of the ears, nevertheless it chanceth in young new born children which are full of moisture; this appeareth oftentimes in the first described hissing of the ears, but when this hath ceased and abideth away, yet cometh again and endureth the space of three dayes; then it is a sign that there is an impostume of the ears, at hand, for which maturatives must serve, and when it is broken up, mundification. The running and mattering of the ears is moved through three kinds of causes, to wit. of an impostume, or of some ulcers of the ears, or through any defluxion into the eyes that afterwards falleth towards the ears, and there putrifying, is altered into corruption and matter.

For all these foresaid, a sober life is fit and requisite, whereby this course of matter may be diminished. Also the patient must refrain from all grosse and vaporous meats; moderate exercise is meet and commodious for him: he is alwayes to hold the body loose, if he be hot and full of blood by nature, then is his head vein to be opened, in the hand or in the arm. And if so be this (by reason of occasion) might not be compassed, then are boxing cups to be set upon the shoulders, also to purge with the pills *Cochia*, and otherwhiles move needling, for that it draweth the matter into the nose, whereby it may be easily purged and drawn, for the gargarismes are also very meet which are prescribed in *Paralyti*: for this are also outward things to be used, wherewith the impostumation may quickly be matured, the matter evacuated, and the ulcer mundified, the which can be by no surer means effected then by this: Take oyl of *Sesamum* half an ounce, Ducks and Hens grease, of each one quarter of an ounce, melt them together, and drop them oftentimes in the ear, or use Hydromel, which is described in the end of the seventh Chapter.

Item, take salt water wherein fish hath been sodden, or the pickle of salt Olives, and use them as before: the same may you do also with the leaves of Betonie sodden in wine, which are very good for all pain of the ears: or take the juyce of Harts tongue tempered with honey; afterwards are to be used one of these things following.

First, This is a commodious plaister for to draw out the matter therewith, take two ounces

ounces of *Galbanum*, *Ammoniacum*, Turpentine and Wax, of each half an ounce, Serapine one quarter of an ounce, the juyce of Onions one drachme and a half Myrrhe, Bevercod, of each one drach. dissolve the Gums in a little Wine, and pownd all that is to be powdered, afterwards mingle them and work thoroughly this salve with oyl hands, so that there be made a hard plaister of it.

Another; Take one ounce and a half of fine wheat floure, the muscilage of Linseed. of Fenegreek seed, Eeles greafe (which droppeth off when they are roasted,) gold Litharge, Cerusse, and Frankincense, of each one drachme, make a plaister of it, and lay it all over the ear, and rub it also in the ear.

Item, take fresh Holihock roots beaten small two ounces, Linseed and Fenegreek seed both beaten, of each one ounce, Dill seed and Camomil of each half an ounce; let them see the somewhat together in butter, afterwards make a soft plaister thereof, and lay it upon the ear as is afore said.

Another, which is not unlike unto this former: Take the muscilage of Holihock roots, of Linseeds and Fenegreek seed, of each three drachmes, Lilly roots sodden and stampd as much as is needful for a plaister; temper amongst it one ounce of seeds of Dill, two ounces of Camomil, butter six ounces; if it be too thin, let it see the till it be thicker, anoint all over the ear therewith, and lay it upon it.

But when the pain beginneth to cease, it is then a sign that the impostume is ripe and will break. But for to draw out the matter the better to mundifie and heal, you are then to use this that hereafter followeth.

Take *Sarcocolla*, Aloe, Dragons blood, Iron drosse, Verdigrease, Myrrhe and Frankincense, of each half a drachme, temper altogether with vinegar, dip a teint therein and put it into the ear. The same doth also the well known salve called *Apostolorum*, whether it be new or old. Iron drosse alone bruised small and tempered with vinegar untill that it be as thick as honey, rub the same in the ear, it drieth much. The like also doth burnt Allom tempered with honey.

This ensuing is also marvellous good for all kinds of impostumes of the ears: take honey five drachmes, vinegar half an ounce; let them see the, put thereto one drach. of Verdigrease bruised small: lay it with wool in the impostumated ear.

Item, whether you see the impostume in the ear or not, you are to wash the ear with water wherein Willow leaves and Agrimony are decocted and mixe with Oximel. If there be great pain with it, then look in the first §. chuse there what you please to asswage the same: but if this matter and impostume be caused of a hot corruption, the which may be known by the former signs, then is the head vein to be opened, and let him blood. Lastly also purge, as is alledged in the pain of the ears through heat, and drop oftentimes new womans milk. For this is also good oyl of Roses decocted with vinegar untill all the vinegar be consumed.

Some do take oyl of Roses, of Violets, and Vinegar, of each half an ounce, Henbane seeds half a drach. and let them see the till the vinegar be wasted away, then strain it through a cloth: this may be done the first three or four dayes, and then use this drying and healing salve.

Take Iron drosse as much as you please, make it glowing hot, and then slack it in vinegar and do this so five times together; afterwards take thereof one quarter of an ounce beaten small, and bruise it very small upon a bruising stone; temper amongst it one ounce and an half of the oyl of Roses, vinegar seven drachmes, wax as much as is needfull for to make a soft salve; spread thereof upon the teint, and stop it into the ear, or see the it in vinegar & oyl. Take sheeps wooll with the fat called *Hyssopus*, *humida* temper therewith as much oyl of sweet Almonds, and use it in the ear, it is very wholesome: likewise is also Vervein and Nightshade sodden.

Item, take the leaves of Nightshade, beat them very small, temper some salt amongst them, make a plaister thereof, and lay upon the ears. Take oyl of Roses and clarified Honey, of each a like much, temper it well, and drop it in the ear: this is good for all impostumated and sore ears.

Will not the pain cease, but rather increase? then take *Opium* one scrup. oyl of Violets three drach. use it like as in the pain of the ears is expressed in the first §.

Or take two grains of *Philonium Romanum*, and a little womans milk, drop it in the ear, it asswageth the pain. This is to be laid on the outside, take the muscilage of Linseed and Fenegreek seed.

Item,

Item, take Ducks grease, Hens grease, the suet of Foxes, or which you will, tempered together with oyl of *Sesamum*, it delayeth the pain.

If the impostume be very hot, temper Goats suet with honey, this maturateth and asswageth the pain. For this is also meet Butter alone, or else tempered with Calves feet oyl and honey.

Item, melt Honey and oyl of Camomil together temper some Goose dung amongst it, let it see the a little, and then wring it through a cloth; this helpeth for the opening of the Impostumes. But this ensuing is more better, and more profitable for to mature and open all impostumes.

Take Litharge of Gold and Cerusse, of each half an ounce, white Rosin, Frankincense and Mildust, of each one ounce and an half, Sallet-oil six ounces, Fox grease, Goats suet, and hogs grease (altogether fresh) of each one ounce and an half, muscilage of Linseed and of Fenegreek as much as is needfull, let them see the unto a plaister, and lay it over the ears upon the forehead and temples of the head. You must also keep a part soft with the water of the greater With-wind, and when you will occupie it to mollifie it with Honey and moisten Cotten therein, and so use it in the ear. But if the Impostume do come through cold, the which may be perceived through the smal pain, lesse beating by cold wether, continuance, and such like, then is he to be purged again with the pills *Cochia*. For this is also meet the forementioned suets and greases tempered with oyl of Spike.

Item, take a good handfull of Millet, parch it in a pan that thereby it may lose the moisture, and may warm the better, put it in a bagg and lay it so warm upon the ear; this doth also parched Bran mixed with Salt: in like manner also dried Betonie laid warm in a bagg upon the ear.

Item, hold the ear oftentimes over fair water, wherein Mints, Stechas, and Marjoram, are decocted.

Take Rue, Onions, both or each a part, use them as before. This warmeth also the matter, and prepareth it to break out. They oyl of Hemp seeds dropt into the ear, helpeth also to mundifie. The juyce of Onions and Rue, of each a like much meetly salted, doth much dry the running of the ears: likewise also the juyce of Radishes.

In like sort are requisite for this these juyces ensuing, to wit, that of Daffodils, of Shepherds Purse, of Vervein, Knotgrasse, each alone or mixed: the juyce of Betony tempered with oyl of Roses, and so used is very good for all impostumes and pain of the eares.

Item, take Bean straw, see the it in water, and receive the vapour in the ear, for it is special good for all hissing impostumes and pain of the ear which proceed through cold.

But if these foresaid things will not help then take one ounce and an half of Sallet-oil, steep one quarter of an ounce of Turbith a whole day therein, then let it see the somewhat, and temper one ounce of the oyl of Lillies amongst it, *Euphorbium*, Bever cod, of each one drach. use it as the former; this disperseth the matter mightily.

In like sort it is oftentimes found, that the water which runneth out of the green Ash wood laid on the fire, doth help marvelously if one let a drop or twain fall into the ear.

Here before is an oyl also described which is made with Beetles, which are called in Latine *Scarabæos*, the which in time of need is also to be used: these beasts do flye in the evenings alwayes in Sommer.

Item, take the salve *Basilicum*, melt it in the oyl of Lillies, or the salve *Martiaton* molten in the oyl of Spike, and rub it all over about the impostume.

Bathing is also very meet with warm herbs wherein Stechas, Camomil, and Bay berries be decocted: but first to purge with the pills *Cochia*, otherwise it is not commodious.

And if so be this impostume would fistulate, then temper Oxe gall with as much urine of a young boy, and drop it into the ear: or take the oyl of Rue, Hens grease, and Oxe gall, of each half an ounce, Swines bread one quarter of an ounce, Cumin one drachme, both beaten: let these see the in two ounces of Vinegar untill the Vinegar be consumed, whereof being strained, you shall twice a day drop into the ear.

Item, take wine wherein white Frankincense is sodden.

Another; Take red wine and honey, of each half an ounce, white Hellebore one drachme and an half, steep a linnen reint therein, and stick it in the ear. For this is also good whatsoever is described for the fistula of the eye.

Outward sores of the eares. S. 4.

ABout the eares do also ingender more kinds of outward swellings, which are called *Parotida* or *Gemelli*. For that commonly there cometh one under each ear, chiefly in the time of the plague, whereof is more at large described in the sixth part. These are somewhat perilous, not onely in the time of plague, but also hurtful for the brains at other times, for that they be causes not onely of franticknesse, but also of death. In like manner also if the matter descendeth towards the throat, it doth sometimes cause a squinancy, whereby the patient cometh otherwhiles in great peril, and might be strangled therewith.

These foresaid swellings may proceed from the blood *Cholera*, *Phlegma*, and *Melancholia*: the signs of blood are fumes and hardnesse, if it be wrung with the finger, the place where the finger was sheweth white, and in the twinckling of an eye spreadeth with red: also with heavy breath and ill swallowing. If the grief do come through *Cholera*, or of the subtilest blood, then there is a byting pain and great heat, without any impediment either of breathing or swallowing. But if it proceed of *Phlegma*, then is there a little pain in the feeling, without heat or great rednesse. As the other be, the *Melancholia* giveth great hardnesse and little pain, and is leaden cloured: these are to be cured as followeth. First, if the patient be of a plethorick constitution, then the matter of the same is to be avoided and drawn away with Clifters and letting of blood: also to be holpen with setting of cups, especially if there be no head-ach or Ague at hand, that thereby one do not aggravate pain with pain; but if there be great pain with it, then use outwardly warming and moistening things, as butter, the yolks of eggs, sodden Hollihock roots, Swines greafe, Figs, Muscilage of Linseed, of Fenegreek seed, oyl of Olives, warm water and such like. And if the same swelling incline to maturation, then make a plaister of these things following which are in a readinesse, as Mildust, Linseeds meal, and Fenegreek meal, or Wheat meal; temper them with water wherein Mallowes, Hollihock roots, Figs or Fenegreek are decocted; these things do mollifie, consume and maturate: when they be ripe they are to be opened, the matter is to be let out, and the issue so long continueth untill all the Ulcer be fresh, and well mundified. But if the swelling be caused through cold, then are hotter things to be used for to mature it, as oyl of Camomil, oyl of Lillies, and old Swines blood tempered amongst it, or Goats dung, Sheeps dung sodden in wine, and a little honey put thereto. This is very forcible also, Oxe tallow with honey, oyl of Lillies, the juyce of Onions, Linseed oyl, Pease meal, and such like tempered together.

But if the malady be old, then must strong things be used thereunto, as Ireos, Pigeon dung, of the foresaid greafe or tallow of old beasts, for how much older the beast is, so much the better is the greafe.

For this is also good, Badgers greafe, Bears suet, the Marrow of Harts bones: of these foresaid things may plaisters be made: take which you will, of the gum *Ammoniacum*, the fatnesse of Sheeps wool, *Sal gemme*, and such like, are you to mix amongst it.

Of the bleeding at the Eares. S. 5.

THIS unaccustomed bleeding of the eares doth come of falling, or of blowes on the head, but seldom of superfluous blood, but often through very subtile blood, the which openeth the veins in and about the ear: if it come in hot Agues, or in great pain of the head, then followeth great ease afterwards: if it be caused of falling or blowes, then is the head vein to be opened on the same side, for that thereby the blood will be drawn down and hindred that it congeal not in the ear, and so cause an impostume; if there be pain with it, use oyl of Camomil, Wormwood, or the juyce of the same with so much wine wherein hot bread is steeped, and so laid over all the ear.

Item seeth galls in vinegar and water, and drop thereof in the ear. Take a whole Pomgranat, seethe it in vinegar, and wring it out well. Also for this is good Hares greafe decocted in vinegar. But if you be afeaid of any gored or congealed blood in the eares, for that use the juyce of Garlick tempered with vinegar. If there be any heat with it, then take the juyce of Shepherds purse, the juyce of Plantan, the juyce of Housleek, which you will, tempered with wine. These are cooling and astringent.

Item,

Item, take both the kidneyes of a Steer or Oxe, with some of the tallow about it; sale it meetly well, let them rost: of the fat which droppeth off, put a little into the ears. All that is also described in the eighth Chapter and §. 7. of the bleeding of the nose, that is also very fit for this purpose.

Make little rolles of my yellow Balsom, and put them into the ears as far as you can; *Prob.* It is made as I have said of Honey, Wax, Rosine, Venice Turpentine, and Hogs lard.

Or you may foment the ears first with the decoction of Plantain, Shepherds purse, brambles, apples, prunes, or floes, Roses, &c.

Or R. of Acatia, Hypocistis, flowers of Pomgranates, Roses, Sumach, Mastick, Frankincense, see the them in wine and vinegar, then strain it, and use it for the eares.

Of little worms that grow in the Eares, and that do creep into them outwardly, and such like. §. 6.

Worms do grow as well in the ears as in the intrails, although that the same be not so common; these do make an itch with great pain. Besides that, it happeneth oftentimes if one do lye upon the bad ear, that the worms do creep or fall out. Against this are you to use any of these juyces following; of Mints, of Peach leaves, Peach kernels, and water wherein Aloes is dissolved, put of each a drop in the ear; for that they kill all worms whether it be that they be grown or crept into them, as fleas or earwigs. The same doth also the juyce of Wormwood, of Lupines, of Caper roots, Coriander roots, which have therein an especial property; and also the juyce of green nut shells: some do decoct in wine a little Hellebore, and so drop it therein. But if these maladies may otherwise be cured, then is the use of these roots to be omitted.

Item, take burning nettles, stamp them and strain out the juyce, put it into the ears, and give him to eat of the root, it will help immediately. Take Aloe half an ounce, Coliquint, Agaricus, of each half a drach. beat them together, and temper them with hot water, bruise them and use as aforesaid. Take a slice of well tosted bread, hold it to the ear, then will the worms, fleas, earwigs and such like come out: or hold the ear wherein the worms be, on the vapour of hot new milk, then do the worms creep after the vapour of the said milk.

Another. Take one quarter of an ounce of Wine, Honey, and oyl of Roses, of each three drach. temper them together with the brayed whites of two eggs, make cotten moist therein, and stop the ear therewith, lye about an hour on that side, afterwards pluck it suddenly out, then will the worm hang upon it: the same doth also the wooll steeped in honey. Item, set a great boxing cup or glasse on the ear, then will it be drawn out whatsoever is within it.

Obstruction or stopping of the Eares through inward and outward causes. §. 7.

IF the Ears be stopt, and thereby the hearing hindred, the same must proceed either through an inward or outward cause. The inward cause may be some tough slime or moisture, worms growing in them, congealed blood, matter, impostumations, excrescence of flesh, warts and such like. Outward causes are if there come any thing into them whereof we will speak severally. Do now these obstructions proceed of excrescences, warts, and such like, which one cannot see nor come at with the hand? then it is taken to be incurable: as contrariwise if it may be seen, it may very well be cured, the which is committed to the Chyrurgians, otherwise the oyl of Bay, Ox gall, Hemp oyl, are very good, each used apart. If then the stopping be through slime, matter, or any other uncleannesse, mollifie it with the oyl of bitter Almonds, or drop honey water warm into it two dayes together, and oftentimes use the one instead of the other: afterwards take a warm tile, sprinkle it with wine, cover it with a cloth, lay the ear upon it, to the end that the matter may run out. For this is also good Goats gall tempered with oyl, or Scorpion oyl. For the stopping with worms, you have heretofore in §. 6. the remedies.

If any thing be gotten into the Ears from without. §. 8.

THese things are of two sorts, as it also happeneth, that the one child doth put peason, small stones, or cherry-stones into the ear of another; the other be soft things, as water, Fleas, Earwigs, and such like. If this happen, then is not the same to be slept upon or delayed, for those things require help and advice with all speed, for there is great danger imminent, especially if that which is copen therein be of any bad nature, for of that cometh great pain, and consequently great sicknesse.

For this accident, first one of these foresaid Oyles is to be dropped therein, afterwards to bathe, and to sit there a good while, move neesing, and to hold in the breath for to drive out whatsoever is in the ears: but if this will not help, then is the same to be done with manual operation with instruments. But if that which is gotten in be liquid and soft, as water; then use oyl again, and bend the neck alwaies towards the side of the disease, and exercise your self with leaping and jumping: and if so be that it come not out thereby, then endeavour your self again to neesing. Also you may often cleanse the ear with an Ear-picker covered with wooll, or with a piece of a sponge, or to tye the pith of Eldern wood at a threed, and so to thrust it into the ear, or through a little pipe let the moisture be sucked out, the which in like manner may be done with the worms. One may also hold the ear over the vapour of hot wine, wherein Camomil, Linseed, Anniseeds, and such like are decocted. But if fleas or worms be gotten into them, they do raise great pain through their jumbling, especially the fleas: for the which take a tent and anoint it with a little cleaving salve made of Turpentine and Rosine, to the end that the fleas being fast thereat, may remain hanging at it, and so be drawn out.

If this cannot be effected, then use that which is heretofore described in §. 6. of the worms in the ear, and wherewith they be to be destroyed.

Of the diminishing of hearing. §. 9.

THE diminishing of hearing may proceed of many sundry occasions: the outward causes are these, strong fumes, unexpected, vehement, and sudden noise; as when the thunder striketh one, oftentimes hath been seen that some thereby have lost their hearing, and have been stark deaf. In like manner the South wind doth also cause it, by reason that it filleth the brains with moisture, whereby the sense of hearing is enfeebled. What now concerneth deafnesse, and the diminishing of the hearing, thereupon do all learned men first conclude, That if we be born with it, or that it continue the space of two years, that there is no hope at all left for to cure the same: and if the same do proceed of any moisture, water, matter, or other cause, whereby the hearing is weakened, that may be known by these means ensuing.

Take a sponge, make it very dry and warm, bind it in a double linnen cloth, and when you go to bed lay it under the ear; if you then in the morning see the cloth spotted, then may you well adjudge, that there is some matter in the ear whereby the hearing is hindered; but if the cloth be clean and fair, then dependeth it on another cause.

If that this disease do then come through heat, yet without any impostumation, the which thereby may easily be discerned; if the Patient complain of no heavinesse, but much rather of lightnesse in the head, the heat perceived in the feeling may well abide cold things, and hot things very ill: where this is found and perceived, then to take away the great heat is first to be endeavoured, and to drop those things ensuing into it lukewarm.

The oyl of Roses, oyl of Violets, oyl of water Lillies, temper them together, or use each alone. Item, take a Pomgranate, wring out the juyce, put vinegar and oyl of Roses unto it, of each a spoonful, powdered Frankincense one drach. and a half, let it see the a little; and drop it therein.

Take the water of Lettice, the water of a cut vine, mixe them together, or use each alone, the brayed whites of eggs with womans milk (mingled together, or each used alone) that giveth suck to a maiden child, are also very good: the juyce of Housleek alone, or tempered with other things is also good.

Take Mallowes, Hollihock roots, Lettice, Purslain, Willow leaves, Nightshade, of each half a handful, let them see the together, and receive the vapour.

But

But if this deafnesse be, as it chiefly happeneth, through cold matter, which cannot be without wind, then is the Patients head alwaies heavy, the face puffed up or swollen, casteth out much moisture through the mouth and nose: For this is the head vein to be opened, certain potions to be used, as Oximel of Squills, or syrup of Stechas, one ounce and a half, in a broth wherein Marjoram gentle, Hyssop and Fitches be decocted; and afterwards to purge with the pills *Cochia* every 14. day once, in the weight of a French crown. Some do use the *Hieralogodion*; two dayes after purging he is to gargarise with this decoction following.

Take Hyssop, Marjoram, field Mints, of each half a handful, Calamus, Mustard seed, of each three drach. stamp and beat it with honey unto a confection, take thereof one quarter of an ounce, temper it in eight ounces of water, wherein Dane weed, Fullers grasse, or Licebane is decocted. Also to provoke needling is very meet; how that is to be effected, look in the first Register.

In like manner, Mastick doth draw out much slime. Also Ginger and *Piretrum*, oyl of bitter Almonds alone is to be dropt into the ear, oyl of Bay tempered with a little oyl of Roses, and some Pepper amongst it, or the juyce of an Onion, of Radish, of Garlick, of Daffodils (which you will) as much strong vinegar with it, and for every ounce 4. grains of *Euphorbium*, tempered amongst it: The vapour of water wherein Wormwood is decocted, and the warm vapour of Vinegar received into the ear openeth all obstructions, and consumeth all moistures.

Take Hares gall, Fox fat, molten Pitch, of each a little quantity, temper them together, it is very good for deafnesse. In like sort Sheeps gall, Sallad oyl, the oyl of bitter Almonds, and wine decocted together untill the wine be evaporated.

Of this ensuing it is said, that it hath holpen deafnesse, which hath continued 30 years, and they that find it so may justly say, *Probatum est*.

Fill a bottel with the blossomes of Walnuts, stop it fast with wax that it do not putrifie, and that there come no vapour out of it, bury it in horse dung, that it stand covered all about three quarters of a yard; let it stand so a whole year: when you then open it, then shall you find therein a kind of oyl or moistnesse, that must you strain out, and set in the Sun certain dayes together, then put a drop thereof into the Ear, and you shall quickly find amendment: At the first opening it hath a loathsome stench: therefore must the Ears and nostrils be stopped, and to eschew as much as is possible the receiving of this vapour.

But if the infirmity of the hearing do come out of any uncleannesse, then is the same to be remedied with the things described in this Chapter, in the third Section, of the Impostume of the Ears; or else if it be needful, to use the manual operations for it: and if so be that there be no matter appearing, and that the disease doth breed through repletion, or of some great former sicknesse, then are the Ears to be fomented with the water wherein Marjoram gentle, Wormwood, Stechas, Mints and Marjoram is decocted; for that this vapour doth consume and expell all winds and thick vapours, which do stop the conduits of the hearing. Also one pound of fresh or new Sallad oyl sodden, and the vapour thereof received into the Ears is also very convenient.

Trochisces.

Further you are to prepare these Trochisces; Take Coloquint half an ounce, Boras one scrup. Bever cod, Aristology, the juice of Wormwood, of each 3.℔. the root of Costus 15. gra. *Euphorbium* ten grains, Cowgalls as much as is needful for to fashion Trochisces thereof; when you will use them, then break it with the oyl of bitter Almonds, and drop thereof into the ear.

This medicine is very fit for all infirmities or diminishing of the hearing, which proceedeth of wind and flegmatick humours:

Item, take Aloe, Coloquint, *Euphorbium*, of each one scrup. temper it all together with Cow gall, afterwards divide it in small pieces and let them dry; when you will use this, then bruise it on a stone, and mixe it with the juice of Radish, and so drop it lukewarm into the ear, and anoint it also therewith. Item, take oyl of Bay, and see the therein a cast skin of a Snake.

Take beaten Bay-berries half an ounce, see the them in the oyl of Lillies; afterwards wring it through a cloth, and use it as before.

Or take Balsom, oyl of Juniper, the oyl of bitter Almonds, temper them together, or use each alone.

Item, take the juyce of Sage, as much as you please, temper it with Ox gall, or Goose grease, or the fat of an Eele.

Item, take oyl of Scorpions, of sweet Almonds, and Wormwood, of each a like quantity, mixe them together, or use each alone. The same doth also the herb Coriander decocted with Onions and water.

Or take Ants eggs, pownd them, and put thereto a fresh Hares Gall, as much honey as both of them, temper them together, and use them luke-warm.

Item, take a reasonable big Radish, wind it about with wet towe, rost it under the ashes, cleanse it, and afterward stamp it, wring out the juyce, then put as much Sallad oyl unto it, and use it as the other.

Take Oxe gall, the juyce of blew Flowerdeluce, oyl of bitter Almonds, of each a like quantity; drop it warm into the ear. Take also the juyce of Peach leaves, the juyce of Wormwood, of each a like much: This is very forcible for the impostumation of the ears, and pain of the same.

Master *Tristrans* water described before in the discourse of the face, §. 1. is very good for this infirmity of the hearing being dropt into them, and used otherwise.

But if this disease be caused of too much fasting, or too much watching, whereby the face is clean fallen away, and waxen lean, and the eyes stand deep in the head, then must one bathe oftentimes, eat well, and drink more then before, sleep longer; to pour oftentimes upon the head warm water and oyl, and to keep it moist.

The tenth Chapter

Of the Lips.



N the face is comprehended the mouth that outwardly doth not appear in sight, but only the lips, which do hide all that is contained therein, and accordingly are described among the inward members.

The use of the foresaid lips is diverse: First, and before all, they are most needful for the speech, therefore they also by nature are wholly moveable and light, yea made more swift to move then any other muscle of the body: so that justly they may be called neither skin nor flesh only, but a muskly skin. They do cover (I say) and shut the mouth, to the end there come nothing into it against ones will: also that they might cover the teeth from all cold ayr, and whatsoever else; they do retain the spittle, that otherwise would alwaies drivel apparantly out of the mouth. So do they also keep in the meat, the which the tongue doth thrust amongst the teeth, and might fall out of the mouth. Lastly, both for man and beasts they are behoveful to draw in the drink.

The learned do ascribe four kinds of maladies unto the lips, as chops and clifts, impostumation and quaverings: others do write onely of the chopping and the swelling, as hereafter shall appear.

Of the chops or clifts of the Lips. §. 1.

THIS is otherwhiles caused through falls, strokes, great heat or cold, whether it be inward or outward, and very often of nipping cold winds: the signs of the outward causes are to be perceived by the Patient. Be they then provoked through sharp hot rheumes which do fall out of the head? then is there a manifest heat and drought in the lips: in like manner also in the forehead and in the nose; if there be no such, then is it a sign that it doth proceed of vapor. If now these chops proceed of a burnt matter, as salt *Phlegma*, *Cholera*, or *Melancholia*, then are the same to be prepared for expulsion, and to use 3. or 4. mornings together the sirup of Fumitory, of Wormwood, or *Oxyssacchara* tempered with Endive water, or such like, and then to purge with these pills following, which are approved especial good for all such burning matter: Take the rindes of yellow Mirobalans, *Chelbuli*, Sene, Epithymum, of each $\mathfrak{z} . 2$. Mastick $\mathfrak{z} . \beta$. Agaricus, and Rubarb, of each $\mathfrak{z} . 1$. *Diagridion* 2. scrup. Fumitory $\mathfrak{z} . \beta$. make thereof pills with the juyce of Fumitory: one may give

give of these pills one drach. unto one drach. and a half. Afterwards lay a Nut upon hot coles, untill the shell be somewhat blackish, then wring the oyl out of the kernels, and anoint the clefts therewith.

Item, take Dragagant or gum of Cherry trees (which you will) in the mouth, untill it begin to dissolve, afterwards rub it with the tongue upon the clefts, or dissolve it in Rosewater, and so use it.

Item, take fresh Butter, the muscilage of Fleawort, Calves fuet, Ducks greafe, honey, oyl of Roses, of each a like much, melt them and temper well amongst them the well brayed white of an egg and Pease meal.

Item, burn the herb Fern to ashes, it healeth marvellous well; or take Wax, Hens greafe, of each half an ounce, Turpentine ʒ. i. Dragagant ʒ. β. Galls one quarter of an ounce, melt them all together with a little oyl, and mix the rest amongst it.

This following also is altogether wholsome; Take the Caul of the Hart or Stag, lay it the space of three dayes in lee, wash it every day with fresh water, and renew the lee every day, let it dry; the third day cut it small, and melt it by the fire: then temper amongst it half so much Harts sewet, Cerusse bruised small six ounces, Camphire ʒ. i. or beaten Ginger and Cloves, temper them together; but if so be that the chops do eat in, then leave out the Cerusse.

Pomade.

Pomade is especial good and safe. Take the sewet of a Hart, fresh Butter or Barrowes greafe, of each three ounces, let them melt together on the fire, put thereto four or five small cut apples, also white wine six ounces; let all these seethe together, untill that the apples be soft; then bruise them well together, and put Camphire unto it, Cinamom, Cloves, Nutmegs, of each half a drach. beaten small together, also Muscus four graines, Rosewater ʒ. 2. seethe these again in another pot in boyling water, untill all the Rosewater be wasted away: afterwards wring it through a cloth, and wash it so long with Rosewater, untill it be white. This Pomade is also good for all chops of the hands and otherwise. For this is the Poplar oyntment also good.

Item, take white Wax, Hens greafe, the sewet of a Weather sheep, the juyce of Rue, of Camomil, Dragagant, of each a like quantity, temper them together.

Take Gum, fresh oyl of Almonds and Hens greafe, of each a like much, Wax as much as is needful; these two last are also special good for the impostumation of the nipples and Womens breasts, although they give suck unto children.

The blood of the lips (do the Physitians call *Hemorrhoids*) it is to be healed like the ulceration and bleeding of the nose, which hath been shewed in the eight Chapter.

The trembling or quivering of the lips is commonly a messenger of imminent vomiting, the which afterwards ceaseth again: what is to be used for this quivering, look in the Register.

If the lips be hot and swollen; for that do some advise that the navel is to be anointed with Sallad oyl, the which is easily to be approved. You have in many places else what is to be done to all such hot swellings: of the inversion of the lips, shall be spoken hereafter amongst the diseases of the mouth.

The eleventh Chapter.

Of the Beard.

This is the last part of the face which one seeth outwardly, and also a goodly ornament of man; therefore men do desire to have it grow, and stayed from falling out.

For the growing of the Beard. §. i.

For to make the Beard grow thick and speedily, take Southernwood, Squinanth, of each a handful, pour oyl of Dill upon it, stop it close, and let it stand a night; then afterwards see the it in water two or three houres space, temper then more amongst it, about half an ounce of powdred Southernwood: after this strain it through a cloth, and anoint the place therewith, where you desire to have a beard.

Another.

Take oyl of Dill two ounces, of Southernwood half a handful, Squills two scrup. Wine three ounces, let these seethe together untill all the wine be consumed, and then strain it thorow a cloth and use it as before. Look for this also in the third Chapter, §. 1.

Against the falling out of the Beard. §. 2.

TAke as many Bees as you please, kill them and lay them in the Sun or elsewhere, beat them to powder, make with Sallad oyl a salve thereof, anoint therewith the bald place. Take five drach. of Wax, the oyl of *Palma Christi* seeds two drach. and a half, liquid Styra, and Myrrhe, of each 3.3. *Laudanum* 3.1. *Euphorbium*, wild Rue, Gum, *Cantharides*, of each 3.3. powdered Bees or Wasps two ounces; melt all that is to be moulten, and temper the powned things amongst it; therewith anoint the place of the beard when you go to bed, but chafed well first; and in the morning wash it off again; let also the beard be often shaven away.

This ensuing is also good for the hair of the head, and of the Eyebrowes:

Take the oyl of Behen, seethe *Cantharides* therein, whereof the head and wings be abated, make it smell well with Muscus and Amber, and use it as before.

Even as of all outward accidents of the head and the face, mention hath been made before; so will we now also speak of all inward diseases and members of the same. And first of the Brains.

The twelfth Chapter.

The Brains and all that concerneth them.



Like as is already alledged, the brains are the uppermost and chiefeft of all the inward members of mans body, a place and abode of the understanding, memory and judgment, the which are shapen, and by nature fashioned with many kinds of wonderful, severall, and proper shapes, for they be without blood, without flesh, soft and congealed together like as a scum, also as marrow, moist, cold, and of themselves insensible; where they neverthelesse through the sinews, do impart and send to all other members the sensibleness and motion. With this part of the body are all beasts indued (which have much or little blood) but most of all men aboye all beasts, and the men more then the women: the foresaid brains are also moister in man then in any beast.

Hence do also spring all the sinews, that thence (as is specified) do spread themselves thorow the back over all the whole body, strengthening and conjoying it, making it moveable and sensible. Unto the brains do also stretch and reach the beginning of all veines out of the heart, and there do they end: from thence cometh also sleep, which imparteth rest unto the whole body.

It is also the second part (next to the heart) that is formed in the mothers womb.

This precious and tender part is also subject unto many accidents, which bring with them very great inconveniences; like as for example, if so be that the brains through falls or strokes be annoyed or molested; then doth it oftentimes come to passe, yeacommonly, that the Patient becometh mute and dumb: like as also in the dead palsy the members are altogether nummed or utterly lamed, and so losse of understanding ensueth. But before that we do come to these infirmities, we purpose here to admonish, that before the description of other diseases of the head, those things are not discovered, which might be convenient for the brains; as Neefing, Treacle, Mithridate, Eyebright wine, conserve of the same, and such like. With these may be also well annexed, all that strengtheneth the brains, dryeth the superfluous moisture, taketh away heat, and whatsoever might be else. But because our whole book is full with such like things, therefore it is the lesse needful for to write much thereof.

For

For to dry the Brains.

FOr to dry and strengthen the Brains, you have amongst other, many and sundry remedies. When you go to bed, swallow down two or three little pieces of Frankincense, this strengtheneth and dryeth the brains marvellous much. The smell of Sugar is also very good received at the nose.

Certain Aromatical wines which in the last part are described with their operations, and other more, as Calamus, compounded waters, Master *Trisframs* water, are also very good for this use.

And especially this following: Take Ireos 3.3. Lavender flowers, Rosemary flowers and the herb, Rose leaves, of each 3.1.β. red Styax, Benzoin, of each one ounce, *Nigella*, prepared Coriander, Epithymum, Stechas, of each 3.1. make a powder thereof, furre a cap therewith and wear it on the head. You shall have also many more such like, whereas we shall discourse of the giddinesse of the head.

But if you desire any cooling things for the brains, whereto you have not onely commodious things to lay thereon, in the first Chapter, and §. 2. but also in other places where we discourse of the Ague and Plague, as much as concerneth their vertues, and infections of the brains, we will begin with that costly treasure of Memory.

Of the Memory. §. 1.

Memory is a retaining of acts either heard or seen: Or Memory is a comprehension of the things over-past; the which the mind, as present, doth keep and retain.

Item, Memory is a retaining, establisshing, and preserving of matters which have been conceived in the spirit. If so be that this memory be hurt, then followeth forgetfulness of matters which be past and done. And there be two sorts described thereof by the Physitians; The first they do call the greater *Lethargus*, the sleeping disease, whereof we will speak apart hereafter. The other is lesse and without Ague, that may in time so take the upper hand, that not only the memory will be enfeebled, but also that men lose their understanding, and become childish and foolish. The cause of this is commonly a bad and cold complexion: otherwhiles also adjoyning with cold and moisture which overruleth the hinder part of the head. If it be caused only through cold, then it is *Stupor*, astonishment: These sick persons do speak neither of things past, nor yet things to come; they care for nothing, they sleep and wake meetly; they feel no drought of the tongue, nor yet of the nose.

But if this disease be caused through cold and dryth, then can the Patient sleep, thinketh well upon things which be over-past, but not of any thing that is present: the mouth and nose are alwayes dry. If it come through moisture and cold, then it is the sleeping disease, which forgetteth all former things wholly and thoroughly, and all present very quickly: they have very moist brains; so that the moisture runneth out of the nose and mouth. If heat and dryth be causes, then cometh it to *Mania*, that is, the right madnesse.

To the end now, that this precious treasure of memory may be continued and kept: thereof you shall have sufficient instructions which you find of the sleeping sickness, astonishment and madnesse; so that we will only speak here of that kind of forgetfulness which is caused of cold and moisture together, and is not an absolute *Lethargus*: nevertheless doth reign most.

For this is to be applyed for a general rule to defend the head from all superfluous moisture, how the same is to be effected you have many and sundry meanes, especially there whereas it is discoursed of the cold pain of the head, in Chap. 1. §. 2. and also hereafter where we shall speak of giddinesse.

But to the end we have an orderly rule for to prevent this forgetfulness, therefore we will here prescribe an orderly means for an example.

If this disease proceed of an excessive uncleannesse, surfetting of meat, of drink, of cold, and such like outward causes, then are they to be shunned, and good government observed, whereof we will once again speak more at large.

For this, must also strong Clusters be used, take *Consolida Saracenicæ*, Betony, S. Johns wort, both kinds of Sage, both sorts of Centory, Rosemary, Stechas, Flouramour, Camomil, of each half a handful, Baulme a handful, Coloquint one drach. and a half; all

*Lethargus.**Cold brain.**Stupor.**Cold and dry.**Cold & moist.**Mania.*

these things are to be bounden in a cloth and sodden in sufficient water, afterwards wrung out, and to take of this decoction 12. or 16. ounces, wherein shall be tempered *Hiera Picra*, *Benedicta Laxativa*, of each five drach. Salt one quarter of an ounce, oyl of Lillies two ounces and a half. This Clister (as is expressed) is strong; will you then have a milder? then use them that be described for the cold pain of the head: for a preparative potion is meet *Oximet Squilliticum*, with the decoction of Galangale, or Calamus. Afterwards purge with these pills following, take *Pillula Cochia* one drach. Coloquint, Mastix, Bdellium, of each half a drach. make pills thereof with the juyce of Baulm, you may give them all together to a strong man, although they be strong. Hereafter you may use certain dayes Treacle, Mithridate, or *Aurea Alexandrina* one drach. at one time; afterwards purge again with *Hiera Logodion*, or *Simplici*, according to the importance of the matter. You must anoint the head with Bever cod dissolved in vinegar, and oyl of Lillies, or rub the neck with some of these waters of life hereafter described, like as most of all those waters are requisite for this use which be described in the eight part. For this, is also convenient, Ginger, Mastick, *Piretrum* chewed or bounden in a cloth by reason of his heat; they draw out much moisture. In like manner are things of a good savour or smell to be holden before the nose, and those that be of a hot nature, as *Muscus*, *Ambra*, *Lignum Aloes*, Cloves, Nutmegs, *Indi Spica*, Flouramour, and such like favours: take Frankincense, Pepper, Cipres roots, and Myrrhe, of each a like much; make with decocted honey a conserve thereof, give thereof a drachme at one time.

The ancient Physitians commend much to take every morning one drach. of Frankincense, Pepper half a scrup. and that with a draught of wine:

For the Memory.

After evacuation and cleansing of the head, R. of Ginger, long Pepper, Galangal, ana. \mathfrak{z} . i. Cloves, Cubebs, ana. \mathfrak{z} . β . mix Indica \mathfrak{z} . 3. β . make them into powder, and put them into a bag and hang it in a pottle of wine, boyl it a little, reserve it in a close vessel, and let the bag remain in it, take of this \mathfrak{z} . 5. or 6. at once.

Order of Dyet.

FOR forgetfulnesse of cold and moist causes, are alwayes warming and drying things to be used; the dwelling place must be clear and clean, and carnal copulation as much as is possible to be refrained, and that not only therein, for it is seldom found that they that be immoderate therein, have a good memory or understanding: Mustard, Garlick, and all things which be of cold nature: in like manner, all excesse of meat and drink is also very hurtful: likewise also Mutton, Marrow of Mutton bones, sleep immediately after meat, and such like: to the contrary all dry fruits which be parched, as Hasel nuts, and Chestnuts be very good.

Also all Fowles are very meet for this, and the brains of the same, whereof we have made mention in the other description of dyet, where we have spoken of the memory, ordinary going to stool, and making water. &c. moderate mirth, fresh water wherein Baulme, Fennel, Bay leaves, and such like are decocted.

The head may also twice a week be washed with lee wherein Camomil, Rosemary, Sage, Bawlme, Betony, or which one will, is steeped or decocted.

Like as for example to be followed, here we describe for these matters.

A good Powder.

TAKE three ounces of Sene leaves, Zedoary, Cumin, Parsley, and Dill seed, of each one ounce, Ginger half an ounce, Cloves, Nutmegs, Calamus, Galangal, Pimpernel roots, Sage, Rue, Valerian, Annise, of each one quarter of an ounce, Sugar three ounces, poward all small, and temper them together, take thereof in the morning and evening about one drach. at one time; this powder doth not only strengthen the brains, but also the memory: it is also good against giddinesse of the head, cleanseth bloud, and is good for the stomach, strengtheneth the womb, preserveth the lights from all superfluous humours withstandeth all diseases of the heart, pain of the liver, of the milt, of the gall, driveth away the cough, maketh a good colour and a clear face.

It is also good to be used against all swellings, and against all pestilential air: holden in the mouth, it taketh away all tooth-ach, stinking breath, and keepeth men in good health.

The water of *Cardus Benedictus* is said to strengthen the memory, to take away the pain of the head, to amend the giddinesse, and all other accidents of the head, if so be that one take the water or the decoction of the herb every morning two or three ounces at one time.

Coriander seed and bitter Almonds confected with Sugar, do strengthen also the memory and the brains.

You have heretofore in the second Chapter and first §. of two lee bags which strengthen memory, and in like manner in the eight Chapter 8. §. of the oyl of Bricks, which is also requisite for it. Secondly, there be also prepared for this many compounded wines, as the wine of Marjoram gentle, which not onely strengtheneth the memory, but also causeth it, if were lost, to return again.

Another means for to strengthen the memory.

There was by our time at Canterbury here in England, a Cannon, a Doctor of Divinity and also in the Law, named *Johannes Coletus*, to whom by that time he was sixteen years old, was an experiment imparted by a Christened Jew, whereby he obtained such a marvellous strong memory, that he retained and kept all that ever he read in all his life time: the which when he was in his 39. years of age, he lying at the point of death, his friends prayed him to disclose and reveal his secret remedy and experiment unto them: where he hath declared that before he had a very grosse and hard understanding; but through the use of this experiment he afterwards obtained such a sharpe wit and memory, that he could not onely remember and hold in mind that which he read, but also all that he heard and saw; Insomuch that he could recite by heart from word to word the *Decreta* Decretals. the orders of all the Emperours lawes, with their expositions. *Aristotle* and other authors which he had seen and read. Also how many names that were rehearsed before him, he could afterwards without missing one repeat them again.

Therefore may this experiment be reputed of a great value, and as a gift of God, because that thereby men may with so little trouble attain unto so great a matter.

First, the head is to be cleansed with these things following: Take *Pivetrum*, Marjoram, Galangal, Ginger, Caraway, seed of broad Plantain, prepared white Mustard seed, of each alike much: this being beaten grosse together, and if this powder weigh about two ounces, then seethe it in a quart of water stopt close too, when it hath now sodden well, then put a quart of strong wine unto it, and an ounce of clear honey, let it seethe again untill about two fingers breadth of the liquor be wasted: herewith are you once every morning (in the increasing of the moon) to gargarise well and many times, holding it long and warm in the mouth; to the end it may vapor up into the head.

Afterwards make this potion following: Take Ginger, long Pepper, of each one drachme, Galangal one scrup. Cloves, Cubebs, of each one drachme and an half, pownd them all together to powder, and bind them in a linnen cloth, let them seethe well together in two quarts of Wine stopt fast as aforesaid: afterwards let it stand covered untill it be clear, whereof you are to drink every morning fasting, and at evening going to bed a good draught, and that before you shall have anointed with the salve which shall hereafter be described. The vertue of this wine is for to draw a superfluous moisture out of the head.

This being done, then place your self in Sommer time in the Sun, and in Winter season by the fire, and kemb your head softly a long time; so that thereby the pores may be opened: afterwards wash your head with the water of Rue, and drink a good draught of wine, and thereupon eat a bit or twain of bread that hath been steeped in the wine, then fast so unto the evening. Your supper must also be sober, your sleep quiet and undisturbed: continue this many dayes together, the longer the better.

When now the veines be warm with kembering, then anoint the head and the temples with this salve following. Take white Lillies, Colwort leaves, wild Baulme, of each one drach. pownd them together, put them in a pot, powre therein two ounces of Sallet oyl, fresh butter as much as all the rest, three spoonfuls of the spirit of wine (which hath been rectified

rectified at least four times) water of Rue, of Sage, of Celendine of each two spoonfuls, old white wine five spoonfuls; temper them well together, set it so six or eight hours in a warm place, then strain it through a cloth; afterwards seethe the liquor untill it be as thick as honey, (and that by a small mild fire) then set it in the Sun so long till it be of the colour of Copper: This salve must be alwayes made betimes, and it can continue good the space of two years. Also it behooveth to gather all the herbs for distillation when the dayes be at the longest: and then may also most meetly this salve be prepared. This salve must you (as is reherfed) use after that the head is purged, you must anoint well the hinder parts of the head and the temples with it; afterwards cover it with a leathern cap or hat, so that the head may be warm that the said salve may have her operation the better in the blood and brains. In the evening is the head to be washed with good warm wine, and one must keep a good diet, and use meats that be light of digestion, also use moderate drinking. This order is to be kept at the first by the space of four dayes; and so to continue it the space of a whole year, every eight weeks once two or three dayes together.

The next year afterward you may chuse one day upon which it is good to take Physick, and then use this salve every three moneths once, when the Moon increaseth: The third year it is sufficient once in twelve moneths, and afterwards so long as you live, once in two years.

Of the giddinesse of the head, and infirmity of the brain. §. 2.

THis disease is called of the Grecians *Scotomia*, and of the Latinists *Vertigo* which is a giddinesse or swimming of the head; we call it also the swimming of the head, for that it seemeth, that all which one seeth runneth round about: or the sight faileth when he will behold any thing, and he thinketh that he seeth swarming before his eyes many marvels, and things which be of strange colours, yea it often hapeneth, that his eyes be very dark, and must fall to the ground; like as also it sometimes hapneth to a sound body, if they run too much about, or to such as look too much downward from a great height, or upon a turning thing, or into running waters.

This disease do they chiefly get, that are wont to frequent much the Sun, and their heads have been overheated: It is also caused of the stomach, if that it be overcharged with any superfluity, whereby the mouth of the stomach is harmed, and sendeth some bad vapours towards the head, which do cause the swimming or giddinesse.

In winter time, and when the wind is southerly, then are all people more subject to this giddinesse, then in dry sommer. Of this giddinesse the Physitians do make many kinds, like as also it is divers according to the nature of the humour whereof it is caused: but to speak of the foresaid giddinesse, when any one thinketh that all that he seeth runneth round about, the sight vanisheth as he would fall to the ground; the face and the eyes wax red, the veines swell, the eares shew themselves great and full of blood, thereby it may easily be adjudged, that it is caused through superfluous blood in the head, the which troubleth and molesteth the brains: therefore is this sick person to procure presently afterwards to open the vein behind the ear, & to let out three or four ounces of blood; for that is a certain remedy for this disease. And further, for all other spices of this swimming, of whatsoever cause that they may proceed; for if so be that this giddinesse do continue long, it is much to be doubted, that the falling sicknesse or the dead palsey may come thereby. In like manner are boxing cups unpickt to be set above upon the head, in the neck, upon the shoulders, and on the legs. For this also are certain lotions of the feet to be used, made with herbs which do strengthen the head, whereof before in the first Chapter §. 3. for the heat of the head, and in the second Chapter §. 12. sundry are described. But although these foresaid veins do not appear and make shew, and nevertheless the face were alwayes red, then must the median be opened, boxing cups, as is said to be used, to moisten the head with vinegar of Roses, and with oyl of Roses, and to eschew all hot meats, much sleep, long watching, to look from great height downwards, and such like things; Lintels, milk, kids flesh prepared with Verjuice, ijuice of Pomgranats, or with vinegar, roasted Pears or Apples after supper are very good for him: of herbs, Lettice and Purslain with vinegar may he also eat well; for his drink he may also temper vinegar or the juyce of Pomgranats, Sugar water decocted with Fleawort, or any small thin wines.

For purging are meet yellow Mirobalans, especially if the giddinesse be caused of *Cholera*, the which are thus to be used: Take one ounce and an half of yellow Mirobalans beaten grosse, seethe them in eight ounces of water at the least, put thereto one ounce of so wre Dates, let them seethe together unto the half; then temper amongst it three or four ounces of sirupe of Violets, or of Roses, and so give it to the patient in the morning fasting.

Take six ounces of whay, lay therein to steep one drachme and an half of Rubarbe a whole night, wring it afterwards out, and give it to the sick person cold or luke-warm.

Take ten dry Prunes, sowre Dates one ounce, seethe them in six ounces of water, then take thereof three ounces, and mix amongst them two drachmes and a half of the Ele-ctuary *Desucco Rosarum*, and drink it warm.

Item, take sowre Dates, Manna, of each one ounce, temper them with three or four ounces of Prune broth.

Also these pills following may be used: Take *Pillula fetida, de Sarcocolla*, of each one scrup. temper them, and make thereof seven pills.

After the purging he is to keep him quiet, and to cover the belly with warm cloths. But if to this giddinesse there happeneth no redresse in the face, nor any Ague, it may be concluded thereof, that the cause proceedeth of cold, whereof the matter lyeth in the stomach, which there provoketh the patient to wambling and vomiting, whereto the patient is then to urge himself, thereby to be rid of it; and that through this means: Take Radishes, or Horseradish, one ounce, the seed of Orage and of *Asarabacca*, of each half an ounce, seethe all this in twelve ounces of water unto four ounces: unto this strained decoction you are to add half an ounce of Oyl, Saffron one drachme, Vinegar four ounces, give thereof two spoonfuls in the evening after meat. Preparative potions are to be used according to the cause of the disease, for the space of certain dayes, and then to take these pills following, *Aurea* or *Cochia*, the weight of one drachme. Or in the stead of these pills, to use half an ounce of *Hiera Picra*, and *Oxymel Compositum* one ounce, with four ounces of water, wherein Hyssop and Zeduary is decocted.

It chanceth also oftentimes, that at the first this giddinesse doth come with some swarming or fantasies which appear before the eyes, the which neverthelesse in truth is nothing so. This the Physitians do call *Scotomias* and *Imaginationes*, whereof before in the seventh Chapter and 12. §. is spoken at large. Of the which very many be holpen by these means following: Take Eybright two ounces, Mace half an ounce; beat them small, give thereof after the purging half a drachme, or two scruples with wine or flesh broth. What further concerneth this kind of giddinesse, you may discern hereafter, where we speak of *Paralysis*, with the which this swimming doth agree. This patient must refrain from all meats and drinks which be of cold nature: but Kids, Mutton, Pullets, Partridges, Pheasants, and all other fowles that have their abode in hilly countries, he may well eat them, yet rather roasted then sodden: in like sort eggs and all that is drest with wheat or Rice: small red wine, or rather honey water is to be his ordinary drink. But if if this will not help, and the foresaid giddinesse do still continue, then is this commended for a principal remedy, to wit, to open the head by actual or potential cauteries above upon the seam (which is called *Sutura Coronalis*) to the end that thereby all bad vapours, which cause these infirmities in the brains might exhalate. Some use in stead of the foresaid Cauterie this corrosive salve following; Take Cantharides (the heads and wings broken off) two ounces, sowre dow half an ounce, temper them with spirit of wine or vinegar, lay them behind in the neck, and behind upon the brawnes of the legs, in bignesse of half a doller; let them lye so long untill they raise a blister, that is, about twelve hours or somewhat more. These blisters are to be holden and kept open, with the laying upon them of a Colwort leafe as long as is possible: But if so be that neither ague, nor vomiting, nor any other impostume do befall with it, and yet neverthelesse the giddinesse persist and endure, then is the sick person oftentimes to be purged with the pills *Cochia*, and to withdraw him (as is said) from cold meats, because that the cause of this disease proceedeth of cold. Further, he is to be let smell to a little bag of Annis seeds, and in like sort must he wear a cap with Annis seeds upon his head, and receive the vapour of the decoction of Annis seeds into his nose; for that the smell is very requisite, because it drieth and warmeth well. Also the head is to be cleansed, as oftentimes hath been shewed: but this ensuing is especially good for it: Take the juyce of wild Cucumbers

bers one ounce, honey water wherein Marjoram is decocted, two ounces; temper and draw them into the nose: but take before, thy mouth full of clear water, so that it may come the lesse into the mouth.

Gargarismes.

Gargarismes are also to be used for this purpose, thereby to expel all flegmatical humours which cause this malady: Take Betony, Hyssop, of each one handful, Licorice, Rue, and Raisons (the stones being taken out) of each one ounce, *Piretrum*, Ireos, of each half an ounce, Mustard seed, Licebane, Ginger and Mastick, of each one quarter of an ounce, clarified honey three ounces; seethe them in sufficient store of water, and scum them well, take thereof before and after meat, at each time two spoonfuls in the mouth, holding it long therein, and having gargarized, spit it out again.

With this may you also use chewed Mastick, *Piretrum* decocted in wine or water, or steeped. But alwaies (as is admonished before) the roots knit in a cloth; for it is otherwise too strong.

Item, take Mustard seed, Marjoram, *Piretrum*, long Pepper and Sage, of each one quarter of an ounce, seethe it to the half, being strained, use it as before.

The *Piretrum* hath an especial operation against the giddinesse, therefore it is also to be decocted and beaten to pap with the whites of Eggs, and so laid upon the head.

A Powder for meat.

Take Nutmegs, prepared Coriander, of each half an ounce, Messelden of the Oke, Piony seed peeled, and Galangale, of each one drach. Calamus, Betony, Cubebs, and Cumin, of each half a drach. Sugar, as much as you please. You have heretofore in the first Section a good powder for the memory, which is also meet for this purpose: and this following is very necessary for it.

Take the juyce of Fennel one ounce, Sugar two ounces, seethe it together like to *Manus Christi*.

An Electuary.

Take a pound of Currans (well cleansed) Licorice cut small) Buglosse water and Endive water, of each six ounces, let them seethe together, and afterwards wring it out hard: in this decoction are you to put of preserved Mirobalans, Chebuli and Emblici, of each six ounces, Honey of Roses and Sugar five ounces; let it seethe until it be somewhat thicker then honey: afterwards clarifie it with the whites of eggs; when it is now cold, then temper amongst it one drach. and a half of Cinamom powder, preserved Nutmegs one ounce, Lignum Aloes, Cloves, of each one drach. Fennel and Anniseeds, of each half a drach. conserve of Roses two ounces and a half. Of this confection you are to use every week the quantity of a Walnut. Item, take Cinamom, Cloves, Fennel, Galangal, chew them long in the mouth, and afterwards spit it out again. The confected Calamus is also much commended for this giddinesse, and in like manner confected Coriander, as is more said in other places, where we have treated of the memory.

Preserved Mirobalans are also especial good after meat, also being dry to chew them in the mouth; for that they do hinder the vapours ascending up to the head, and consume all watery moisture: also how good *Carduus Benedictus* water is for this use, look in the place where we have spoken of the memory: the Treacle and Mithridate are also much commended for this purpose.

The order of Diet.

They that be troubled with this giddinesse ought to live very soberly and moderately, to leave wine, or to water it well: if the disease come through heat, then is heat to be eschewed; if through cold, then is cold to be shunned: after meales take a piece of tosted bread and eat it. His meats must be light of digestion, and use little; like as is sufficiently shewed in the hot head-ache.

Of franticknesse, madnesse, or doting, and such like infirmities. §. 3.

THe diseases of the brains are divided into three kinds, to wit, first if their accustomed operation be hindred. Secondly, if they be perished & enfeebled. Thirdly, if they be altered from their good disposition and nature into another; like as when a man falleth into foolishnesse and forgetfulness, that he forgetteth his writing, reading, and his nearest kindred, yea his own name: the which in truth proceedeth out of a coldnesse of the brain, like to the palsey, and falling sicknesse, and such like accidents which suddenly assault men. But if this foresaid disease (whether it happen in the understanding or in the memory) be small, then it is a sign that the coldnesse is not great, for these diseases have also their greatnesse and smallnesse. Delirium, doting childishnesse, be it howsoever it will, it cometh of some bad humour and distemperance of the brains, and is an erring, troubled and spoiled motion of the principal vertues of the mind; and if so be that an Ague befall with it, then it is a right Phrenitis, that is, Frensie; which is not onely caused through hot humours, but is also admixed with some Phlegma in the brains: but in case there be no Ague with it, then is this malady called *Mania*, madnesse; and springeth out of hot humours, & chiefly of the *Cholera*, which inflameth the brain too much; *Melancholia*, of which issue onely despair, sorrow and fear, and that which is called in Latin, *Dementia*, (to wit, when a man is wholly out of his right mind) proceedeth onely of cold humours, like as hereafter again shall be more at large declared.

Of doting and childishnesse, called in Latin Delirium. §. 4.

THis disease is for the most part in all sicknesses or infirmities of the braines, for that in case the same be distempered, (be it by whatsoever manner that may be) then will the understanding be thereby wholly or in part enfeebled, according to the greatnesse or smallnesse of the humour whence this disease is caused.

When now these doting conceits and strange thoughts do come without crying, calling, or noyse, as if he were possessed, then it is the very true *Melancholia*.

But if the madnesse do come with chiding, scolding, leaping, cursing, and such like misdemeanours, then it is the right *Mania*, or madnesse, with all her symptomes, which do assault him no otherwise then as if he were possessed.

If there be with this madnesse laughing, merriment, friendly semblance, then is the same alwayes better then any of the rest: but if this come through burnt melancholike humours, then it is the worst, and the behaviour none otherwise then as if he were possessed. Others make of these Delirium or Desipientia, 12. kinds, whereof the most part are here described.

And to the end we might first of all have an example how that these kinds of sicknesses are best to be holpen; therefore we will set before us a youth that hath lost his understanding, and is become distracted.

At the first is very meet for it a very good government or order of diet, and to use all things which be warm and moist, to eat good raised bread, which is above three dayes old, otherwise he is to eschew all things that are made of dowe: young Veal, Mutton, Lamb, Pullets, Capons, young wild swine; in fine, he is to eat all that is young whether it be wild or tame, and to refrain all that is old.

Of herbs are meet for him Endive, Spinage, Purslain. As concerning fruit, fresh Almonds, Hasel nuts, sweet Cherries, Melons, Gourds, Pompions, fresh Figs, Grapes, sweet Pears, Apples, oyl of sweet Almonds, or fresh Butter. He must refrain from Vinegar; or if he will use it, he must delay it with Sugar or water: yet is he rather to use the juyce of Lemmons or Verjuice, but seldom, and that made sweet with Sugar.

For his drink he is to take sweet wine, and clear wine well watered, for that he will be very soon drunken, which is hurtfull for him. In this country instead of the foresaid wine, small beer is commonly to be used: he is to forbear all old and salt flesh.

But if so be he cannot forbear wine, and were it notwithstanding inclined to drinke much, then are you to steep therein prepared Coriander seed, Sorrel seed, Purslain seed, with the flowers of water Lillies, this will resist and withstand all drunkennesse.

Can he be satisfied with drinking of water? then let him drink none other then Barley water or sugered water.

Buglosse

Buglosse good
for Melancho-
ly.

Buglosse leaves or the roots of the same are alwayes good, whether they be used in meats or drinks, and all that may be made with Buglosse.

He must also moderately move and stir in going and standing. Copulation must he utterly eschew, because that thereby the best blood of a man is wasted, and worn away, and the natural forces infeebled.

He must kemb the head oftentimes, sing much, use musick which is very commodious for all melancholick persons, his sleep must be somewhat longer then it was wont to be when he was in health.

Because that this matter is very hard to be purged, and yet neverthelesse it must be done for the most part, then is alwayes the advise of a learned Physitian to be followed, the opening of the Pills or Hemorrhoides is especially commended for this disease. One may also drink many dayes together, three ounces of the juyce of Buglosse, for it is marvellous good for all kinds of melancholy. Also is very good two ounces of the juyce of Hops, (being wrung out) if it be presently taken without setling, preserved Citron pills one spoonful taken in the morning early and in the evening two hours before meat are very meet, or two ounces of the sirupe of Citron pills, with three ounces of Lettice water used before purging.

Comfortable Electuaries:

Take the flesh of roasted partridges breasts twelve ounces, the roots of white Behen, the flowers of Borage, Buglosse, Zeduary, of each one drachme, Saffron one scruple, Mace, Sacrifrage, of each one scruple, Jacint, Smaragd, Saphires, and Harts bones, of each half a scruple, three leaves of beaten Gold, fired gold half a drachme, prepared Pearls one drach. three ounces of fresh Pine apple kernels; let this steep 24. hours with the flesh in four ounces of white wine, and two ounces of the juyce of Quinces, pownd them all small, and seethe 12. ounces of white Sugar with the foresaid liquor, temper it altogether: give thereof every morning half an ounce, and drink thereupon two ounces of Buglosse water; afterwards take before dinner and supper one quarter of an ounce of it: for besides that it is good for the giddinesse, it doth also strengthen all the members of the body.

In like manner mark, that all which strengtheneth the heart, whether it be hot or cold, the same also strengtheneth the brain.

Of Phrenitis, or franticknesse with an Ague. §. 5.

VE will now discourse of that kind of franticknesse, which the learned call *Phrenitis*, which we define thus: Phrenitis is a frensie or bereaving of the wits with an hot Ague, or Phrenitis is a doting and distraction or spoil of the understanding, which endureth not alwayes, and that assaileth one with quivering, small voyce. and with an Ague, which doth also most proceed of some inflammation or swelling in the brains. And although there be many kinds of franticknesse, yet may they be divided into principall sorts; the one which is caused of blood, the other of *Cholera*: out of both which, the third kind which is *Melancholia*, as a mixture doth sprout and spring.

They that be burthened with the first kind, they may adjudge all things like as they be, know what it is; but how to think of it and use it do they know nothing at all. They that have the second kind of franticknesse, they do know in their thoughts or forecast nothing at all; but adjudge much otherwise of all that ever they see then it is. For both these sorts have you a notable history recited of *Galen*. They which be charged with the third sort, they be so distracted of their wits, that they can neither discern right, nor adjudge right. And now for to come to the right signs of the foresaid diseases, we will rehearse these following.

First, inward Agues, heavinesse of the head, drought, rednesse of the eyes and face, pain of the head, shunning the light, and strong motion of the pulse.

Item, unquietnesse, much and filthy talke, dryeth and blacknesse of the tongue, tumbling up and off from the bed: their urine white, quick and strong breathing, crying out in their sleep, fear, impudency, do not cover their privities being uncovered, forgetfulnesse of all that is passed, terrible dreames, &c.

And if, besides the foresaid signs, the tongue be red and yellow, and the understanding enfeebled with much watching: then it is a perfect Phrenitis, that is, franticknesse.

with

The signs of
franticknesse
with hot agues

with a strong Ague. For this the remedy is not to be delayed, but before they (which do proceed of blood) do take root, he is strongly to be let blood in the head vein, even till he swoond, if nature may abide and suffer it.

But if so be that the sicknesse have endured already past the fourth day, and settled it self, then is the vein of the forehead also to be opened on the top of the nose, and to be diligent for to open the Hemorrhoides, the which is very requisite and sure.

And if so be that for some causes the opening of a vein be hindered, then is blood to be forced out of the nose, or at the least to set boxing cups on the shoulders.

But if the cause be of Cholera, then is the body to be purged through Clusters, as hereafter followeth.

Take two handfulls of Lettice, Barley half a M. Mallowses, Mercury, Violet leaves, of each half a handfull, the flowers of water Lillies one ounce, and a little bran: see the these together in a sufficient quantity of water; then take of this decoction twelve or sixteen ounces, put thereto Sallet-oyle, and prepared Cassia, of each one ounce, extracted Prunes five drach. set this Clister fasting.

Another; Take Mallowses, Blites, Mercury, Violet leaves, and water Lillies, of each one M. let them see the together in sufficient water; afterwards take twelve ounces thereof and temper amongst it Triphera Saracenica one ounce, strained Prunes an ounce and a half, oyle of Violets two ounces, Salt half a drach. Further to purge withall, fowre Dates are especially fit: for they do not onely expell the bad humours, but also alter them. These are thus to be prepared.

Take twelve ounces of fowre Dates, see the them in 24. ounces of water untill the fourth part be consumed: this decoction is to be strained through a cloth and to give him five ounces thereof at once. Item, take three ounces of Manna, temper it in the decoction of Prunes, and give it him in the morning.

But if so be that the humours be burnt, then see the with the Prunes a few Sene leaves, a little Fumitory, and Epithymum, of each one quarter of an ounce, the roots of Poly-podium one ounce, and in 4. 3. of this decoction, temper the Manna and fowr Dates.

Another; Take yellow Mirobalans one ounce and a half, stamp Prunes two ounces; see the them together in ten ounces of water unto the half, or till that there remain four ounces over: then give it forth.

Or take one quarter of an ounce of Rubarbe, decoction of Prunes four ounces, beat the Rubarbe and so temper it amongst the decoction; add unto it two ounces of sirupe of Violets: let this stand together the space of twelve hours, and give it him early in the morning. But if so be that the humour be burnt, then put some Sene leaves unto it, Epithymum, and the roots of Polipody, of each one quarter of an ounce.

After the foresaid purging, may the head vein upon the hand or in the elbow, be safely opened, and boxing cups fixed upon the shoulders. Also to open the Saphes, and to move the Hemorrhoides, if so it seem requisite.

If this sicknesse be caused of blood.

Take twelve ounces of the juyce of Plantain, juyce of Shepherds purse and Rose-water, of each four ounces, Vinegar two ounces; make clothes or tow wet therein, and then lay them on the forehead, and so over half the head.

Item, take Violet leaves, Lettice, and powdered Barley, of each 1. M. Poppy heads, roots of Southernwood, and water Lillies, of each half a handfull, Henbane, Poppy seeds, and Lettice seed, of each half an ounce, Camomil, Melilot, and Mallowses, of each half an M. see the them altogether in a sufficient quantity of the water of Sage; afterwards take a Sponge and therewith moisten from the forehead, or from thence where the hair beginneth, unto the neck behind as often as you please. Item, take the juyce of Housleek, of Lettice, of Purslain, and of Nightshade, of each three ounces, Rose water two ounces, Vinegar one ounce, temper and use them as before: this bringeth also sleep with it, and especially if one temper therewith two ounces of the juyce of Poppy heads: cannot you get the juyce? then take the distilled water it self, if you will have a plaister of it, temper Barley meal amongst it.

Note also, that these cooling things are to be used onely in the beginning of the frensie: for that if it be seen that the matter beginneth to yeeld, there are other things to be adhibited; as when it beginneth to depart, then take a sucking whelp and take out the bowels, and

and so lay it warm upon the Patients forehead, or rather on the top of the forehead when the hair is shorn off.

Item, take another whelp (the intrails being taken out as is said) bestrew it inwardly with Henbane seed, and lay it warm upon the head, this maketh the frantick to sleep; the same do also young Doves and Cocks opened in the back, and laid upon the head; or take the warm lights of a Weather, hold it upon the forehead, when it is waxen cold make it warm again in warm water, but wring it well out, and lay it again upon the forehead, and reiterate the same oftentimes.

Of the dwelling of a frantick man, and other remedies concerning this disease.

THe dwelling of any frantick persons must be temperate, more cold then warm: Bestrew his Chamber and bed with cold herbs as Lettice, Purslain, Houfleeke, small and great Willow leaves, water Lillies, and Nightshade; have also clothes made wet in common water, round about him pluck away all pictures out of his eyes, for that they bring fantasies and troubles unto him, let honest people come amongst them, to the end he may be ashamed; let him smell to Roses, Violets, water Lillies, Flowers, and Camphire, whereof may also bags be made; this is prescribed for an example, how all manner of frantick men are to be governed; now will we proceed forward.

But if it be feared that a man would become frantick, then take quick Brimstone, and Mastick of each one drach, and a half, temper them well beaten with half an ounce of good Treacle, and give a youth thereof half a drach. at once mixed with Cicory water, an old body one drach. with old wine. He is to sweat thereupon as long as he is able to indure it: doth it not help at one time? then do it more times, but the Patient is to beware of cold and wind.

Take Camomil, the herb Dill, Roses, Marjoram gentle, of each one M. see the them and make clothes wet with it, and lay them warm oftentimes upon the Patients forehead.

Take Violet leaves, Melilot, Mallows, Rosemary, Bay leaves, and Poppy heads, of each two handfulls, let them see the together, and use it as before: the conserve of Betony, of Gilloflowers, and especially of Piony flowers, is very convenient for this above all other, and not only for this disease, but also against all strange fantasies, frightings and fear, the which people have a nights, and without any cause.

A pretious Water.

THis is much commended above all things, for to keep men in their good understanding, and to restore the same if it were lost; take May Lillies stript off from their stalks, pour Muscadell, Malmsey, or any other old wine upon them, put this in a glasse and stop it fast, and let it stand certain dayes: afterwards distill it through soft seething in a kettel of water. This is not only good against the frensie, but also in the dead palsie, where the speech is lost, against all faintnesse, against all consumption: it repugneth also all venome, and strengtheneth the heart; a spoonful taken thereof at once.

These frantick persons are to be alwaies kept sober in eating and drinking, as is expressed, and to use cooling things, for necessity requireth the same: They must eschew wine, and be content with small beer and Barley water, wherein the sirupe of Violets, of Roses, or of water Lillies be mixed. He is to eat Orgemond or Ptisane (called *Ptisana*) or any other water paps. Also all other cold herbs stewed, as Lettice, Spinage, and Sorrel, yea some require this order to be kept so directly, that they will not allow any other thing in the world. But regard is alway to be had to the ability of the Patient; and heed must also above all things be taken, that this Patient be not made angry, nor feared, and not frightened; but as much as is possible to be kept with mirth.

For to bring the sick to sleep and rest. S. 6.

FOr that this malady doth bring with it much unnatural watching, therefore it is needfull to write somewhat thereof, for that is very hurtful in the disease, because it doth dry the whole body, taketh away the appetite, troubleth the mind, contracteth the sinews, weakeneth

weakeneth the wits: also causeth some Ague, and bringeth with it other inconveniencies more; as also the losse of the sleep, which is a very bad sign in all hot diseases.

The causes why one cannot sleep are many, as anger, sorrow, pain, heavy thoughts, a full and crude stomach, hard meats; as Toad-stooles, Beans, Onions, and Mustard seed, the which do all bring terrible dreams: Also when there is an impostume in the braines, great disquiet, barking dogs, and such like more which may hinder the sleep: these are the common causes which do keep one awak. But how the same is to be redressed, and how that the reviving sleep is to be restored, shall be shewed hereafter.

But now to prosecute our method, there be in the Frensie (called *Phrenitis*) which is with strong Agues, these things following prescribed.

If it happen that this Patient can attain to no sleep, like as it commonly chanceth in such diseases, whereby the sicknesse is aggravated; then may the sleep be provoked well with inward and outward things; whereto these safe remedies are very meet.

Take womans milk, of one that giveth suck to a daughter, four ounces and a half, the brayed whites of four eggs, and white powdered Poppy seed as much as is needfull to make them to a salve; spread thereof upon the forehead and the temples. Take the sirup of Poppy heads, the water of white water Lillies, and oyl of Violets, each alone or mixed together, and use them (as hath been said.) Take Henbane seeds, and see the them so long in wine untill it be thickish, anoint the temples of the head, the nose, and ears therewith: this is very strong, but use it not but only in great need. Item, take Poppy seed, and Henbane seed, of each a like much, beat them small, and temper them with the white of an egg, womans milk, and with a little Vinegar; use them as before. When one is come out of his natural sleep, or enfeebled in his wits, then make a sponge wet in this water following, and lay it warm on his forehead and on the temples of his head; being waxen cold, it is to be renewed.

Take Lettice, Violet leaves, pilled Barley, Poppy heads, the roots of Mandragora, the white water Lillies, of each a handful, Henbane seed, Poppy seed, Lettice seed, of each one quarter of an ounce, Camomil, Melilot, and Mallows, of each half a handful: let this see the together in water.

Take Cassia wood one drach. Opium two drach. and Saffron one drach. make a powder thereof, and at the most take one scruple thereof, let it steep in Vinegar and Rose water; anoint the temples with it, it is very strong and safe. In like manner will be for this (amongst the common things) *Oxyrrhodinum* used; whereof some stand described in the first Chapter, and §. 2.

A Salve.

Take one ounce of Poplar salve, oyl of Violets half an ounce, Henbane seeds, the roots of *Mandragora*, of each 3. ℥. Saffron, Cassia wood, of each one scrup. temper this together: the sleep was wont also to be procured with this following, binding it about the neck, and to lay it upon mens privities, and womens breasts.

Take cold water and Rosewater, of each five ounces, vinegar one ounce and a half, wet a double linnen cloth therein, and lay it over it.

Item take herbs of cold natures, as Willow leaves, water Lillies, Vine leaves, and Lettice, see the them in water, and wash the foresaid place, also the hand and feet therewith. This doth also, to set the hands and feet in cold water.

A potion and such like to procure sleep.

Take white Poppy seeds half an ounce, roots of *Mandragora*, Henbane seeds, of each 3. ℥. unbeaten Saffron 4. grains, stamp them all together, and bind them in a cloth, and lay them in steep in five ounces of the water of water Lillies the space of six hours, afterwards wring it out, and give it to the sick person two hours before supper or dinner, from one ounce unto 3. ounces, according to the importance of the sicknesse, and the ability of the Patient.

Item, take water Lillies 3. 12. Opium 3. 1. steep them together in three pints of Malmsey the space of 24. houres, then cast therein one quarter of an ounce of Salt, white beaten Poppy seeds half an ounce, Henbane seeds one quarter of an ounce, Lettice seed three drach. distill the same in seething water, whereof you are to give going to bed, from half a drach. unto a drach. This is strong enough for to cause the Patient to sleep

six houres: wine doth also provoke sleep if one drink somewhat excessively; in like sort also wine of Wormwood, yet that driveth away heavy dreams.

A confection and what else may be taken.

Take conserve of Violets and water Lillies, of each one ounce, white Poppy seeds, white Henbane seeds, of each half an ounce, Ginger 3. drach. temper this together, and when you go to bed, then take the bignesse of a Hasel nut rather more then lesse: the Ginger is put thereto, to the end his power might penetrate.

Another. Take white Poppy seeds, Endive seeds, Lettice seeds, and Purslain seeds, of each two ounces, Melon seed pilled, Pompion seed, Gourds seed, and Cucumber seeds, of each a drach. and a half, *Mandragora* apples one ounce and one quarter, Saffron, Camomil, Dill seed, of each one drach. and a half, *Lignum Aloes*, one drach. Sugar 12 ounces, honey of Violets six ounces: the Sugar and honey you are to see the in the water of water Lillies untill it be thick; when it is almost cold, temper the other beaten small amongst it, and use it as before from one quarter of an ounce unto half an ounce. It is good for frantick persons to anoint the forehead, the temples, the nose and the pulse veins therewith, or to take it with the water of Lettice one hour after meat.

Another not so strong.

Take white Poppy seed three quarters of an ounce, the seeds of Violets, of Lettice, of Endive, of each one quarter of an ounce, pilled Melon seed, Pompion seeds, Gourd seeds, Cucumber seed, of each half a drach. Sugar one quarter of an ounce, temper this as thick as you will have it, with the sirup of Poppy seeds.

Here may you see that Poppy seeds are used almost in all receipts for the sleep, likewise all that is made of Poppy is good to procure sleep, as the confection *Diapapaver*, *Loch de papavere*, *Syrupus de papavere* and *Diacodion*.

A Powder. Take Lettice seed and white Poppy seed, of each half an ounce, Endive seed, Henbane seed and Ginger, of each one drach. Sugar four ounces, make a powder thereof.

But if all these things will not help, then must Opium of necessity be used, to the end that nature may get some rest. But with what providence this is to be used, that do all experienced Physitians sufficiently know, without whose counsel the same is not to be done.

Of the over-heated children, when they awake out of sleep.

Take water Lillies or Purslain, Willow leaves, Vine leaves, and Poppy seed with the heads, of each one handful, let these see the together in a pot of water, when it is then luke-warm set the child his feet therein, and stroke him well downwards, likewise also from the shoulders to the elbow. This ensuing is much more safe and expert then any thing else anointed on the temples of the head.

Item, make a cloth wet in his mothers milk, or if the same be not to be had, in warm Goats milk, lay thereof upon the forehead, and on the temples of the head, it cooleth well and also causeth to sleep.

Of Mania, another kind of Franticknesse, which we commonly called Madnesse. S. 7.

It is discovered how that the *Mania* is a mad *Phrenesis*, without an ague, and is described by the learned, and defined after divers manners, which are meet to be here rehearsed. *Mania* (some say) is a distemperature of the understanding, which altereth the right and reasonable thoughts, with losse of voyce, of wit, and of judgment, which were good in health.

Others say thus, This *Mania* is a dotage or madnesse, and therefore a disease of the mind, which no otherwise distempereth the mind, but as any other sicknesse of the body, whereby can be no health. In fine, it is such a *Melancholia*, in case that it begin to root in one, that they become raging and mad, and must be bound, yea the common sort think no otherwise, but that he is possessed with a spirit.

The

The chiefeſt ſigns of *Mania* be theſe, unſtedfaſtneſſe, alterations in words and deeds done without ſenſe or reaſon, like as much talk and prating, much waking, leaping, great troubles, and ſuch like.

But if they be cauſed of a cholerick *Melancholia*, then is the Patient the more unquiet, and ſo much the more inclined to chiding, calling, and great madneſſe; but if it be mixt with burnt blood, then do they onely rage, and hold alſo their peace otherwhiles, the which cometh ſtraight way again afterwards with ſo wonderful much talk, that they are hardly induced to hold their peace: they will be lean over all their body, they have heavy dreams, ſpet out otherwhiles ſome gall, which falleth ſeething upon the ground, their pulſe is ſlow and weak, and their arteries hard.

This is verily a terrible ſickneſſe, not onely for the Patient himſelf, but for all them that do aſſiſt and keep him; and is cured through the ſame means that are preſcribed for *Phrenitis*, and for this *Melancholia* following.

Of Melancholia, or Dementia, a wonderful madneſſe. §. 8.

THis word *Melancholia*, is to be taken after two wayes: Firſt, for one of the four humours of a mans body, the black part of mans blood, whereof we have as yet not admoniſhed. Secondly, for a certain ſickneſſe which annoyeth and weakeneth the brain and mind, with great trouble and heavineſſe, and is thus deſcribed:

Melancholia is a corruption of the judgment and thoughts, altered from their natural kind, into an unnatural and ſpoiled manner, tempered with fear and care: through which the black blood cauſeth a troubled and changed ſpirit; like as it is alſo true, that it is common with all melancholick perſons, (be it of whatſoever cauſe it will) to be alwaies fearful and ſorrowfull; and if you demand of them the occaſion, they know not what to declare or alledge any occaſion unto you: they be ſo full of fantaſies and marvellous imaginations. Otherwhiles they be weary of their life; nevertheleſſe they ſhun death: they complain not any otherwhiles but that they be perſecuted and murdered, or that ſome wild beaſts will devour them; yea ſome be alſo moved in their wits, albeit that they fear death much, nevertheleſſe ſometimes deſtroy themſelves. Other alſo being infected with this diſeaſe, they fall into ridiculous fantaſies: (for an example) like as we do read in *Galen* of one that had a ſtrong imagination, ſo that he thought he was an earthen pot, and therefore ſhunned the way from all ſuch as met him, fearing that they would break him.

There was another that ſo ſurely minded the fall of the Gyant *Atlas*, which ſhould carry heaven, that he thought that he alſo carried heaven, and was ſo weary thereof that he could no longer carry ſo great a burthen, and yet would not caſt it down for fear he ſhould bruife himſelf and all men in the world to fitters.

Some ſuppoſe and imagine that they be Emperours, Kings, Wolves, Devils, Fowles, and what may be more; ſome weep, ſome laugh, others ſhun the water. Alſo it hath been ſeen before times that learned men being plagued with this diſeaſe, afterward did not know one letter. To the contrary, unlearned men did know wonderful arts, could ſpeak ſtrange languages, who alſo prophesied: and others that did thoſe things that ſeemed to be againſt nature. Some fear the things which be not to be feared, nor never can come to paſſe. But in this they be like to fearful men, yea all thoſe men who alwaies fear darkneſſe: for like as ſuch outward darkneſſe bringeth fear with it; ſo doth *Melancholia* alſo cauſe a dark black blood, which maketh darkneſſe in a bodies mind, and a fear withal.

This is alſo a cauſe wherefore the melancholick perſons are eaſily poſſeſſed with the falling ſickneſſe.

The cauſe of theſe melancholick fantaſies do proceed moſt from the nature of the meats which ingender melancholick blood; to wit, all Veniſon, but eſpecially Hares, Conies, and all old fleſh, whether it be of Oxen, Goats, Bucks, Kine, wild Oxen, and rather if they be ſalted then freſh.

Alſo of great Sea fiſhes, Salmon, Sturgeons, &c. The like alſo of all herbs which do not moyſten, eſpecially of Coleworts, and all other Pottages, as Beans, Lentils, Peaſe, &c. The black thick Wine, old Cheeſe, unleavened bread, and ſuch like, do alſo increaſe Melancholy.

The melancholick perſons are alſo to beware of great labour, ſorrow, heavy thoughts,

much watching, from great hunger, and great thirst; and eschew also great cold, dry Countries and dwellings.

To the contrary is also good for them, young Mutton, Kids, Lamb, Pullets, Hens, fresh flesh broth, Eggs, and whatsoever else is easily to be digested, and maketh good blood, as Burrage, Buglosse, &c.

His bread must be white, light and well raised; to bathe oftentimes without carrying long in it, is very meet for them. In like manner the hearing of musick and all mirth, and all well favouring and odoriferous things carried about them, this is now a general rule for all those that be assailed with this Melancholy.

But forasmuch as this grief of the mind, or heaviness, doth commonly proceed out of two parts of mans body, as out of the brains, and the Milt or Spleen; therefore is good heed to be taken, *viz.* when these grievous thoughts and fantasies do assail a body, as fear, sorrow, and also when anger doth get the mastery, then it is a sign that the melancholy proceedeth out of the Spleen, and that the rather when it appeareth with swelling, and ache of the belly, loathsome colour, lost appetite, and vomiting: if it then come so far that the Patient do disclose his thoughts in words or deeds, then it is a sign that the melancholy hath fast settled her self, and that it is high time to use good advice for it: for if this malady do take root, then it is incurable. Therefore first the Liver vein is to be opened in the hand; and if the blood be black, then let it bleed as long as the sick person may suffer it: but if it be fair red, then stanch it presently again. And if with this franticknesse were not the foresaid signs, but that this Melancholy (according to the Frensie) were caused through long continuance in the Sun, or that the Patient be beaten on the head, then is his head vein to be opened, and he is also to use purging, and meat as is before said; his head is to be irrigated with warm water from on high, and afterwards to be anointed with oyl of Roses, Vinegar, and womans milk, and let him smell to things which be cool of nature, as Roses, Violets, Sanders, Camphire, &c. In fine, that which is before prescribed for Frensie, and in the first part of this book for *Cephalaea* and *Hemicrania*, is also good for this purpose.

And if so be that none of the foresaid signs be present or apparant, then doth the melancholy not aggrieve the head only, but it hath also communion with the heart and liver. For this, the Median must be opened, and the sick person governed (as is said before) a certain space, otherwhiles holden up and interceasing, and then to begin again with Physick, and continuing this so long, till he be thoroughly whole.

Now in general to write of this sickness, it is first to be noted, that no medicine is meet for this which purgeth by vomit, for because that the matter is heavy of it self, it doth covet to be purged by stooles; therefore it is good that he use some preparative potions, according to the advice of a learned Physitian, and according as the Patient is able. Some also commend for this a potion of *Epithymus*, thus prepared.

A potion of Epithymus.

THis decoction or potion do we here describe to be made after three manners, the which also is a sure sign that the same as well by the ancient Physitians, as of later time, is of estimation and price.

The first maketh *Rasis* thus; take Mirobalans Indie one ounce and a quarter, the roots of Polypodie five drach. Sene leaves nine drach. Turbith half an ounce, Epithymus 10. drach. seethe them all together (except the Epithymus) in 36 ounces of water; then at last cast in the *Epithymum*, afterwards take it from the fire and let it cool; strain it and reserve it.

The second manner. Take Epithymum, Stechas, Mirobalani Indi, of each one ounce, Mirobalani Chebuli, Emblici, Bellirici, Turbith, the herb Pyony and Agaricus, of each two drach. and a half, Polypody roots, and Sene, of each three drach. Fumitory, Squinant, of each one drach. and a half, rinds of black Hellebore roots one drach. Sal-gemme two scrup. Currans three quarters of an ounce; seethe them all together (except the Epithymum) in a pot of water a good space, then put thereto the *Epithymum* at the last, and let them seethe untill three parts remain; when it is luke-warm, then strain it, and keep it in a cold place covered.

The third manner. Take Fumitory, Endive, Cicory, of each one handful, roots of Polypody three quarters of an ounce, Cuscuta, Sorrel, Buglosse, of each one handfull,

full, Thymus, Epithymus, of each one ounce and a quarter, Currans one ounce, Dates and Figs, of each one ounce, Sene leaves seven drach. Turbith three drach. Agaricus half an ounce, see the them altogether in a pint and a half of water of Fumitory, untill the third part be spent; then strain it, and lay to steep in this warm decoction, two drachmes and a half of good Rubarb, Rinds of *Mirobalani Chebuli* one drachme and a half, *Indi* one drach. let them stand together: wring it oftentimes out, and keep it untill you have need of it.

But before this potion, these pills are first to be used; Take Agaricus two scrup. Aloe one drach. *Indi* salt half a drach. black Hellebore half a scrup. make as many pills as you will with it for to take at twice. Three hours before the potion also you may instead of these pills, use the confection, Hamech, or *Diasena*: When as now it hath thus been continued certain dayes (according to the ability of the Patient) then let him rest three daies, and live soberly, (drinking small white wine, and then purging again as before) and so untill four times one after another; for (as it is said before) melancholy is wonderful hard to be purged. In fine, delay is in no wise meet, and the Physitian is to do his very best for to make the sick person fat, for if that can be effected, then shall he quickly recover his health.

And if it chance that he could not use this potion, then may he take instead thereof the pills which expel black Choler, yet to use alwaies before some preparative medicine, for which you are, according to the importance of the cause, to follow the advice of a learned Physitian. This potion following is very convenient, take *Mirabolani Indi* one ounce and a half, dried Prunes one ounce, see the them together in 8. ounces of water, even to the half: afterwards strain them through a cloth, then dissolve therein $\frac{3}{2}$. or $\frac{3}{2}$. and a half of Manna, and use it in the morning betimes. All the time that he shall rest, may he use these things, as *Latificans Almanforis*, the which is thus prepared; Take Balm, the pills of Citrons, Cloves, *Gallia Muschata*, Mace, Cinamom. Nutmegs, Cardamom, red and white Behen, Piony seed pilled, Seduary great and small, Basil seed, of each one drach, and a half, Muscus nine grains, afterwards 20. *Mirobalani, Chebuli*, and 30. *Emblici*, pour twelve ounces of water thereon, bray them so long in a mortar, untill the fifth part remain: afterwards strain it through a cloth, and mix therewith six ounces of clear honey: see the it so long, untill all the water be consumed; weigh that which is overplus, and temper alwaies with 12 ounces of this decoction, one quarter of an ounce of the foresaid Spices, or one ounce and a half in the whole quantity, and then make a confection of it. But if you will have tabulats or rotuls, take unto twelve ounces of Sugar one ounce, or at the most nine drach. of the foresaid Spices; you shall take of the confection the quantity of an Hasel nut, it strengtheneth all the principal parts of mans body, and helpeth much the natural warmth and concoction; it withstandeth all grievous thoughts, and maketh also merry, and a good colour.

A very precious Confection.

Take Lignum Aloes, Cloves, Cardamom, Amarantus, which is burnt to powder, Roses, Burrage, and Flowers of Buglosse, of each one quarter of an ounce, parched Hasel nuts half a drach. sweet Almonds, and *Jujubes*, of each one ounce, prepared fine Bolus three drachmes, Annis, Fennel, of each two ounces, Saffron two scruples, *Doronicum*, Harts bones, Zeduary, Jacinth. Smaragd, and Saphires, of each one scruple, prepared Pearles one quarter of an ounce, Basil seed one drach. eight leaves of beaten gold; you are to see the this together in the juyce of *Chamadrios*, of field Cypres, and juyce of Buglosse, of each three ounces, untill all the juice be consumed. But note, that the precious stones, gold, and Saffron must not be sodden with it, but be at the last tempered amongst it. Of this is to be given in the morning early three drach. in a draught of wine before dinner and supper, one drach. and a half to eat, and half an ounce of conserve of Buglosse after it. This is especially fit for the burnt melancholy, of whatsoever occasion the same doth proceed. If you will use it also in *Mania*, minister it with the Water of Violets, and of water Lillies. Now for to provoke sleep, you are to give the decoction of Poppy heads, or luke-warm water of water-Lillies one quarter of an ounce, and that two hours after supper.

Another Confection.

TAke burnt silk, prepared Coral, of each half a scrup. burnt Harts horn 2. scrup. prepared Pearls, one drach. Cardamom 4. scrup. prepared Pingles two ounces, Hyssop, and Licorice, of each two scrup. Nutmegs, Cloves, Mace, Indi Spica, Cy-pres roots, Cucubes and Galangal, of each 3. i. ʒ. Cinamom one quarter of an ounce, Saffron one scrup. white Sugar 24. ounces, seethe this with Buglosse water, untill it be as thick as honey, and then temper the rest with a little Musk amongst it.

A Powder which is much commended.

IT is said that it hath been many times found, that they which had this melancholick passion, have onely through this powder recovered health both of body and mind.

Take Epithymum one ounce and a half, Azure stone, Agaricus, of each one quarter of an ounce, *Diagridion* one drach. 20. Cloves, this being beaten together and tempered, you are twice a week to give thereof, but at the most one quarter of an ounce. Or you may use for this the confection *Diamargariton*, and all that is described before for the strengthening of the head, and shall be described hereafter for the comforting of the heart. To moisten the dry brains in this *Melancholia*, take the broth wherein the head of a Weather, or the feet be decocted: let certain Poppy heads be sod five or six waumes, and so lay thereof wet clothes upon the head. Or take the flowers of Borage, of Buglosse, *Thymus*, *Epithymus*, of each a like quantity, seethe this together, and wash the head therewith.

Take the juyce of Borage, and of Fumitory, of each six ounces, foment therewith the head with a sponge which is made wet therein; if you cannot get this juyce, then take the water of the same herbs.

Neefing is also very fit for this use; and that is to be provoked like as is taught in the second Chapter; and §. 2. The learned do advise, that in this disease, after the purging, the head before and behind above the neck is to be cauterized even to the very bone, and to hold the holes open the space of 14. dayes. In fine, to rehearse the whole manner of curing this Melancholy, it consisteth onely therein, that the black melancholick blood is first and last to be purged, through all means possible. Also good heed is to be taken unto the liver, and the Physick to be ordained thereafter.

Of the Palsie in general. §. 9.

THis is indeed a swift, grievous and terrible disease, which (like as is said before) hath his off-spring from the brain. It is of divers natures, each one worse then the other, which we will comprehend in five kinds: the first is *Lethargus*, which is the sleeping sicknesse; the second is *Stupor* or *Tremor*, which is astonishing and quaking, which some call the small Palsie: the third is *Paralysis*, that is, the right or dead Palsie: the fourth is *Epilepsia*, which is the falling sicknesse, and all kinds of such like paroxismes, sometimes in old men, and otherwhiles in young children: the fifth is *Apoplexia*, that is the most grievous, which is not without reason, we do call the power or hand of God.

Because that these said sicknesses do resemble each other in many things, therefore we will before all briefly discover what difference there is between them, and wherein they do accord together. First therefore *Apoplexia* and *Epilepsia*, have this difference, that the last mentioned is placed before in the head, the man fallen neither calleth nor cryeth out, the sinews stirre, and are contracted towards the brain, he hath the breath almost wholly free, and cometh quickly to himself again. To the contrary, the *Apoplectics*, or he that is stricken with the dead Palsie, the sicknesse is over his whole head, cryeth in falling, the sinews will be slack, they have a grievous or no breath, and come slowly to themselves: but they resemble each other so like, that they be both caused of flegmatick humours in the brain.

The Palsie or *Apoplexia*, is also differing from the nummednesse and sleeping sicknesse, which is *Lethargus*, *Subeth*, and *Congelatio*; but in *Congelatione*, there is no restraint of the breath, as there is in the Palsie: secondly, it forcibly assaileth the sick persons; they thrust, cry out, and such like, which is nothing so cum *Apoplecticis*.

Thirdly,

Thirdly, that the sleeping disease cometh slowly, and the dead Palsey very suddenly. But herein they accord, that all they be altogether deprived of their understanding. *Subet* or *Stupor*, doth therein disagree with *Lethargus* and *Congelatio*, that at the last there assaileth in *Lethargus* an Ague, and an Impostume in the hinder part of the head; where contrariwise *Subet* or *Stupor* cometh without an Ague, and alwaies without any sorenesse, and in the forepart of the head.

Of the sleeping disease Lethargus, Veternus, Torpor. §. 10.

THe nature of this disease is clean contrary to the foresaid frenzie: for that like as they be plagued with an immoderate watching; so are they in this sickness vexed with an insatiable sleeping. It beginneth first with an alteration in the colour in the skin over the whole body, and with a feeble pulse, sometimes with a small, and otherwhiles with a great and hurtful ague. It is also caused out of a cold moisture of the head and brains, whereby not onely the understanding is enfeebled, but is for the most part alwaies so spoiled, that they utterly forget all that they do speak, hear and see. The which also the Greek name *Lethargus* doth signifie; for this cold slime doth through his toughnesse obstruct the hindmost tunicles of the brains, where the memory hath her seat. Amongst many causes this is one of the commonest, namely, all that augmenteth melancholy, that causeth this sleepy sickness: but which they be, look in other places, viz. where the melancholy is described, which the first Register discovereth especially. This malady is caused of all meat and drink which ascendeth towards the head, as Onions, Garlick, Penniroyal, Mustard (howsoever they be drest) and such like more: Also if he overcharge himself, liveth in filthinesse, sleepeth much, and especially lyeth on the back, whereby that the heavy flegmatick vapors do ascend into the hindermost parts of the head, which do cause there otherwhiles an impostumation or depravation of the understanding, and sometimes much gaping or yawning.

Here is also to be noted, that there be four kinds of diseases contained and comprehended amongst these sleeping sicknesses.

First, *Lethargus* it self; *Congelatio*, which is the numnesse; *Stupor*, that is, senselesnesse; *Subet*, which is called of the Arabians, a very deep sleep. And although it appear that all these be one kind of sort, neverthelesse they have notable differences.

The numnesse and sleeping sickness do therein accord, viz. that they do both infect the hinder part of the brain, do take away understanding, and all sensiblenesse, and prefer forgetfulness.

But they disagree herein, that in *Lethargo* the eyes be shut; and in the numnesse they remain open, like as is sufficiently shewed before in the 9. §. But to the end we might speak somewhat of their signes; these are the commonest; small continual agues with a dead sleep, and the Patient lyeth alwaies with closed eyes; if one calleth him, he openeth, and shutteth them close again by and by; the pulse is strong, but slow and sweaty, with forgetfulness of all that is past and done, and of present things, yea in such manner, if they ask for meat and drink, they forget to shut their mouth to: they draw their breath slowly, and with great trouble; the going to privy or stool is alwaies thin, the urine thick and troubled, as of a four footed beast. If all these signs (or any of them) be marked, then it is easily to be adjudged, that it is none other but the sleeping disease. But if there befall something else with it (whereof it were too long to write) then do these foresaid signs alter and change.

Now for the first mean all diligence is to be done, to let and stay that these persons fall not in any deep sleep, through the strong binding of the outward members, like as is taught in the 9. Chap. and §. 2. and in other places of the Hissing of the ears, frothing and rubbing the same hard; also the plucking by the nose or beard, and women by the hair of their privities, lowd crying, and making great noise, yea if it were needful, by fearing them, to the end they may be sorrowful.

Some Physitians begin first the cure with letting blood and opening of the head vein; and if there be no other occasion which may let and hinder it, few daies after the vein on the forehead above the nose. They also do further the bleeding at the nose, by thrusting in of swines bristles and such other. Afterwards they use strong Clusters, and two or three daies afterward needling powder, for to expel sleep therewith: and if all these will not help, then is one to look if he can bring the Patient to parbarking and vomiting,

whether it be through thrusting in of his fingers, feathers, plumes or wax candles into the throat, or through the juice of Radishes tempered with *Oxymel*, or taking a Radish, sticking here and there into it pieces of black Hellebore laid all night in a celler, taking out the roots in the morning, and boyling the Radish in water, and straining it through a cloth; tempering therein one drach. of Saffron, and four ounces of vinegar, whereof two spoonfuls are to be given him immediatly after meat.

The order of dyet.

BEcause that this malady is short, and inclineth speedily to life or to death; therefore is no great heed to be taken for meat and drink in this sicknesse: but thin Mead must be his onely drink, for it digesteth and expelleth. Also he is to occupy the broth of Fitches and Barley decocted with Hen broth: it is a commodious meat for him; but of all fruits, and meats of cold nature, he must beware.

But as much as concerneth the foresaid Clusters, we shall speak thereof when we discourse of the *Apoplexia*: for thereby be the brains discharged from all that hurtful matter. You must also instead of the same, use these suppositories. Take stone salt, and beaten Bevercod, of each one drach. clarified Hony two ounces; make meetly thick and long suppositories of it.

For to purge, this ensuing is very requisite: Take *Hiera Picra*, half an ounce, Honey water three ounces; it is thin and bitter: or break the Pils *Cochia* one drach. syrup of Roses one ounce, in three or four ounces of honey water; also he must drink sometimes of this hony water following: Take four parts of water, and one part of hony, seethe it so long as it will cast up any scum. The above mentioned *Oxyrrhodinum* three daies together laid upon the head is also much commended. Or make this water, Stechas, Rue, Marjoram gentle, Marjoram, Bay-leaves, Hyssop and Nep, of each half a handful: seethe them all together in sufficient water unto the half: dip a sponge therein, and apply it warm to the head. This foresaid water may from on high be irrigated upon the head, and the herbs being wrung out to be laid in a little bag on the top of the head.

Item, take Pigeon dung, temper it with Hony, and so lay it upon the head; you must rub well the neck with Lilly-roots or with Squils. For this are also good all these Oyles ensuing used each by it self or mixed together, as the oyl of Bevercod, of Spike, of *Pistram*, of Mustard seed, and oyl of Bayes, the juice of Rue, or the herb decocted in Wine, and laid in the neck, is very highly commended.

Because then the causes require (like as is said) that the head be purged through need, take the things whereof we have at sundry times spoken, like as the first Register shal shew thee: if it be needful to purge yet more, you have further instructions for it in the foresaid places, where we have discoursed of the Palsey.

Lastly, the Patients hair is to be shorn off, and afterwards he must have the head anointed with the salve of Mustard seed, Bevercod, and Vinegar tempered together, for it is strong and hot for to consume all melancholike humors in the hinder part of the head. There may also those things be used for it which are ordained for the Palsey, which be worthy of observation.

Of Numnesse and Astonishing, which is Stupor, Congelatio, whereon dependeth Tremor, which we call trembling. §. II.

THe second kind of this sleeping disease have we ascribed to *Stupor* and *Tremor*, that is, the numnesse and trembling which commonly follow each other.

What the first is for a disease, that is discovered in the beginning of this our book, viz. a strong cold, which comprehendeth the hinder part of the head (like to *Lethargus*) and maketh unmoveable and senselesse the party affected, and therefore is likened therein to the *Paralyf*, for that also (as is said) it is called a small *Paralyfis* or Palsey. In this sicknesse the Patient lyeth none otherwise then as if he slept, but hath the eyes open, and stirreth neither the eyelids nor any other member of the body. If they do get this numnesse, as they stand, they remain standing, or as stiffe as a stick: if they get it writing, so do they continue sitting, as if they wrote: or if they get it with looking into the Skie, so they also remain seeing without any alteration; whereby then the com-

mon

mon people do get an unbelief, saying, that they be taken away, and that they speak with God, or with an Angel : amongst which otherwhiles Sathan doth mingle his wili- nesse, whereby some do take and hold them for Saints, like as they sometimes shew forth, that they have seen marvels in Purgatory and in heaven. In fine, these be likened to Idols, that do not see with open eyes, do not smell, nor hear, do not speak with open throat, neither go on their legs, like as the Psalmist saith. This numnesse or stifnesse doth also most commonly take one in their sleep, that is, if any one have a leg or a foot stiffe, like as the learned and we also call it sleeping, and hath lost for the space of a certain time his feeling, and motion, the which hapneth if that one member lye too hard upon the other, whereby the vital spirits are kept back; but with what infirmity of the brain this numnesse agreeth, is sufficiently before rehearsed and shewed.

This disease is to be holpen as the sleeping sicknesse *Suber* is cured, as you finde written in first Chapter §. 6. and afterwards of *Cephalaa*; but for this is especially commanded not to tarry long from taking of good advice, for that if one let this numnesse grow old, then followeth after it a perfect Palsey.

Therefore, if any body have their feet or other members benumbed, or will wax stiffe, then are the remedies to be used for it, which are good for the Palsey, and those that shall be hereafter described, and a good dyet to be observed in eating and drinking. Also all such meats to be chosen which be warm and dry by nature, as Pullets with their brothes, and all other Fowls which make their abode in the hilly country. If this Patient may also be brought to sweating, it would be very good. The neck and all other stifned members are every where to be anointed with *Dialthaa*, or *Martiaton*: for this is also good oyl of *Costus*, with a little Bevercod tempered amongst it, which is special good for trembling. But if the malady wax old, then purge with the pills *Cochis*, and use otherwhiles the confection *Anacardina*, which is much commended for the same: or take the oyl of Eldern flowers one ounce and a half, temper it amongst one quarter of an ounce of *Euphorbium*, and annoint the head therewith.

In like manner the head may also be annointed with the oyl of Eldern leaves, Bevercod, and of *Euphorbium*; or use this water following, which is more mild.

Take Burrage, Buglosse, Fumitory, *Stechas*, *Tymus*, *Tymiana*, of each half a handful: see the them all together in sufficient water, and let the head be therewith irrigated warm, or made moist with a sponge. The needling is also very requisite, and this is to be done in the numnesse or stifnesse with black Hellebore, by reason that the same vehemently riddeth away all melancholy, whereof two kinds are here described. Clusters are also very commodious for this kind of numness; take Mercury, Balm, Sene leaves, roots of Polypody, Burrage, Buglosse, Annise seeds, and Fennel feedes, of each half a M. Also take Bran, see the all these together in sufficient water, and take thereof 12. or 16. ounces. Temper amongst it *Hiera Ruffi*, *Logodionis*, ana. ʒ. ʒ. oyl of Rue, ʒ. 4. salt ʒ. ʒ. then make a Clister thereof.

The second. Take Burrage, Buglosse, both the roots and herbs, Fumitory, Mercury, of each one M. *Cuscuta*, Fennel, *Tymus*, *Tymiana*, *Stechas*, and *Amaranthus*, of each half a M. also a little Bran: see the this altogether, and take of this decoction as much as before; afterwards put more thereto, oyl of Lillies, and Honey, of each one ounce and a half, *Sal gemma*, one drachme, *Hieralogodion*, or *Ruffi*, three quarters of an ounce more or lesse according as the Patients ability requireth.

Of the shaking Palsey. §. 12.

Concerning the shaking Palsey, the which is a kind of this forementioned disease, it is therefore added to the numnesse, for that they both proceed from one kind of cause.

There be diverse spices of this, which are here especially reckoned amongst the contagions of the brains, although they be caused through some offence or perishing of the finewes, and are thus described: the shaking is a continual strife of the natural powers, which willingly and after a natural manner are raised without ceasing and is overcome by sicknesse. Also this shaking is a weakning or diminishing of motion.

This hapneth of many causes, as if one look from great height into the depth, or like as any body should speak to a severe Prince, a Tyrant, or any other great Sir, or Ruler; or if one see any devouring beast before his eyes. Also this shaking or trembling commeth

cometh of great anger, great joy, hard binding, through great cold and darknesse, like as daily experience sheweth. Item through great heat, unbridled incontineny; much bleeding, and also when there is little blood and spirit extant, as one seeth by them which be recovered of a long sicknesse. But because that it plainly appeareth by the foresaid reasons, that this disease is caused by divers means and accidents, therefore there be generally divers remedies appropriate unto it, wherefore if it proceed of perishing of the sinews, and cold causes, (like as it most cometh to passe) then is to be used for it all that is ordained for the Cramp and Palsey. Generally of all other herbs there is praised for this, Three leaved grasse, Cummin, and *Stechas*, whether it be in Clusters or otherwise: of oyles of wild Cucumbers, of Dill, of Cleavers, Articoeæ, which herb is marvellous forcible against the shaking or trembling.

For his meat, are very meet for it the brains of Hares, young St ares, and young Bevers, and also for all other diseases of the sinews. These Clusters following are also to be used, take Centory, wild and garden Sage, Rue and Cowslips, S. Johns wort, and Mercury, of each half a M. also peeled wild Saffron seed one drach. Rue seed, Basil seed, silver mountain seed, of each half an ounce, Agaricus five drachme *Stechas* and Amaranthus, of each half an ounce; let them see the together in sufficient water, take 12. or 16. ounces of this decoction, Honey and the oyl of Lillies, of each one ounce and an half, *Sal gemma*, *Pil. Cochia*, of each half a drachme, temper them well for a Clister, this is also good for the Palsey and stiffness: but if the trembling come of excessive drinking of wine, then is the same to be forborn, or at least tempered with Sage water, or common water wherein Sage is decocted; Mead is much more meet for this then wine, or common water tempered with the juice of Pomgranates, or Verjuice. There is also to be demanded, what the cause is, that the head alwaies shaketh most of all, and next after the hands; like as by experience is seen. The answer; for that the brain is a very flegmatick part, the which imparteth her moisture to the other members. And for that the hands are next of all to the head with their sinews, and far from natural warmth: they are also most annoyed with outward causes, for that they be seldom covered. Now that one may chiefly help this shaking of the head, (out of which might proceed much damage) first is the Patient to eschew all moist and cold meat, as fish, and especially sodden Crabs and Eeles. He is also to refrain from Spinage, Beets, Purslain, Cucumbers, and such like herbs, and all that is made of dowe, except leavened bread. Item, from all sorts of pottages, except red and white Pease, and Rife. All fruit is also hurtful unto him, except Oranges and Lemmons which be preserved. Milk, and all that is made of milk is he to shun like poison; and if he love his health, he must drink no wine. But his meat is to be wheaten bread with the bran. Also Veal, Kids flesh, and lean powdered flesh, Fennel, Mints, Rosemary, Sage, wild Time, yellow Rapes, Parsneps, Capers, and such like, are also very commodious. For his drink is this to be prepared; take six quarts of fresh Well water, and one ounce of dried Rosemary flowers; let it see the until two quarts be wasted; afterwards temper thereto four and twenty ounces of Honey, let it then see the again, and scum it well, until there be about a quart consumed: Afterwards strain it through a tight cloth, and let him drink thereof in stead of wine; but if he cannot well drink it, then temper a little red clear wine amongst it. But if so be that he must and will drink wine, then take Rosemary wine; for it strengtheneth the members, and also the sinews, whether it be drunken, or the members rubd with it. The same doth also the wine of Clary, Sage, and Wormwood, but above all other Rosemary wine.

But if so be that the person be young and full of blood, the use of the foresaid Clusters open the Liver vein in the elbow, or upon the hand, and let out of it four or five ounces of blood, and the next day afterwards let him take these pills following; as *Cachia*, *de Sarcocolla*, of each half a drach. with the juice of Roses, whereof are seven pills to be made, and he must fast after them five hours; also to drink afterwards a good draught of warm wine, and an hour after he is to break his fast. After purging he is to drink every morning this potion following the space of a moneth, and to fast four hours after it. Take water of Artichokes, of Betony, and Rosemary, of each one ounce, syrup of *Stechas* and *Oxymel*, of each three quarters of an ounce: and once in twelve dayes he is to use these pills following: as *Pill. fœtidarum*, two scrup. *Cochiarum* one scruple whereof you are to make with the syrup of Roses seven pills, every evening when he goeth to bed he is to eat one quarter of an ounce of Calamus, and thereupon to drink a draught

Artichoke water. He is also from the neck downwards to the rump along the back bone, to be rubbed with warm clothes, and thereupon anoint it with the oyl of Artichokes. He is also to drink half a drachme, of the powder of a Hares head burned, and that one hour before meat, with Mead or water of Artichokes. Now after that the Patient is well purged, then may he every day two or three hours before meat, set boxing cups unpickt behind in the neck.

A powder.

Take field Cypers, Cowslips, *Lignum Aloes*, Ireos, Hermodactils, *Stechas*, Marjoram, Mints, ana. ʒ. ʒ. Indy *Spica*, Grains and Rue, ana. ʒ. 1. this beaten each by himself, and then tempered, bestrew all the head therewith when it is shorn.

The Confection of Diamargariton.

This Confection following is very meet for all manner of shaking; it doth marvelously strengthen the heart in all venemous accidents, and is amiable to the stomach.

Take Cinnamom, *Lignum Aloes*, Cloves, Indy *Spica*, Galangale, Licorice, *Trochiscos de Violis sine Scammonio*, *Specierum*, *Diarrhodon Abbatis*, of each five drach. Nutmegs, *Alipta muscata*, Seduary, Spikenard, Mace, Rubarbe, and red Storax, of each half an ounce, prepared Pearls, burnt Ivory, Harts bones, Ginger, *Blasia Byzantia*, of each two drach. and a half, Muscus, *Ambra*, Cardamom, Lovage seed, Basil seed, of each one drach. and a half, Camfere one drach. and three ounces of clarified Honey: temper these all together, and you shall give thereof early in the morning, and as often as is needful in the day time; to wit, one quarter of an ounce at once.

If you will have Tabulats thereof, then take twelve ounces of Sugar, and one ounce of the foresaid ingredients: seethe the Sugar with Lavander water; or if you desire it cooler, then take Buglosse water, there is also at many Apothecaries *Diamargaridon frigidum*, which is yet more cooling, because that the former is of a warm nature.

Against the trembling or shaking are all *Aqua Comp.* good, which are described in the eighth part, taking thereof, or the trembling member washed or rubbed therewith.

Item take Garlike, beat it with wine, and rub the shaking members with it: in like manner also, with the juice of wilde Cucumbers, tempered with the oyl of three leaved grassie, or used by it self. Take a Sponge which groweth on the Juniper tree in May, before the rising of the Sun: put it into a glasse, set it in the Sun, and then will it change to water; wherewith wash the shaking and trembling hands, and let them dry of themselves. There is much taught in the second part, of the palpitation of the heart, which is also meet for this shaking.

For the Resolution of the sinewes or dead Palsey. §. 13.

OF the third kind of Palsey we have told heretofore in the beginning of the 8. S. of the Resolution in the sinews, what manner of sicknesse it is that doth suddenly take away the free motion and action of a part in mans body particularly, or wholly, and maketh it dead and insensible. We do call the same a Resolution of the sinews, or a dead Palsey, and them that be troubled with it, *Paralyticos*.

This is now called by the learned, the great or dead Palsey or Resolution, for a difference, of the foresaid trembling and shaking. In this are two kinds of natures hidden; whereof the one is *Epilepsia*, when it taketh the left or right side, and not all the whole body, and is called in Latin *Resolutio*, or *Dissolutio nervorum*, that is, a resolution or unbinding of the sinews, that the members have no strength or might in them, whereof we will here speak more at large, for this Palsey concerneth not the head at all: for if so be that the head be therewith infected, then is it a right Apoplexy.

The Palsey or Resolution, whereof we at this present do speak, hath many causes: first, it is properly caused of cold moist meats, as Fish, Swines flesh, Milk, and all that is dressed therewith; all fruits, except Almonds, Hasel nuts, and Pistaces: also all cold herbs, as Beets, Spinage, &c. In fine, all that is moist and cold is hurtful for this sickness. But if one will eat Fish, Pork, and red Pease, then are they to be prepared with Rosemary, wild Thyme, Mints, Sage, and such like. The sursetting with meat and drink, is

in this sicknesse very prejudicial, like as much sleeping, and chiefly for all them that be of a cold nature, and be old, or dwell in a cold or moist country.

This disease may also proceed of beating, breaking, or racking of the sinewes, of anger, of fear; great cold, hard binding of any of the members, and such like more. For this, all drying and warming meats are good; as well salted and leavened bread, Partridges, Feasants, Turtle doves, and all small fowles: also Mutton and Veal drest with the foresaid herbs. Some commend much Kids flesh salted, the which should strengthen the sinewes. For this is also meet all kind of drying and warming Conserves, whether of roots, herbs, flowers, or spices: but wine is to be refrained as much as is possible. But in case that the patient, by reason of his age, cannot forbear wine, then chuse old red wine, which he is to drink tempered with a little Rosemary water: and if that like him not, then he may drink Rosemary water alone, whether it be decocted or distilled. If the red wine be against him or not to be gotten, then take thin white wine, and temper it with water wherein Cardamom is decocted.

Now all they that will be defended from this Palsey, they are to use much confected Coriander, fasting and before meals; as also to use white prepared Mustard seed therewith.

For this is also very good the blood of Turtle doves drunken. This sicknesse commonly appeareth with a new and full Moon, against which you are to prepare these things following.

Take good Treacle three quarters of an ounce, Bevercod one quarter of an ounce, and temper it with Lavander water, and take it in the morning fasting.

But if so be there appear any beginning of this sicknesse, then do many advise (and that rightly) that then the thumb and great toe are to be hard rubbed, chafed and stretched out; and likewise to rub with warm clothes the neck and the back bone downwards, that the blood may be drawn from the head, and from the heart. Also there must be a little Treacle thrust behind in his throat.

Bevercod holden in the mouth and under the tongue is also very good. Some do also give Bevercod and Pepper to drink of each one drach.

For this is also much commended Asa foetida, whether it be taken inwardly, used on the outside, or in gargarismes: and if you would take the same, then is one drachme and a half enough, with Pepper and Rue, of each half a drachme tempered with wine. This is good for all diseases of the sinewes.

The distilled water of black Cherries is also much praised for this sicknesse at the first, and especially if one put thereto as much Lavander water, and so take thereof three or four ounces at one time.

The common order of this sicknesse is, that all remedies for this disease are applyed to the hinder part of the head, and in the beginning before the fourth and seventh, or also before the fourteenth day to use no strong medicines, but onely preparatives. And if so be that the sick person will yeeld unto it, then it were not amisse that he drank no other thing the first four or five dayes, and did eat almost nought else but onely honey water, yea also (if it be possible) to suffer hunger and thirst with it. The fourth day he is to have given him one drach. or a drach. and an half of Treacle or Mithridate, with waters meet for this disease.

It is also found by experience, that all they that be burthened with this disease, shall get great ease, if they accustome to drink every morning three ounces of Rosemary or Lavander water, with three drach. of the powder of Piretrum tempered amongst it.

Item, take the water of the blossomes of the Tillet tree, of May Lillies, and of black Cherries, of each one ounce, give it him so to drink. In like manner also stilled womans milk is highly commended for it, and all kinds of Aqua Compos.

Take sliced Licorice, and Annis seeds, of each one ounce, Elecampane half an ounce, Piony roots one drach. Nutmegs one ounce, Spirit of wine sixteen ounces, Honey eight ounces; temper these all together and conserve them well. In winter put thereto one quarter of an ounce of long Pepper, use thereof every morning a spoonfull or twain. This is marvellous much commended for a special remedy.

Another.

Take Lavander water six ounces, water of the May Lillies three ounces, *Elixer vita*, and the water of wilde Poppy, of each two ounces, oyl of Bevercod one ounce and a half;

half; temper it in a glasse, and then set it in the Sun the space of eight dayes, whereof in time of need take a spoonfull, and anoint therewith the temples of the head. *M. Tri-*strams water is also very fit for this purpose.

Of Purging.

FOrasmuch as purging is very needfull in this sicknesse, therefore for an example will we describe here a purgation. But it is above all advised, that the sick body drink every morning four or five dayes together five ounces of Rosemary water, and fast four hours upon it.

Afterwards he is to take half an ounce of *Hiera logodion*, tempred in two ounces of Agrimony water, in the morning, & to fast five hours after it; or to use these pills following: take Agaricus a scrup. *Assa fetida* half a scrup. Ginger twelue grains, Diagridion one grain: make pills thereof with the juyce of Hyssop. When the patient is purged, then he is to use this potion following, for the space of eight dayes together: Take the water of Agrimony, and of Sothernwood, of each two ounces, put some Sugar amongst it.

Others do rather advise this following: Take Calamus half an ounce, Cowslips three M. Saint Johns wort, field and garden Sage, Betony, Balm, Rue, Bay leaves, of each one M. Silver mountain, Balsom wood, Balsom fruit, and Basil seed, of each one quarter of an ounce, Licorice, Currans, Lavander flowers, *Amaranthus*, of each one ounce, clarified Honey six ounces, rain water which is clarified with the white of an egg, twelve ounces, let all these seethe together unto a sirupe.

Another.

Take Calamus six ounces, Sage three M. Stechas three ounces, clarified honey six ounces, white Sugar nine ounces; seethe them together in eighteen ounces of rain water unto a sirupe, whereof you may take one ounce and a half, or two ounces at once, tempered with Sugar water:

Also you may use the sirupe of Stechas, for all they be very commodious for this disease. Afterwards take the former purgation again, or the pills of *Euphorbium*, *de Serapino*, & *de Opopanaco*. And if the patient by drinking of these potions do remain bound in the body, then is he every evening before supper to swallow one of these pills following.

Take of the pills of Alephanginae one drach. Trocisci Alhandali, Agaricus, of each half a scrup. Indie salt five grains, whereof make sixteen pills.

Clisters.

Take Sage, Rue, Stechas, Centory, Mallows, Mercury, and Cran, of each half a handfull; let them seethe altogether, and take twelve ounces of this decoction; temper amongst it *Hiera logodion* half an ounce, Salt one quarter of an ounce, Sallet-oyle three ounces, administer it warm. But for them that have newly gotten this dead palsey, there is to be soddin in these Clisters, half an ounce of roots of Brionie, or of Piony, for both these are good for the disease.

Powder for sauce to meat.

This powder is he to strew upon the meat instead of spice; Take pickt Cinnamom one ounce and a half, prepared Coriander, Cloves, Galangal, Pepper, Cucubes, Mace, Nutmegs, of each one ounce, Calamus two ounces, Coutchenel half an ounce, Sugar six ounces: this is to be tempered together.

Another.

Take Pepper two drach. and a half, Cloves, Cardamom, long Pepper, Seduary, of each one drach. Indy Spica, Mace, Saffron, of each one scrup. Sugar as much as you please; temper them well together.

Item, about the third day is the patient before the rising of the Sun, to take one drach.

of Treacle tempered with the water of wild Sage. This medicine is most highly commended of diverse Physitians:

Of Bathing.

IN this sicknesse is also bathing much commended; whereof there be two kinds naturally, as sea water, or that is sulphurish by nature: Others which be prepared with herbs and such like.

For the herb bath: take the same herbs, roots, and seeds, which be named in the last sirupes, and one is onely to receive the vapour, and sweat withall: or make this ensuing.

Take Bay berries, Juniper berries, and Pepper, of each as much as you please, stamp it to grosse powder, and set the patient in a dry bath; powre of this powder on hot irons, tempered with Lavander water, to the end he may sweat well with the vapour thereof, then rub all his members infected with Venice Sope, untill the Sope be dry again: Also his body is not to be made wet at any time with any thing, but onely as he steppeth out of the bath with Lavander water, which is to be powred on a glowing Iron, and so moisten him with this vapour. And after bathing, tarrying in a warm place, the lame joynts are to be rubbed hard with the grease of Storkes, untill they be dry, and afterwards with the fuet of a Weather; and lastly with Bucks fuet. This being continued so the space of four dayes, the great vein on the foot is to be opened, and boxing cups set upon the arms: then will he be holpen.

An especial Bath.

TAke a Fox, uncase him, and (the bowels being taken out) see the him in a sufficient quantity of water, and bath the sick person with it: but yet not before that the body be purged, it is not otherwise permitted.

Fomentations instead of Bathes.

TAke Sage six M. Juniper berries four M. the strong wine lees seven quarts; let them see the together by a small fire: afterwards put it altogether in a necessary kettle or pot, to the end the vapour thereof may evaporate and ascend unto the lame member, and use this so twice every day.

Item, take dry Sage three M. see the it in a pint of rain water untill the third part be sodd away: at the length cast therein one ounce and a half of Stechados, let it see the a waum or two; then temper amongst it half a pint of wine, or salt water, with half so much white wine, clarified honey two ounces: anoint and rub therewith the lame members. This (and other more which following hereafter) is approved for this disease, if one cannot get the natural bath, or will not use artificial bathis, which is alwayes to be used before the anointing, therewith before hand to open the pores.

Take a hot Tile, sprinkle it with good strong wine, receive the vapours unto the lame members, when they then be warmed and besweated, dry them with warm clothes, and anoint them with some of the foresaid things, now with the one, and then with the other, and cover well the members with a good Wolfes furre, or with somewhat like unto it.

In like manner it is also good to rub the lame side with good burnt wine, or spirit of wine onely, or half so much white wine tempered amongst it: but if you will have it yet more forcible, then take instead of the spirit of wine, one of these Elixirs vitæ following.

A Water for Inunction.

TAke Rosemary, Marjoram gentle, and Bay berries, of each one handfull, Venice Sope as much as the yolk of an egg, six ounces of Lavander water, temper all these together in a mortar, and let it stand a day: afterwards wring it through a cloth, the which is thus to be used: First rub the member well with a warm cloth, and anoint the water upon it.

Also he is twice a week for to swallow or slide down, 9. or a 11. prepared Mustardseeds, and to drink thereupon two or three ounces of Lavander water, and so to continue this he

the space of three weeks : otherwhiles he may anoint the lame side with the Oyl of Juniper, but not too often ; for thereby might come great hurt. The oyl of Costus is also especially recommended for this use, which is thus made.

Take the roots of Costus one ounce, Pepper, *Piretrum*, *Euphorbium*, of each eight scrup. Bevercod half an ounce, melt there altogether in six ounces of the oyl of Wall flowers, or in oyl of Bay which is more forcible.

Another.

Take pownded *Piretrum*, half an ounce, seethe it in six ounces of Sallet-oyl, untill the third part be consumed, let the sick person be anointed therewith four times in four and twenty hours : it is much commended of all ancient and later Physitians.

A marvellous Oyl called Hypoballamus.

This Oyl is most highly commended for the dead Palsey, and for all resolutions of the sinewes, and is thus made : Take clear Turpentine six ounces oyl of Bayes, one ounce, Galbanum, Gummi, Helenii, of each three ounces, Gummi Hederæ, Olibanum, Lignum Aloes, of each one ounce, Mastick one quarter of an ounce, Myrrhe, Laudanum, Aloes, Bevercod, of each three drachmes, pownd it grosse ; then add unto it two ounces of spirit of Wine, let it stand three dayes, afterwards take Galangal, Cloves, Cinamom, Nutmegs, Zeduary, Cucubes, of each one quarter of an ounce, Diptamus, Comfrey, of each one ounce and a half : powre thereon two ounces of spirit of Wine : let it stand so four dayes, stirring it oftentimes about, distill it afterwards in a glasse helme. This water is called also Balme water, which must be preserved alone, so also do with the oyl : for it swageth and strengtheneth all the sinewes marvellous much.

For this is also meet the oyl of Marjoram gentle, the oyl of Juniper, of wild Cucumbers, of Tyles, and two precious balmes which shall be hereafter described in the eight part, which are especial good for the lame members.

This salve following is very good for all lame hands : take Lavander, Sage, of each one handfull, Juniper berries three ounces, seethe all together in wine, and rub the fingers and other members with it. And if you will have this more forcible, temper it with the former oyles unto a thin salve, which is wonderfully commended.

Another.

Take Squils, Rue, Calamus, Nettle roots, Agrimony, Cowslips, of each a handfull, pownd them altogether, and powre oyl of Nuts upon it, and old Sallet-oyl four and twenty ounces, and well salted water or wine as much also : let these seethe together untill the moisture be wasted away, wring it hard through a cloth and temper amongst it Saltpeter, *Euphorbium*, Pepper, oyl of Bay, of each one ounce and a half, Galbanum, Turpentine, of each two ounces, Wax as much as is needfull for to make a salve thereof. This is marvellous good against the Cramp, against the cold Gout, and whatsoever ach else may proceed of cold.

Also you may make of all the foresaid oyl, salves, if you temper amongst it any grease of Bears, of Badgers, wild Cats, Hens, and Geese, of each you will.

Item, take Calamus, the roots of Lillies, roots of Costus, of each half an ounce, Pepper, *Piretrum*, Bevercod, of each one quarter of an ounce, Sage three drachmes, Stechas one drachme and an half, Spicanardi, Squinant, of each one drachme, and the juyce of Cowslips which is well settled one ounce, of the oyl of Indy nut-kernels, of the oyl of crabs and wine, of each three ounces : afterwards pownd all that is to be pownded, the rest are to be bruised by themselves : seethe this by a milde fire so long, untill the wine be consumed, afterwards put as much wax unto it as is needfull for a salve.

Item, it is reported that this salve ensuing doth preserve men from the dead Palsey : take Bay leaves, Marjoram, Rosemary, Sage, Costus roots, Scariola, Mints, Millet, *Consolida minor*, *Sanicle*, of each one M. *Spicanardi*, broad & picked Plantain, *Agrimonia* Buglosse, and Rue, of each one M. and an half ; Wormwood, Smallage, Saint Johns wort, red and white Roses, of each two M. Hyssop, nettles, and Tansey, of each half a handfull : beat them altogether, and seethe them in three pound of fresh Butter, untill all the juyce

juyce be consumed : afterwards strain it through a cloth, and temper amongst it white molten Wax three ounces, Mastick two ounces, Sallad oyl one ounce, and make thereof a salve. This is also good to preserve one from the Gout.

Another Salve highly commended.

TAke a pluckt Goose, taking clean out all the intrails, and wash it with vinegar; afterwards make a dowe of Sage, Frankincense, Mastick, powdered Earthworms, Wolves and Cats grease, fill the Goose therewith, and let her be gently roasted: the fatnesse that droppeth off is to be gathered in a pot, with some vinegar. This is a very piercing salve, which doth marvellously resolve and consume all hardnesse. But if the Wolves or Cats grease cannot be gotten, then take sheeps suet instead thereof, and anoint the neck and lame members therewith.

It is also very requisite after the use of this salve, to wear a plaister upon the lame member, whereto this following is very meet; Take six ounces of the juyce of Rue, which is very cleat, and Pigeons dung as much as is needful for to make a plaister. This plaister is to be laid on the lame part.

Also you shall many times find many kinds of remedies more in the fourth Part, of the lamenesse and extenuation of the members.

To be noted.

IN this Resolution or Palfie, are two principal members, which are to be healed with the foresaid Oyles, Waters, Salves, and Plaisters, viz. the member which is taken, and the beginning of the sinewes which are next to the same member. Take for example, if the Palfie or Resolution is in the one hand, then is the same, and all the parts of the back, from the neck unto the huckle bone to be anointed, for that the sinewes of the hand have their off-spring from thence.

Further, boxing cups unpickt are to be applyed upon the beginning of the sinewes, which do also help well, because that they do warm and dry them; it is also good to rub the same places with Salt, Nettles, and Mustard seed; but alwaies after purging certain dayes together: whilst that the Patient stayeth and ceaseth from purging, bathing, and such like, then is he to take every morning half an ounce of the confection *Anacardina*, for that it is commended above all measure in the cold Palfie; and if so be that there be any sweat or small Ague with it, (like as accustometh to happen, which his heat causeth) then it is a good sign: but if this follow not, then is the Patient to forbear ten dayes long from all use of Physick, and to continue onely with good meat and drink.

It is also here to be noted, that all that is described before, is onely fit for the resolution which proceedeth of cold causes; but if they proceed of hot causes, the sicknesse will be augmented thorow the foresaid remedies:

Palfie through falls or blowes.

IF so be that one do fall so hard, or be beaten or stricken, that thereby forthwith he be taken with the Palfie, then it is not to be holpen; but if it come slowly afterwards upon one, then this salve is very meet for it.

Take Bevercod $\mathfrak{D}.2.$ *Euphorbium* one scrup. Pepper 3. grains, *Piretrum* half an ounce; see the all these in ten ounces of Sallet oyl unto the half, then temper it with five drach. of Brimstone, and a little wine: It is also especial good for the *Spasmus* or Cramp.

Item, take Myrrhe, *Opopanaxum*, of each five drach. Bevercod 3. drach. *Euphorbium* one quarter of an ounce, oyl of Lillies, and of *Narcissus*; of each two ounces, make a strong plaister thereof with wax, and spread it upon a cloth, and lay it upon the place agrieved.

But good heed is alwayes here to be taken of the lamenesse (and all that might concern the same) with heat or without heat, like as we have already admonished, that it may be known to apply the remedy hereafter.

Lavender, Rosemary, *Spicanardi*, (which have almost the same operation) are inestimably good for the Resolution which proceedeth through cold causes. Therefore all conserves which be made thereof, are not onely profitable for these causes, but also for all

lost speech and lamed limbs. If so be that any will use any wine in this sicknesse, then is there none fitter nor better then wine of Rosemary, or Wormwood wine. Conserve of Sage and of Cowslips are also much commended; with other things more which are declared in the Palsie.

Convulsion of the Mouth through the Palsie. §. 14.

THis disease is thus described of the Physitians; *Contorsio* is a disease which altereth the natural shape of the face: or, *Contorsio* is a convulsion of the mouth and lips to the right or left side; so that it doth otherwhiles clear shut up one eye, and also the breath issueth out but at one corner of the mouth, whereby sometimes also the whole face is changed in colour.

In fine, it is a Cramp, with a contraction and shortening of the sinews, which draweth the lips hither or thitherwards, and these be the most causes, (like as in the Cramp and Palsie hath been shewed) that if it proceed of moisture, then it is a kind of Palsie; whensoever it is caused through dryth, then it is a kind of Cramp.

Also this Contorsion or contraction cometh sometimes by reason of an impostume, like as in the pain of the throat, which quickly strangleth a body.

This Cramp or contraction of the mouth assaileth a body oftentimes suddenly, as in *Phrenitide*, and such like, whereof at this present shall not be spoken; because that the same is commonly a sign of death; it cometh also not through repletion of the body, but through inanition and dryth. But we speak here only of that which is caused of *Spasmus* or the Cramp, which distendeth the sinews from hour to hour, therefore is there some advice to be done and taken for it.

But for to expel this disease there is somewhat to be done unto it out of hand that there breed not a worse matter of it, as Epilepsia, or Apoplexia. This cure is first to be begun with Clusters, especially if the Patient be bound, and to acuate the Clusters by little and little.

Afterwards he is to be let blood, if it be not that this accident be so small, that there were time sufficient first to take a purgation, and to take good heed whether the urine be clear and well coloured, and then to open the Salvatella, besides the little finger upon the right hand, and to let out 3. or 4. ounces of blood, and after that to purge.

These preparative potions is he to take first of all; Take Calamus six ounces, Ginger and Nutmegs of each one ounce, clarified Honey nine ounces, make a clear sirup thereof, and give the sick person thereof certain dayes together every morning two or three ounces tempered with the decoction of Sage.

Afterwards he is to take these Pills; take *Pill. Cochia*, de *Sarcocolla*, de *Hermodytylis*, of each one scrup. and *Diagridion* two grains, make thereof 7. pills, with the juyce of Rue, and take them early in the morning fasting, and fast six hours upon; for this use are also good the pills *Fatida*. Will you then have them more forcible? then take two drachs of the pills *Cochia*, prepared Coloquint. and *Bdellium*, of each one drach. make pills thereof as big as a pease, and if the Patient be reasonable strong, then give him a drach. at once.

Item, let his head be shaven and rubbed softly with warm clothes, untill the skin begin to be red, and then anoint it with this following; take the juyce of Swines bread three ounces, Stechados, Pennyroyal, Mints, Hyssop, of each one ounce beaten, and one quarter of an ounce of Violets, temper them all together.

When he hath then purged well, and the matter is prepared, which is done in four daies, then is he to use every day before meat this Gargarisme.

Take white Mustard seed two ounces, Vinegar one ounce and a half, honey three ounces, seethe them all together in a pint of water unto the half, and skim it well. But it is here to be noted, that these Gargarismes must not be used at the first, that they make not an afflux of the humours, and the accident thereby be augmented.

Item, take Nutmegs, *Piretrum*, *Stechados*, of each half an ounce, seethe them and use them as before. You may also temper amongst it Oxymel of Squills.

Another. Take three ounces of Calamus, Vinegar one ounce, and use it as before.

This contraction of the mouth sometimes also yeeldeth much spittle, and to further the same, and to make it run the better, make this *Masticatory*.

Take Licebane, Mastick, white Mustard seed, *Piretrum*, of each a like quantity; tem-

per it with molten virgin wax, make small balls or pellets of it as big as Hasel nuts. This is to be chewed and spit out: the same doth Frankincense and Mastick also together, or each chewed by it self.

Neefing.

Neeffing is very good; wherewith it might be effected, you are to seek for that in the first Register.

Salves.

Also the nape and hinder part of the head, the throat, the face, and the forehead are to be anointed with the oyl of Costus; but it were good, that one made first a Cypres board hot, and bound it in a cloth, and laid it so long on the neck and shoulders, untill the same parts were thoroughly warmed, and afterwards anointed.

Item, take the oyl of Costus one ounce and a half, oyl of Euphorbium half an ounce, Mints, the seed of Rue, Stechas, Pennyroyal, Lignum Aloes, of each half a drach. oyl of Bevercod one ounce, white wax as much as is needful; besprinkle it with some Vinegar of Squills, and therewith anoint all the neck from the nape to the rump four times in twenty four hours.

Item, take Calamus four ounces and a half, Ginger, Nutmegs, of each 3. drach. oyl of Costus 4. ounces, wine as much as is needful: let them seethe together by a mild fire untill the wine be consumed, strain it, and make a salve thereof with molten wax.

A Plaister.

Take Betony six ounces, white water Mints, field Mints, Pennyroyal, Marjoram, of each one ounce and a half (altogether green,) Stechas two ounces, Pease meal one ounce and a half, Bean meal two ounces, Saffron half a drach. seethe these herbs in sharp lee unto grout: afterwards temper the meal and Saffron unto it, also oyl of Bevercod, oyl of Pepper, and of Rue, of each two ounces; lay it morning and evening warm upon the head, and upon the temples of the head, where this contorsion is.

Another.

Take *Opopanax* three ounces, Calamus three drach. Ginger, Nutmegs, of each one drach. Turpentine one quarter of an ounce, melt the Gum and Turpentine, and temper it with the rest unto a plaister; then spread it upon a cloth, and lay it behind upon the head, upon the neck, and over all the nape.

Item, Take fresh Swines bread half an ounce, Marjoram gentle 7. drach. *Lignum Aloes*, one drach. and a half, seethe them in a pint of water unto the half; but before that the Patient draweth up this into his nose, he must first take his mouth full of honey, or sugred water, and then hold some of the said decoction in his hand, and draw of it three times through the right nostril, and thrice also thorow the left nostril, and that one hour before supper; the like also in the morning and at noon. This is very requisite for health: he is also every day two or three hours before supper to swallow down 2. or 3. cornes of Myrrhe.

A capital Powder.

Take Stechas, Pennyroyal, white water Mints, and Betony, of each one drach. and a half, *Pistivum*, Costus roots, Licebane, of each one drach. Marjoram gentle, pownd it, and temper it altogether: Strew therewith the uppermost part of the head, rubbing it gently. Also it is to be strewed thereon, when he hath anointed him with the oyl of Costus.

A Lotion for the Feet.

It is also very good to use these Lotions for the Feet before meat, wherein Woodbind is sodden. Also the feet, the legs, the thighes, the hands, the arms and face may be washed with this decoction following; Take Bay leaves two handfuls, Juniper leaves three handfuls; seethe them all together in a good deal of water, untill it smell sweet.

Order

Order of Dytt.

THis Patient is to keep himself from eating and drinking, and all other things, as is taught in the Palsie, and Apoplexie, viz. to eschew wine, to drink honey water, to eat Kids or young Goats, Robucks and Hares, rather roasted then boyled.

All his other meats are to be besprinkled with Rosemary, Sage, Wormwood, white water Mints, Garden Mints, Pennyroyal, and Cumin. And albeit that hot spices are also good for him, yet he may instead thereof use these following.

Take Nutmegs one ounce, long Pepper, Bevercod, Galangale, of each one scrup. Senary half a drach. pownd all small and temper them together.

Item, take Nutmegs, Ginger, of each 3. drach. of the confection of Calamus 3. ounces, Sugar as much as will suffice to make an electuary; this ought he to use in the morning fasting. Eggs howsoever they be drest, Rice, Coleworts, and Rapes he may eat. But from milk, and all that is drest with it, from all fruit, and all that is of a cold and moist nature must he refrain. A dark habitation is also meet for him, and to look oftentimes into a looking glasse, and to force himself to set his mouth right: great labour also is not fit for him, but rather rest and moderate sleep. To warm him, he is to burn that wood which is warm of nature, as Firre wood, and Juniper wood; he is alwaies to keep his head covered with a Fox fur, and to hold alwaies a piece of Nutmeg in the mouth, in the place affected, or instead of that these *Trochiscos*; Take Calamus two ounces and a quarter, Ginger half an ounce, Nutmegs two drach. and a half, pownd them altogether, and steep them two daies in water of Sage. Now if it be too moist, then let it dry away upon warm ashes, and then with honey make *Trochiscos* of it, of the weight of a drach. and a half, and hold them in the mouth; if you can swallow them, they will do no hurt.

And if these things will not help, then must he purge again, and lastly make an issue behind in the nape of the neck, and on the veins under the ear, or under the chin with an hot iron or corrosive, and to hold it long enough open.

Of the Cramp, and Convulsion of the sinewes by the Palsie S. 13.

THis disease is also a kind of *Paralysis*, called of the Grecians *Spasmus*, and by the Latinists *Convulsio*, and it hath also no small agreement with the foresaid contraction or contorsion of the mouth, (like as hath been said already:) in like manner also with the *Epilepsia*, and all other diseases which be reckoned amongst such like infections, and it is described thus: *Spasmus* or *Convulsio*, is a contraction of the sinews and muscles against our wills, which sometimes do convulse but one part, and otherwhiles the whole body. The Grecians for divers causes, do give this Cramp sundry names, *Opisthotonos*, that is, when the sinews are drawn backwards; *Emphrosthotos*, when they be drawn forwards; *Tetanos*, when one member waxeth stiffe like to a stick. The causes of these are otherwhiles when any one is thrust into a sinew, wounded or overburdened with too much labour or work. Also it is caused through great scowring of the body, through excessive bleeding, through unbrideled lechery, fright and worms, &c. In fine, the causes do proceed of an intemperate nature, as cold which is augmented, and heat which is diminished: also of dryth and moisture, according to that the body is full or empty. Of these differences there be yet more, which are here too long to be rehearsed.

Nevertheless, yet can I not omit, that this *Spasmus* (of whatsoever cause that it do proceed, and especially if it be caused of a hot ague) is not onely a bad sign, but also that it is incurable; for by reason of the heat the sinews will be a great deal too dry, and shrunk up short, like as one for example may see by a leather lace, or such like, if one hold it by the fire, then will it be hard and shrinketh. On the contrary, if it be holden in a moist place, it will be lithier or limber.

When as then such kind of Cramps do assail the whole body, and that the Patient beginneth to be childish, and addicted much to sleep, then is the disease in the marrow of the backbone, which hath his off-spring from the brain. Also this disease cometh either suddenly, or slowly; that which cometh suddenly, proceedeth of repletion of the body, and is through purging (as hath been said of the Palsie) to be remedied.

But it must be more and oftener anointed and rubbed with the oyl of Costus, for

that the humour is much grosser then in the Palsie, and may worse be consumed. But if so be that this sicknesse be by little and little bred and grown, then is the cure to be taken in hand after another manner, *viz.* at the first to use preparatives, and afterwards digestives are to be used, as followeth hereafter.

The rubbing of the limbs downward is very meet, for that it disperseth and digesteth the moisture, and openeth the pores: afterwards are these salves or oyles following to be used; to lay plaisters upon it, to cover the limbs with Foxe, Wolves, or Cats furre, and to keep them warm: or if so be that one member alone be convulsed, it is to be wrapt about with warm clothes.

Suppling or mollifying Salve.

Take the Muscilage of Fenegreek, and of Linseed, of each half an ounce, fresh Butter and sewet, of each two ounces, and a little wax, and make a salve thereof.

Digestive Salve.

This Salve is described before in §. 13. *viz.* where it beginneth, Take Calamus, Lilly roots, &c. Of these two Salves the Patient is to use at the first the mollifying ointment the first two dayes, and afterwards the other so long also, and so forth; now the one, and then the other, untill that the matter begin to avoid.

Item, take a fat young Cat, pluck off the skin, and take out the intrails, chop her small, and fill therewith a Goose, let her roost softly, gather the drippings, and preserve it well, for it is also good for the Palsie through cold. You have before in §. 13. one Salve almost like unto this, and also one other Salve more in the said discourse, where it beginneth thus, Take Bevercod, &c.

Take *Euphorbium*, Cinamom, Saffron, Frankincense, Bevercod, Pith, *Opopanax*, the juyce of wild Rue, and dry Hyssop, of each half an ounce, Wax 3. i. β. *Pistachium*, *Ammuniacum*, of each half a drach. Sallad oyl as much as is needful for to make a Salve, therewith are you to anoint the whole body.

Take oyl of sweet Almonds six ounces, beaten Saffron one drach. and a half, good wine cuist 12. ounces, seethe them all together in a tin pan on a mild fire, untill the wine be consumed, and anoint therewith the cramped limbs; this is a noble remedy.

Many kinds of sewets or fats are very requisite for this, for to make salves thereof, *viz.* of Lions, Bears, Badgers, Hens, Goats, Capons, and such like, as shall be hereafter discoursed in the fifth part, where we shall speak of the lame and extenuated members.

There are many more common plaisters and salves good for this, which are to be found ready at all Apothecaries, as followeth hereafter. *Ceratum de Hyssopo*, *Unguentum Arragon*, *Martiaton*, *Emplastrum de Meliloto*, *Diachylon*, *Oxycroceum* dissolved with the oyl of Lillies, oyl of Tiles, oyl of Foxes, of Bevercod, of Rue, and of blew Flowerdeluce, and all other which be warm of nature. Of the things which are to be taken inwardly, Treacle, Michridate, confected roots *Eringus*, and also Wormwood wine are very good.

Of Bathing.

All Bathes which be by nature Allumy, or Sulphurish, or made artificially, are much commended. Also one may prepare a bath in this manner; take wild and tame Rue, Juniper tops, Wormwood, Southernwood, Pennyroyal, Bay leaves, Cypres roots, Dragons blood, Squinant, of each one M. seethe them all together in sufficient water for to bathe therein, put the Patient into it, and afterwards lay him in a bed, that he may sweat. In like manner is meet for this a dry bath; but one must not abide in it long, for avoiding of swooning: you may also use the bathe which is discovered before in the thirteenth Section. Also Gargarismes and Neefings.

Of the Cramp through emptinesse and heat.

IF this contagion assaile one not suddenly, but by little and little, as after an Ague, through great scowring, vomiting, or through much bleeding, then it is very hard, and almost incurable, by reason that it is caused through emptinesse, to wit, *Exinanitione*, nevertheless necessary means are not to be omitted.

First,

First, Barley water is good for this Patient, especially if there be Crabs or prepared Wood-Snailes decocted therewith, for that this drink will almost wholly and thoroughly turn to nourishment.

Secondly, he may drink well watered wine, rear eggs, and Henbroth prepared, as hereafter followeth: Take a Hen, chop her small, and put her in a Can, pour Rosewater upon it, and Wine, of each a good spoonful, stop it tight that there can come no vapour out, and so put the Can into a Kettle of seething water, and take clean away the fatnesse, But if the Patient be very weak, then take a Capon and rost him a little, afterwards drip it with unsalted Lard, beat him and presse out hard the juyce, temper it amongst the foresaid Henbroth, then will the same be the stronger.

A comfortable Broth.

A better broth.

Lay a drest Capon in Wine, powned and distilled in a glassed helm; that water strengtheneth much in extreme debility: temper also amongst it the yolk of an egg. Item, chop a Pullet, hang the pieces on threds in a great glasse or pot, stop it tight, and see the it three hours long in a Kettle of water, and use the liquor that hath dropped out of it. If you will make it more cordial, then lay therein ten or twelve pieces of gold. For this is also milk meet; first Womans milk: secondly, Asses milk; thirdly, Goats milk, as new as you can get it. If so be that there come a scowring with it, then steel the milk with steel or flint stones.

The meat which he is to use and take whensoever there is an ague with it, ought to be Kids, Lambs, and Hens, wherein Spinage, Mallowes, Beets, Purslain, Lettice, or such be decocted. Watered wine is also permitted, if there be no heat perceived.

For Strengthening.

Take Pullets or Kids flesh which is meetly sodden seven ounces, chop it small; temper amongst it Cardamom, Cloves, Cucubes, Galangal, Ginger, Nutmegs, Dragagant, and Gum, of each one drach. Mace, Saffron, of each two scrup. Starch, Licorice, Currans, pilled Almonds, Pine apple kernels, Sebestes, Pistacies, pilled Melon seed, Pompion seed, Gourds, and Cucumber seeds, white Poppy seed, Lettice seed, and Purslain seed, of each one quarter of an ounce, Sugar pennets four ounces; dissolve it in Buglosse water, with other Sugar as much as is needful for to make a confection thereof.

Of Bathing.

For this disease is also commanded for to bathe in luke-warm water. But to the end it might be the more forcible, cooling herbs may be decocted therein; as water Lillies, Violet leaves, and Willow leaves. For this purpose also, bathing in milk is much commended.

Item, at last shall the beginning of the sinews be anointed with warm oyl of Violets, oyl of Pompeons, and such like, thereby to stay the exsiccation of them.

This salve following is also marvellous good; Take Hens and Ducks grease, and the marrow of Calves bones, of each half an ounce, the muscilage of Fleawort, Dragagant, and Gum, of each three drach. oyl of water Lillies, and Willowes, of each one ounce and a half, Wax as much as is needful for a salve, anoint therewith all the back bone. It is also good for all other members.

Cramp through wounding.

But if this Cramp or contraction of the sinews do come through any wounds, then are the oyles of Camomil, Dill, and Flaxe tempered together, or each alone requisite and fit for it.

Item, take wine lees, temper some beaten Allom amongst it; this is of a marvellous force and operation.

Take Linseed, and Fenegreek meal, powned Dill seed, Henbane roots, and Anniseeds, of each a like quantity, temper them with the foresaid oyl, and lay it warm upon it.

Here be also two experiments which every one may prove; Take *Victorialis longa*, otherwise called *Allium Alpinum*, and wear it alwayes hanging about the neck; it should

defend a body from the cramp. The second, Pluck off an Eeles skin, and let it be dressed like leather; when you be plagued with the cramp, then lay it upon it, and when the skin is warm, then ceaseth the pain.

Of the Hag or Mare Ephialtes, and Incubus. §. 16.

Although that we have reckoned among the five species of the Palsie or Apoplexy, the falling sicknesse *Epilepsia* to be the fourth; yet doth method first of all require, to write of this sicknesse, the which through unbelief is with us called the hag or mare, because that this *Incubus* is a messenger of a future falling sicknesse.

The unbelievers make thereof *Dæmonium insultans*, which is an upstart and pinching Devil, the which we also in this Country, as is said, make one another to believe they be witches. But in truth it is none other but a natural sicknesse, as hereafter shall more evidently appear.

The *Incubus* is thus described: *Incubus* is a sicknesse which vexeth the body, whereby hot motion and speech is taken away. Or more larger, *Ephialtes* is a sicknesse, when a body is in his first sleep, lying on his back, doth suppose and also believe none other, but that somewhat creepeth upwards from his feet unto the breast, the which wringeth, and vexeth him there as it were a ghost, and so wholly hindreth his breath and voyce, that he cannot call for any help, yea it seemeth that it would murder him; therefore is otherwhiles heard of them, that be vexed therewith, such a kind of groaning, that as soon as the vexation or torment is past, they awake with great fear and trembling.

And albeit that this disease of it self alone is troublesome enough, neverthelesse somewhat else is to be feared, viz. the Convulsion or madnesse, which is *Mania*, and (like as it is already said) the falling sicknesse *Epilepsia*, and especially of them which have great head veins; because that the brains (as the place of the understanding) are thereby enfeebled.

Now when as such accidents come, then is there no long delay to be looked for; therefore it is meet indeed that there be advice taken for it out of hand, and first of all to take good heed, whether the sick person have a good colour. And if so be that also his veins be full, then is the *Saphæa* to be opened; secondly (if need require) the *Cephalæa*: thirdly, the vein of the forehead, or under the tongue. And if great heat of the time, or any thing else do hinder it, then set thereon two boxing cups with picking, the one upon the right brawn of the leg towards the heel, the other hard by the ham; but if it amend not thereby, then set two upon the shoulders.

Also it is very needful to observe good order in eating and drinking, and to refrain from wine, sweet things, and especially of all that engendreth blood.

Some allow wine, yet that which is thin, white, clear, and well watered, drunken soberly.

For his meat are all fowles good which have abode in hilly countries, better then any four footed beasts; yet of these, the wild are alwaies better then the tame.

Item, new laid eggs sodden rear, Capers, with Oxymel, are good for him in the beginning of supper; he is to eschew fish, and especially sodden fish: he is to shun all fruit, except Raisons, Pingles, Pistacies, confected Pears, Quinces, and such like.

All herbs be also forbidden him, except Fennel, Dill, and Buglosse; but Rue, Sage, Marjoram gentle, Hyssope, and Rosemary are especial good for him, which are rather to be reckoned for medicine then for nourishment.

Furthermore, he is to refrain these things, as the Sun, cold winds, the fire, the smoke, incontineny, bathing, wearinesse, care, much vexation, deep speculation, and especially two hours after meat, all great noise, to look from any height, to look upon whirling things, or that turn suddenly about, and all that shineth much, all strong savours, long sleep, especially after noon, much watching, and such like: but meetly moving after dinner is very good. Also he must be rubbed otherwhiles from the shoulders to the breast, untill beneath upon the legs, with warm clothes.

And when that is done, then is the head to be kembered and well rubbed. Piony roots worn about the neck, and smelling oftentimes unto them, are also very good. Piony kernels, pilled and drunken in honied water, do much hinder and let, that the vapours which might obstruct the brains, should not ascend upwards, and do also strengthen the brains.

Confected *Mirobalani* *Chebuli* taken every morning doth strengthen the head and the brains, and drive away the Mare. If the sick body look bleak in the face, then it is a sign

of Melancholy. Therefore is he to use the pills of *Cochia* oftentimes, to the end he may be well purged. Further, he is no otherwise to order himself in eating and drinking, then as is shewed in *Epilepsia*; for that *Incubus* is none other than a small falling sicknesse or *Epilepsia*.

This water following is very good for to purge: Take Hyssope two handfals, Currans one ounce, see the this together in a pint and a half of rain water unto the half, take thereof three ounces, of *Oxymel* of Squils, ℥. i. β. drink it every morning continuing the space of eight or ten daies, meetly warm.

When the body is purged, then is the head also to be purged with this gargarisme ensuing: Take Hyssope, Currans, and *Oxymel* sodden together with water, and gargarise therewith. Neesing is also be hoveful, like as many times hath been expressed.

In like manner may you carry these little balls or pellets in the mouth. Take Pennyroyal, ℥. i. seven fresh Figs, long Pepper, ℥. i. *Piretrum*, ℥. β. pownd them all together, and make pellets or round bals of it. It is also marvellous good twice a week in the evening and morning to take half a drach. of Treacle or Mithridate, with 3. ounces of water wherein Pyony roots are decocted.

If this disease be caused through great cold of the head, then it is to be annointed with the oyl of Costus, of Rue, or oyl of Bay: But if it be caused through overcharging of the stomach, then it is to be holpen with vomiting, Clusters, and such like.

For this is also to be sought to strengthen the heart and the brains, which is very conveniently done with this confection following.

Take red Coral, Harts bones, Pearls, and burnt Silk, ana. ℥. β. Galangale, Cardamome, Grains, long Pepper, Cloves, Nutmegs, cleansed Mirtle, and Piony kernels, ana. ℥. i. β. Cinnamom, ℥. i. Mace, Saffron, ana. ℥. i. white Sugar, ℥. 34. see the it unto a syrup in Buglosse water, and make an Electuary of it. In the winter honey is to be used in stead of Sugar, whereof you are to take in the evening and morning the quantity of a great nut, and thereupon to drink a draught of water wherein Piony roots are decocted.

The confection of *Diathamaron* and *Diambra* are also very meet for this purpose.

For a conclusion, if so be that these foresaid remedies brought not health with them, then are they once again to be used.

At the last cast or need must be plaisters laid upon the head, that corrode the flesh and skin on the forehead, wherein the skull is joyned together, which is to be made with Mustard seed or *Cantharides*, as is taught in this Chapter in the second §. and in other places, or to open it by an actual cautery.

Of the Falling Sicknesse, called Epilepsia. §. 17.

WE name this sicknesse with sundry names. And albeit that it be but one kind of sicknesse; notwithstanding it seemeth by diversity of the names to have some small difference. The Grecians do call it *Epilepsia*, the Latinists *Morbus Comitialis*, *Caducus*, *Herculeus*, and *Lunaticus*: the which we have comprehended all under four kinds of Apoplexies, and taught also thereby, that this falling sicknesse (as all other is an infection of the brain.

This is a quick and speedy distraction of the understanding, whereby the party is so spoiled and robbed of all his wits, powers, remembrance, and all the use of his members, that he must suddenly and unawares fall down to the earth, some, and lye a certain space without motion, seeth not, heareth not, neither feeleth, and sometimes also doth forcibly stir and cast himself about; when he cometh to himself again, he knoweth nothing of it, what is hapned unto him, although there be some that know all that was done with or about them.

The causes of this sicknesse are divers, for that it proceedeth of the four humours of the body, and doth chiefly take his beginning of *Phlegma*, next of *Melancholia*, sometime of the blood, and seldom of *Cholera*. This is also increased by excessive eating; drunkenness, all savors of meats; and of all things which fume up into the head, as Onions, Garlick, raw fruits, and such like, that be of a cold and moist nature; worms of the belly, whereof the venomous vapors ascend upwards out of the stomach towards the head, putrification of the detained natural seed, of obstructed terms in women, like as oftentimes also hapneth to women which have first conceived; to sit long in the Sun with a full stomach, to eat or smell to Bucks livers. Also thunder and lightening do hurt

them, whereby they are wont quickly to fall, as also long and much sleep, and all that increaseth *Phlegma*.

There hurteth them also who are infected with this sicknesse, the South wind, cold and moist countries, and the smell of these five things following, as Goats horns, which is so forcible, that they that suppose to be clean rid of this sicknesse, receiving the sewer thereof, must immediatly fall to the ground. Item *Galbanum*, *Myrrha Benzum*, and above all the herb Smalage, like as it is found, that it hath caused one to fall onely through looking upon it, therefore such persons must and are to be kept from them. Youth is also more subject to this disease then age : but it is easier to be cured in young persons then in old, like as shall be more at large taught hereafter.

The signs of one that hath the falling sicknesse, are these : if he fall suddenly to the earth, bendeth him, beateth or striketh from him, loseth his understanding, and someth at the mouth, if thereby his urine, nature or excrements passe away ; then it is a sign, that the sicknesse is the stronger.

Order of dyet.

IT importeth as well young as old people in this sicknesse, like as in all other sicknesses, but for this sicknesse must regard be had, especially of the age and youth, nature, custome, and abilitie of the Patient.

In common falling sicknesses is first to be eschewed all cold moist and watry places, in like sort also all meats cold of nature, all that bringeth with it slime, and obstructions, as Dow, Milk, Fish, Gourds, Lettice, Beets, Spinage, Purslain, Cucumbers, and fat flesh. Item all strong things, as Onions, Garlick, Scallions, Radishes, Coleworts, Mustard seed, all that is much salted, and all Spices. Item, fresh water, all strong wine, be it red or white, and chiefly sweet, they are very hurtful : like as is also to eat too much, and to swallow down meat unchewed, and to eat again before the former be digested, long sleep, and principally to sleep by day, he is utterly to eschew.

But on the contrary, all his meats are to be drying, as Mutton, Partridges, Pheasants, all wood Fowls, with some Pepper, Zeduary, and Galangal prepared, and alwaies rather roasted then sodden : his drink must be thin, clear, small red wine ; but if the wine be somewhat strong, then it is to be tempered with water of Buglosse, or the water wherein Betony roots are decocted. Great motion is not fit for him, but rather much rest.

The remedies which are to be used for this falling sickness are most of them here before (where we have discoursed of the hag or mare) described, which according to the importance of the cause must be used for old folks, which be burthened and troubled with this disease.

And because (like as before is discovered) the young children by reason of their moisture, whereof they be full, are more subject to this sicknesse ; therefore we will first (as much as shall concern that) describe these means, and remedies following.

Of the Falling sicknesse in children.

VVith sucking children nothing is safer to be taken, then that the mother or nurse do observe a good order of dyet, eat meat that is light of digestion, and that moderately warmeth, that she refrain man, and all that maketh grosse blood. And if she be conceived, then is the child to suck no more at any hand ; before meat she is to move and stir well, and to drink watered wine or small Beer : she is to refrain and leave all fruits, and especially those that be cold and moist. In fine, she is not to govern her self otherwise then if she were her self infected with the falling sicknesse.

When as the child doth wax stronger, and beginneth to feed on other meat, then it is to be governed according to the importance of his age, and of his sicknesse, like as by this prescription (and other Chapters written to this end) may be seen.

These are alwaies the remedies which by the ancient Physitians be commended for young childrens falling sicknesse, and are found profitable.

Take water of Rue, May Lillies, of each a like quantity ; give a spoonful thereof or more, according to the bignesse of the child, make peeces of Tiles hot, lay chopt Rue thereon sprinkled with vinegar, hold him that before his nose ; the same is also good for ancient people.

Temper

Temper Conserve of Violets in Endive water, or Piony water ; this is very good if there be any heat mixt amongst it.

Make thick Almond milk, temper therein as much Sugar that it be as thick as pap, wipe thereof in the child's mouth ; it nourisheth well, bringeth sleep with it, and defendeth the stomach from all foul and stinking humours : the water of Chickweed is also very requisite for this.

Others do commend much for this, the water of Cowdung ; and if it cannot be had, then is the Cowdung to be broken into fair water, and strained through a cloth, and to give thereof half an ounce at least.

Item, take the water of black Cherries, water of Tillet blossoms, of each a like quantity : give it in the time of sicknesse, or when it is thought to be at hand.

The fish that is called *Mustella Fluvialis*, or *Trinca*, called *Trisca* in Latin, hath two small bones lying upon the brains, which are to be dried and powdred, and given to the child. These are marvellous good : but these small bones are to be taken out of an unfodden fish, for when they be sodden they have lost their vertue.

It hapneth also, that children when they be full of worms do get the falling sicknesse, which is very dangerous ; against which you shall finde hereafter in the third part, where we shall discourse of the worms, sundry good advices.

Take young Magpies out of the nest, distil water of them, and give to young children a spoonful for the Falling sicknesse.

Another. Take three young Magpies that cannot flie, *Ungula Alca*, 3. 3. Harts horn shaven 3. 1. 3. distill them together, and use them as before ; it hath been often proved.

Item, take *Carduus Benedictus* water 3. 2. Lavender water 3. 3. when you perceive that the falling sicknesse will assail any body, whether they be young or old, then look that you get a young Hare, which sucketh still, take the maw out of it, (hang it in the aire that the milk may dry in it) whereof give to the sick person one drachme or lesse (according to the importance) powdred with fresh water ; for this are Pyony kernels good, worn about the neck, and also the powder thereof taken, the root sodden, and drunken thereof, and the powder strewed upon the meat, is also very good.

A good powder.

TAKE prepared Pearls one drach. red Coral half a drach. Miscleden one drach. and a half, prepared Amber two scrup. Harts bones one drach. Pyony seed, and the roots, of each half a drach. white Sugar one ounce, beaten gold six leaves : of this powder is every week one drach. to be given with Betony water : Sometime also half a drach. or a drach. tempered with a little broth.

A powder.

TAKE half a drachme of the skull of an executed man, prepared Pearls one drachme, Harts horns two scrup. Tormentil, Seduary, of each two scrup. Sugar candy one ounce and a half, five leaves of beaten gold ; temper them all together, and give it to the sick body with Pyony water and such like.

A Confection.

ETCH these things following at the Apothecaries : take *Diapenidum*, 3. 3. Pliris *Arcticon*, 3. 1. *Diambra*, 3. 3. Cinnamom, 3. 1. 3. Nutmegs, Cucubes, ana 3. 2. Ginger, 3. 1. Sugar, 3. 8. melt them in Pyony water, and make a Confection thereof.

All that is before written of young children, is also to be used for aged people, taking alwaies good heed, whether the sicknesse be great or small, and also with that which followeth hereafter.

Yet more of the Falling sicknesse.

BUT if so be that the Falling sicknesse doth assail young, full grown, or ancient people, then (besides all that is already discovered) this is one common and necessary rule,

rule, that every one which is infected with this sicknesse, keep himself at home in rainy weather, in places which be warmed with fuming works and fire and be also dry. The chamber is to be strewed with herbs are necessary for the falling Evil, as Rue, wild Tyme, Rosemary, of each half a M. pownd them, and make them in a bag three quarters long, at night lay it on both sides under the head.

If there be then any one infected with this sicknesse, that perceiveth something to ascend or climbe up out of any member of the body towards the head, then must he, as soon as is possible, and before that he falleth or goeth beside himself, binde hard the place where he feeleth it creeping upwards, wring hard the fingers, rub the feet, set boxing cups behind on the neck, without picking, thereby to suppress the ascending vapors, and afterwards (if it may be possible) for to set or minister unto him this Clister following.

Take Swines bread, black Hellebore, Centory, fresh white Daffodil, of each one drach. wild Saffron seed half an ounce, seethe this in a quart of water until the half. Take 13. ounces of this decoction, temper therein *Hiera logodion*, one ounce, oyl of *Euphorbium* 10. drach. *Sal gemma* one drach. and a half, temper all these together, it is a very strong Clister for to draw the matter out of the head.

Set also great boxing cups on the inside of the thighs, besides the buttocks, and rub well his arms and legs downward.

Take the juice of Swines bread, the seed of Rue, the Rennet of Hares mawes, of each one quarter of an ounce, stir them together in a mortar, blow that into his nose through a Vultures quill; there have been before times marvels wrought thereby.

There is also a great noyse to be made about the Patient, to open his eyes, and hold great light before them; when he is come to rest again, then is he to purge often with these pills *Cochia* (or some other) but using alwaies before certain Juleps, thereby the more easily to take away the humour. Whilest that he useth these potions, he must presently upon it, likewise also two hours before meat, take and use the quantity of a Nutmeg of this conserve following.

Take Pistacies shaled, which have been steeped one night in Pyony water three ounces, *Doronicum*, Harts bones, Burrage, and Buglosse flowers, Violets, Roses, of each one quarter of an ounce, red and white Behen, ana. 3. 1. 3. Basil, red Coral, ana. 3. 2. 3. Jacinth, Smaragda, Saphir, ana. 3. 1. Grains, *Lignum Aloes*, ana. 3. 2. water Lillies, and Ivory, ana. 3. 4. five leaves of beaten gold, *Muscus*, *Ambra*, ana. five grains, Honey of Roses, syrup of Citron peels, ana. 3. 5. Sugar, 3. 3. you are to seethe the syrup and Sugar in four ounces of Buglosse water until the water be clean consumed; break the Musk and Amber in a little Lavander water, and temper all the rest amongst it. This may be also used whensoever he useth not the other potions, and so forth, now the one, and then the other.

It is also advised to cover the place whence the disease is caused with plaisters, which make blisters, and to let them lye so long upon it, until the blisters be drawn full of water, and break of themselves, and run out; the which are not be suffered to shut in ten daies, to the end the moisture have his full course, for this is one of the most principal remedies that is meet for this malady.

Plaisters which raise and draw blisters.

TAKE Mustard seed, Pepper, and *Euphorbium* beaten small, ana. 3. 1. Honey of *Anacardio*, as much as is needful for a plaister, spread this upon a cloth the bignesse of a Doller, and lay it on the place where you desire.

But this insuing is generally used; Take *Cantharides* (heads and wings broken off) one quarter of an ounce, Honey of *Anacardio*, and sower dough, of each one drachme, strong vinegar as much as is needful for to temper it together; lay this upon it as is said, when the blister is full, open it with a needle with threed in it, and leave the threed behind, that thereby the humidity may be let out. Item, take blak Soap, quick Lime of each one quarter of an ounce, mix them together.

A Stronger.

Take *Cantharides* prepared as before; quick Lime, of each a like quantity, temper them with the juice of Daffodils, some do burn it with Iron or Gold.

When as these blisters have run enough, they are to be healed with this salve: Take *Aristology*, *Ireos*, *Myrrhe*, *Frankincence*, *Sarcocolla*, of each one drach. oyl of *Roses* four ounces, Wax as much as is needful; make a salve thereof. For this also is advised to set boxing cups with small picking upon the same place: And if the Patient, before the sicknesse assailed him, were grieved with any kind of vomiting, with griping and panting of the heart, and came thereby to fall: then is the vomiting or casting to be furthered by all manner of means.

Take blew Flower de-luce rootes one ounce, *Aristology* half an ounce, *Centory*, *Garden Mints*, *Wormwood*, *Rue*, *Sage*, *Hyssope*, *Polypody*, *Mallows*, *Mercury*, of each a M. *Silver mountain*, *Ameos*, *Dill seed*, wild Rape seed, and *Basil seed*, of each one quarter of an ounce, beaten *Piony seed*, and a little Bran: seethe these all together in a good deal of water: of this decoction you are to take 14. ounces, temper therein one ounce and a half of Honey, salt one quarter of an ounce, *Hiera Picra*, three quarters of an ounce, oyl of *Rue* two ounces, make a Clister thereof.

For to purge.

Half an ounce or one ounce of *Hiera Picra* taken oftentimes, is very convenient: But it is better to use first some preparative potions, which are thus to be composed.

Take blew Flower de-luce roots, or *Ireos*, *Piony roots*, *Fennel roots*, and *Aristology*, of each one ounce and a half, prepared *Squils* one ounce, *Garden Mints* and *Wormwood*, of each one handful and a half, wild *Thyme*, *Miscleden*, wild and tame *Sage*, and *Rue*, of each one M. *Annise*, *Fennel seed*, *Piony seeds* pilled, of each one ounce; *Silver Mountain*, *Basil seed*, ana. ʒ. ʒ. *Licorice*, *Raisons*, and *Stechas*, of each one ounce, the juice of *Fumitory* (or the water) two ounces, clarified Honey six ounces, Sugar nine ounces: seethe the herbs, seeds and roots all together; afterwards wring it out hard, and with the decoction, the Hony and Sugar make a clear syrup; give thereof to the Patient the space of certain daies together one ounce and a half, or two ounces, with any of the waters meet for it. And because that the foresaid *Hiera* is gentle in purging, and this sicknesse doth require strong things; therefore take *Hiera Picra*, ʒ. 2. ʒ. prepared *Coloquint*, and *Bdellium*, ana. ʒ. ʒ. Mastick, G. 3. make pills thereof with the juice of *Wormwood*, and give the Patient ʒ. 1. at night going to bed.

In like sort when he goeth to bed, then is this salve following, the quantity of a Hemp seed, to be wiped at the least thrice a week in the Patients nose: Take Oxe gall one quarter of an ounce, Starch half a drachme, *Nigella seed* half a scrup. *Marjoram gentle* six grains, white *Hellebore* five grains, *Euphorbium* three grains, pownd all reasonable small and temper it well together.

After purging.

After purging is the sick person to use a confortative, as hereafter followeth: Take prepared *Pearls* half a drach. *Galangal* and *Cinnamom*, ana. ʒ. 2. *Seduary*, ʒ. ʒ. prepared *Coriander*, red *Coral*, ana. ʒ. 1. *Nutmegs*, *Cloves*, *Cucubes*, *Coutchenel*, *Annise* and *Fennel*, ana. g. 16. yellow *Saunders* and *Mastick*, ana. g. 5. *Diptamus* *Miscleden*; pilled *Piony seeds*, of each two scruples, confected *Citron Pills* half an ounce, Sugar Candy half an ounce, conserve of *Roses*, and of *Stechados*, of each three drachmes but if the Conserve of *Stechas* cannot be had, take pownded *Stecas* one drachme six ounces of Sugar decocted to a syrup in Rose water and then temper the rest amongst it. In like manner are other stomachical things to be used; for which Mastick is highly commended.

For the strengthening of the stomach is this shield worn: Take Mastick three ounces, *Spikenard*, *Roses*, *Frankincence*, of each one drachme, stampe them all together, and make it to a plaister with odorifero us wine, spread upon leather, and lay it upon the stomach; if it will not cleave fast, add wax, and oyl of Mastick as much as is needful unto it.

Ano

Another.

Take Laudanum, and Mastick, of each one ounce and a half, Frankincense one quarter of an ounce, Galangal, Seduary, and Annis seeds, of each one drachme and a half, Roses, red and white Sanders, of each one drachme, garden Mints, and Bloodstone, of each one quarter of an ounce, Turpentine one ounce, melt the Laudanum in the Turpentine in a warm mortar, with a little of the juyce of Wormwood, temper the rest beaten small amongst it, and make a plaister or shield of it: you shall have more of these shields for the stomach in the third part.

After the use of the purgation, the patient is to take once a week at least, early in the morning, one drachme of Mithridate tempered with Balm water, and thereupon to remain lying the space of four hours, and to sleep if he can without using any thing else the same day.

A Bagg.

Take *Species Electuarii de gemmis, Latifcantis Almanforis*, of each one quarter of an ounce, Mace, one drach. Marjoram, Indy Spica, *Lignum Aloes*, and red Stirax, of each half a drach. each stamped alone, make a silk bag, and wear it on the left brest; when it is besweat, then let it dry again.

Here followeth yet many a good remedy.

Take Piretrum, Mastick, of each a like quantity, temper them with molten Wax, and make small balls or pellets thereof, of the bignesse of a Hasel nut, chew them and spit out the slime, kembe your head oftentimes, and anoint it with the oyl of Mastick and Spikenard: the Gargarismes which follow hereafter are very meet for this sicknesse; Take Ireos, prepared Squils, of each one ounce and a half, Hyssop, wild Thyme, of each one M. Piretrum one quarter of an ounce, Licebane, Mastick, of each one drach. white Hellebore one quarter of an ounce, Piony seed pilled, and Ginger, of each five drach. Raisins (the stones taken out) two ounces, Vinegar half an ounce, clarified Honey three ounces: seethe all that is to be sodden, afterwards temper the Vinegar and Honey amongst it.

Neefing.

The Neefing (like as it is oftentimes said already) is very special good, thereby to purge the brain. But for this sicknesse are Piony roots beaten commended above measure, and blown into the nose. If you temper this powder with the juyce of Rue, and drop it into the nose, then will it be more forcible, for the Rue hath a marvellous operation against the falling sicknesse, like as hath also *Spicanardus*: these foresaid things are also good beaten, and smelled to the other, as this small bag following.

Take wild Rue beaten half an ounce, Silver mountain one quarter of an ounce, red Stirax one drach. and a half, Piony roots five drach. temper them well together, and bind them in a little bag or cloth, and smell unto it.

Of things that may be hanged about the neck.

IN this falling sicknesse are some things highly commended of all the famous Physitians, to be hanged about the neck, and they alleadge thereto also certain reasons and experiences, wherewith they do prove and shew, that they that wear them about the neck, do not fall, and omitting it, their disease presently returneth. This is also no misbelief, like as the common people thinketh: but it is the smell or savour, which doth most vehemently withstand this evil, and therefore is the same at no hand to be omitted. Some write also, that the red Coral and the Emerald hath the same vertue, which experience must teach us. This haply hath been (as hath been said) a cause of some superstition, as commonly it befallerh, that good things are abused: for every one can tell, that the Gospel of Saint John, pieces of the Crosse and other such like fantastical Reliques, also sentences of the holy Scripture, have been used to unwitch and blesse those that

that have been forespoken. It hath also been faithfully credited, that thereby great marvels might be wrought, if they were onely either spoken over the patient, or hanged about his neck: for the which this piece of Jugling might also be used, wherein it is counselled, that a girdle be cut out of a Wolves skin, even from the head thereof to the very tail, and so wear it about the body. But because it is not easly for every man to catch a Wolf, the same is also ascribed to the skin of an Asse. These things for the most part are accounted as Gospel of old doting women: like as it is also with the gut of a Wolf, that is of many Women applyed to the navels of young children against the Collick & gripings of the belly: but these remedies following are of better estimation, and of a more secret or hidden vertue, to wit; Briony worn about the neck: also Thyme, hyssop, Rue, and Southernwood worn likewise in the bosom, for by reason of their smell they may have some effect.

A Capital Unguent.

TAke Marjoram gentle, Rosemary flowers, of each half an ounce, Lignum Aloes one ounce, beat them together, and rub them well with strong Wine in a mortar, temper one ounce of Barley meal, Starch two ounces amongst it, apply this to the head being shaven; it easeth the falling evil marvellously.

Item, take oyl of Rue, oyl of Pepper of each one ounce sweet Costus roots, Piretrum, Ginger, Galangal, Rue seeds, of each one drach. and a half: mix them all together, and so apply them warm over both the shoulders.

Item, take Bevercod cut small four ounces, oyl of Olives six ounces, Juniper berries beaten grossly three ounces, put a pint of strong wine upon them, cover it well, and let it boil a while: with this is the patient to be anointed in the hams, in the armpits, and on the pulses of his hands. Also it is very good in this infirmity to anoint the forehead with the suet of a Stag.

Indian Baulme is in like sort good for all kind of falling evils, being anointed on the roof of the mouth; and albeit that it cureth not the sicknesse wholly, yet will it greatly hinder his return.

Ungula Alois.

IT is a common errour to wear a ring of this beasts hoof on his finger against the falling sicknesse, I have proved it oftentimes, but with no ease unto the patient.

A Confection or Electuary for the falling evil.

TAke Piretrum, Costus roots, Stechas, of each ten drach. Agarick five drach. Dill seed, *Assa-fœtida*, Aristologie, of each two drach. and a half, juyce of Squils, clarified Honey, of each 14. ounces: boil the juyce and the honey with a gengle fire, untill it wax meetly thick, afterwards when it beginneth to cool, mix the other ingredients with it: take of this every morning three drach. and fast four hours after it. *Montagnana* taketh God to record, that he hath known a thousand cured thereby. This following is not much unlike the former, take Piretrum, Silver mountain, Stechados, of each ten drach. Agarick five drach. Cardamom, *Assa-fœtida*, Aristologie, of each one drach. and a half, juyce of Squils, and honey twice as much as of all the rest, or as much as is needfull; let them boil sufficiently, and temper the other things being powdered amongst them. The patient shall use every day of this confection one quarter of an ounce, and beware of grosse meats.

These two Electuaries following are very good for all manner of falling evils, except that which is caused of blood: take prepared Pearls one drach. Cloves, Galangal, Nutmegs, Cucubes, of each half a drach. Cinamom one scruple, Couchenel, Lignum Aloes, red Stirax, of each half a scruple, red Sanders, Calamus, Doronicum, of each five grains, Piony seeds peeled, Mistleto, Diptamar of each one drach. Currans one ounce; conserve of Roses, conserve of Stechados, conserve of Burrage, of each two drachmes; white Sugar clarified in Rose water twelve ounces, make a confection of them.

Another; Take Piony roots one ounce, Mace, Indian, Spike, Saffron, red Corral, prepared Pearls, of each half a drach. Cinamom, Cloves, Nutmegs, Ginger, Pepper, long Pepper, Cardamom, Grains, of each two drachmes, Licorice five drachmes, Anacardium one ounce and a half, Musk, Amber, of each seven grains, Clarified Honey or Sugar

twelve

twelve ounces, make an Electuary of them: take of this the bignesse of a Nutmeg, and drink a little Mead after it. It is very good against the falling-sicknesse, the Palsey, and such like other infirmities more, it comforteth the brain, maketh a good memory, and expelleth the lethargie, and all obliuiousnesse.

One may use either of these prescribed medicines, or this powder following, take Cinamom, Cloves, Galangal, Nutmegs, Mace, Cucubes, of each two drachmes, black, white and long Pepper, Cardamom, Annis seeds, Fennel seeds, peeled Piony seeds, Hyssop, Diptamer, Mistleto, of each one drach. Saffron two drachmes, Sugar-candy five drach. make a powder of them, keep it in a leather sack, and use it in all thy meats.

Item, take the seeds of Maiden hair half an ounce, Mistleto one ounce, Tormentil one ounce and a half, make them into a powder and minister two drachmes of it at once, with the decoction of Piony roots when you fear the excesse of the disease. For this purpose ser- ueth also white Mustard seeds prepared, conserve of Betony, the iuyce, the water, the herb, and the flowers: in fine, all that is made of Betony is very good for the falling sick- nesse of the head, and for all other infirmities of the same. So is also the conserve of Pi- ony roots, seeds, water, wine of Piony, and all what may be prepared thereof, as may evidently be seen by the former receipts: the preserved Eringus roots are also very pro- fitably used therein.

In like sort also Lavander, Rosemary, Spikenard, their leaves, flowers, wine, and what- soever else is made of them: we have also mentioned of the taking of Mithridate and Treacle: likewise Guaicum is very commodiously used for this infirmity. After due evacuation of the body, this is also much commended in the falling sicknesse, take the iuyce of Rue two ounces, Assafoetida half a drachme, mix them together, and so take them.

Item, take the skul of a sound man calcined or burnt, pilled Piony seeds, of each half an ounce, Tormentil, Mistleto, of each two drachmes, give it to the patient as before: the same doth also burnt Harts horn taken with wine, as also the liver of a Kite, and dried blood of a Sheep, the bladder of a Boar with the urine dried in an oven, and every day the bignesse of a bean taken with Oxymel.

Item, Ravens eggs, Swallows flesh, Wolfs, Harts, Fox flesh, either boyled or other- wise, the blood and flesh of a Wesel tempered with the urine of a man-child.

Item, Bucks blood taken, the hoof of an Asse burnt and mixed with strong Vinegar, and so anointed about the head.

The liver of an Asse taken fasting, the gall of a Bear powdered, the fume of Peacocks dung or otherwise used, Partridges livers dried, and one drachme and a half drunken, the brains of Camels, or of Wesels used with vinegar, the bones of a man calcined, the blood of a Tortoise that liveth in fresh water, a Cuckow put into a pipkin close stopped, and burnt to ashes, the stones of a Boar, of a wild Boar, of a Ram, and of a Bear drunken, with water, the brains of Sparrowes with many strange things more that are highly com- mended of divers famous Physitians, but above all other things is the rheuming of a Le- veret much commended, as hath been said before. Every one may use of the pri- mises those that he hath approved to be good: but if this falling evil (which very sel- dom befalleth) be caused of blood, then appeareth it with rednesse of the face, red eyes, and with large veins. In this case is the Saphea to be opened, boxing cups to be set on the thighs, and legs, and on all other parts of the body. Three ounces of oyl of Loses mixed with an ounce of Vinegar, and other cooling things more, are to be applyed to the head: also to beware of these meats, that fume into the head, and that ingender much blood, as hath been said, neither may the patient use any Wine, sowre Fruits, as Citrons, Le- mons, Verjuyce: Pomgranats may be measurably use either raw by themselves, or mix- ed with his drink.

Of the Friction.

THe patient is to be rubbed downwards, to wit, from the neck to the very rump, from the breasts to the legs, and from the thighs to the feet, the lower the better, with rough clothes warmed, thereby to draw the matter downwards: after that, he is to use a reasonable motion, walking, and kembering of the head. Some coun- sel to rub the pulses with Strawberry water: and if all this will not help, then is an actual Cauntry to be used for the extreamest and last remedy, whereof hath been spoken before.

Of the Apoplexie or dead Palsy. §. 18.

EVEN as we have generally spoken of this fearfull disease in the §. 9. this Apoplexia is the most vehement and last of all the former five infirmities, because it is more hurtfull and perillous then all the rest; for it often befalleth, that these Apoplectici do not onely lose their speech, senses, and memory, but also all motion, natural warmth and nourishment, yea remain wholly dumbe, which happeneth by reason that all the passages of the brains are obstructed, whereby the vital spirits cannot be spread over the whole body: and because they are without sense, without feeling, and without all motion, do the Latinists call them *Attonitos*.

This Apoplexia is described after two manner of wayes, the one bereaveth a man of all sense and feeling, and that otherwhiles so long, that the patient seemeth to be dead, wherefore it is also commanded, that he should not be buried before the fourth day: and to be assured that there is no life more to be expected, thou shalt hold a little feather at his mouth, which if it neither move nor wag, and that the body waxeth stiffe, then is he departed. Likewise a glasse of water is to be set upon his brest, and if the same be not stirred, then it is a sure sign of death.

The other Palsy is somewhat easier, it doth first infect the brest, whereby all the sinewes are constrained to move immoderately, and to hinder respiration, and this is rightly called Apoplexia. Others do divide it into three kinds: whereof the first is, when the patient doth draw a little breath, but with great difficulty, as also when he someth, his breath is not heard, but his voyce a little, as if he were choked, and this is the worst and deadliest Palsy.

The second hath a variable respiration or breathing, sometimes not perceived at all, and anon returning to his former course, without fume at the mouth: this is also not without great danger, and albeit that it were cured, yet doth it turn to some other sickness.

The third kind is, when the breath remaineth in due order. The causes of these sicknesses are superabundant humours either in the brain, or in the blood, overcharging the stomach with meat or drink, overwatching, debility of the brains, drinking of cold water, cool winds, rainy weather, blowes, falls, use of many cold meats, as fruits, fishes, lettuce, overmuch sleep, carnal copulation presently after meals, long rest or quiet, binding in the body, over much bleeding either by opening of a vein, or otherwise. This disease is both very common, and very dangerous for old folks, especially if they have kept an immoderate diet before. The common and surest signs of it are these, to wit, if the patient be quickly snorting and not sleeping, be handled or pinched without sense or feeling. Likewise, the vehemency or debility of this disease may be discerned by the snorting: also it is to be taken for a most sure and infallible sign thereof, if he fume at the mouth, and is by no means possible to be cured; so that all Physitians herein agree, that nothing can be done but onely to satisfie his friends, yet without all hope of recovery.

But if the patient snort not hard, then is the Apoplexie the lesse, and to be brief, a strong Apoplexie maketh quick dispatch of the patient, or else there ensueth a dead palsy, which is much easier cured: wherefore it is altogether needlesse to make any great discourse of this Apoplexie, and the rather, because that all the remedies serving for cure of this sickness, are declared in the treatise of the falling evil, and of the palsy.

Afterwards heed is also to be taken, whether the face wax red, black, or green, as it commonly befalleth if some part be tyed or bounden about hard: for this, are both the Saphenæ to be opened on the feet, and a while after both the head veins, afterwards in the forehead above the nose. This being done, the arms above the elbowes, and the legs beneath the knees, are to be very strongly bound, that the blood might be drawn to the pains, yet (as it hath oftentimes been said before) not to let them be bounden too long without untying them, and then afterwards tying them again. Also you are to pinch the fingers of the patient very hard, and rub both his ears and his nose so roughly, that it might be painfull unto him.

Some do counsel that the outward parts should be stroked downwards with wine, wherein Ireos or Calamus hath been decocted: also suppositories, Clusters, and boxing cups, and such like not to be omitted, nor yet the application of Oxyrrhodinum to the head.

But if none of the foresaid signs do appear in the patient, but onely a little ratling in the throat

throat when he breatheth, then it is an infallible sign of many watrish humours, for the which this Clifter following is to be used. Take Centory, wild and garden Sage, Rue, Southernwood, Marjoram, white water Mints, of each half an M. a little Bran, and half a Coloquint tyed up in a cloth, boil them all together in a sufficient quantity of water. Take of this decoction 16. ounces, and mix it with *Melanacardium*, and oyl of Costus, of each one ounce and a half, Sal gemmæ one drachme, Hiera Picra 7. drachmes, stir them well together, this is very meet for the Apoplexie.

To draw the phlegme out of the head, shalt thou provoke neefing with Ellebore, for the which this root is very appropriate, or use this following: Take white Ellebore, or neefing-wort one drachme, Bevercod half a drach. Lignum Aloes one scruple, beat them to powder, and blow it into the nose; and if he could abide vomitting, the use therof will not be unprofitable for him; open his mouth and powre therein Oxymel of Squils with warm water, oyl of Roses, and of Lillies.

Item, boyled Radishes, or horse Radishes in water. Also this vomiting may be provoked by putting a feather into the throat: give unto him not much meat, and if it be possible, give him nothing to drink but Mead, and the next day let him drink one drach. or one drach. and a half of the decoction of Annis seeds.

Thou shalt call aloud and make a great noise about this patient, also use Musick, thereby to awake him out of his deadly sleep, which if it will not help, then is he to be pulled, pinched, and very roughly to be handled.

It is also very meet, that this patient take every day one drachme, more or lesse of the confection Anacardina with Oxymel, thereby to bring an Ague according as the cause requireth, for it is very hot: wherefore the learned dispute greatly whether an ague be a good or a bad sign in the Apoplexie.

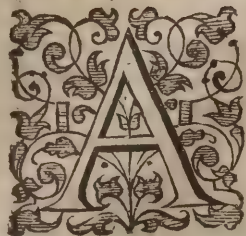
Of outward applications.

Take Cammomil, Melilot, Penniroyal, wild Thyme, Marjoram, Baulme, Marjoram gentle, of each one M. boil them in water, and bathe or foment the head therewith warm, stamp the herbs, put to them oyl of Rue, and of Lillies, of each one ounce and a half, and apply them warm to the head; if it be cold weather, then anoint the head with oyls that are warm of nature, & with the oyl of Daffodils, of Bevercod, of Piretrum, and such like: and not onely the head, but also the neck and the whole back bone. Or make this salve following: Take Calamus, bitter Costus roots, of each half an ounce, Silver mountain, Basil seed, of each an ounce, oyl of Spikenard, of Cammomil, of Lillies, of each two ounces, white Wine three ounces; melt all that is to be molten, and boil them together on a small fire of coals, untill the Wine be consumed; then mix the oyl amongst it, and anoint the whole head therewith, and the back bone downwards to the very end thereof: And if this will not help, then shave off all the hair on the head, and apply this plaister following, being spread on a piece of leather or a piece of fustian, and make it as big that the whole head may be covered therewith. Take *Galbanum*, *Sagapenum*, *Opopanax*, of each two drachmes, Sulphur vive one drachme and a half, Turpentine one ounce, melt and mix them well together.

Now to finish this part of the brains, we must first remember two things briefly: First that it is most necessary for this patient altogether to forbear wine, and to drink some small beer; or to continue with this Mead following, which is made of twelve quarts of water, and three or four quarts of honey being well sodden and scummed. Concerning his meat hath sufficiently been spoken before.

Secondly, if his speech be altogether or very much decayed, then is the water of Liriconfanie to be used, as it is described in the 5. §. before, and with it all manner of waters of life, which are specified in the eight part. Also Wormword Wine, Lavander Wine, Spikenard Wine, and the conserve of the same: but remember alwayes, that all other wines be streightly prohibited: wherefore these ought also very circumspectly to be used.

The thirteenth Chapter:

Of the Mouth, and all that appertaineth unto it.

After the description of the Brains, which are the uppermost inward member of the head, we will now speak of other parts; as of the Mouth and Lips. In the mouth, first is the palate, the tongue, the gums, the roof, the teeth, the almonds, with all the other adjacent parts; as the voice, which is made and brought forth with the lips, tongue, teeth, and with other parts more.

After them follow all manner of accidents that are incident unto them.

Now to speak of the whole mouth it is to be admired, as also all other parts that are created by God; for above all that it containeth, it is the only means whereby every living thing receiveth food for the whole body. Also by this the nostrils, the heart and lungs receive ayr, without which it is impossible to live.

Thirdly, out of this proceedeth the voyce and speeches, whereby one man understandeth another, and whereby a man is different from all other beasts, which have nothing common with us but only the voyce.

These things are manifold, as hereafter shall appear more at large. Of the outward parts, to wit, of the lips, hath been spoken in the tenth Chapter: but before we come to this particular treatise, we will first of all shew all that belongeth unto the mouth.

Of Putrifactions and exulcerations in the Mouth. §. I.

These exulcerations or putrifactions of the mouth are of many sorts; one deep, another not; some purulent, some corroding, virulent, as well in the tongue as in the gums, consuming and spoiling them otherwhiles wholly. They proceed of divers causes, and amongst all other of these; to wit, if one scald his mouth with hot meats, or use any thing which is hot by nature; likewise also hot vapours which ascend from the stomach and ulcerate the mouth.

If these exulcerations be red, the face also red and inflamed, and especially about the place where the sore appeareth; thereby may be adjudged, that it proceeds onely of the blood: but if the colour in the face be yellowish, with heat and dryth in the mouth, rednesse in the eyes, of the throat, and with blisters in the mouth, without any great swelling, and that the Patient cannot abide any hot thing in his mouth; then proceedeth it of *Cholera*; but if the Ulcers be white, without great pain, without any great swelling of the lips and gums, and if the spittle be saltish, then riseth the same of *Phlegma*. The melancholick humour bringeth her own signs with her, to wit, obscurenesse, hardnesse, and blacknesse.

These infections are thus described; The Putrifaction in the mouth is, when many blisters and ulcers are ingendred, which do arrode the gums, tongue, and throat painfully, running from one place to another, and so spoyle the mouth.

Before thou take these exulcerations in hand, look whether they be deep eaten into the flesh or not, new or old. If they be not big but fresh, and not overladen with much moisture; then use these things following, which may suffice with some astringent and binding things admixed, as to wash the mouth with Well water, Plantain water, and Rosewater, wherein the blossoms of Pomgranates and their pills, and also Galls have been decocted. You may also use Rosewater mixed with vinegar.

Item, the decoction of Fleawort seeds, or of dried Prunes, by it self, or tempered with vinegar. Item, take rain water, boyl therein the yellow seeds, of Roses, with Galls as much as you please, and wash the mouth therewith, or extinguish Steel made red hot in milk, and wash thy mouth often therewith. Item, take Galls one drach. Rose water six ounces, vinegar one ounce and a half, put them together. Or take Roses, burnt Ivory, Coriander, Sumach, Lentils, Purllain seeds, peeled Gourd seed, and Cucumber seeds, of each half an ounce, beat and mix them together; and lastly, adde a little Camphire unto them. Take of this powder half an ounce, Rosewater, vinegar, of each two ounces, use it as hath been said before: mix Well water with the juice of Pomgranates or wine;

likewise the decoction of Barley mixed with Sugar, cleanseth the mouth. The water of Sage healeth all exulcerations, if the mouth be rinsed oft therewith. Also in a hot cause are very good all fruits that are sower, cold and astringent, being chewed, as Medlars, Mulberries, Choak pears, Quinces, Services, Framboies, and such like, especially if they be not over-ripe. Also the juyce of Vine leaves, and sower and tart herbs may be used for Gargarismes.

But if these gentle remedies do no good, then purge the Patient as the cause requireth, as before hath often been shewed. But because this is for the most part caused through heat, he is to be purged with Cassia, sower Dates, or with the Electuary of Roses, afterwards open the vein under the tongue, or those that appear on the inside of the lower lip, which is very commodious for all hot infirmities of the lips.

If sucking children be troubled with it, then is the nurse to be fed with cooling things, for by the alteration of their milk, they are easily restored to health again; for this purpose is the oyl of Sulphur very good, as well in young children as ancient people, but there are many common things that are altogether as good as that.

Item, take the yellow seeds of white Roses, blossoms of Pomgranates, Starch, burnt Ivory, milk of Lentils, Purslain seeds, Coriander, Sene husks, of each alike much, and a little Camphire; make a powder of them, and rub the ulcer easily therewithal, or hold it in thy mouth with vinegar of Roses, Rose water, and oyl of Roses. Item, for this hot exulceration thou shalt take the water of Shepherds purse, of broad Plantain, of Roses and of Purslain, of each two ounces, the juyce of Mulberries, honey of Roses, of each one ounce, mix them well together, and gargarise with it often.

Item, take Galls, Pomgranate blossoms, and Cypres nuts, of each one ounce, Roses, white Bryer, two drach. Acorn cups half an ounce; beat them grossly, and boyl them in water, and wash thy mouth with it. When by these means the pain is somewhat abated, then mix fresh butter with hony of Roses, and anoint the place therewith; this mayst thou well account one of the best remedies. Or stamp a sower Pomgranate with the pills, wring it out hard, and adde as much hony to the juice; let them seethe together untill it be thick. If thou wilt have it stronger, adde the third part of beatens Acorns with it. The application of boxing cups is also very meet and fit for it; and if the Patient be full of blood, then is the head vein to be opened.

But if the blisters be white, then is the Patient to be purged with *Diatribish*, or with these pills following; Take *Species Hiera Picra* two drach. *Species medicaminis tribish*, 2. drach. and a half, Coloquint half a drach. make pills thereof with wine, take of them one drach. or one drach. and a half at once. It is also very good to rub them with hony and salt; but these things following are more in use, and more fit for this purpose: Take Allom one ounce, boyl it in Plantain water; you may also put plantain leaves unto it, and wash the mouth often therewith. Take hony of Roses, warm water, and a little Allom, half as much vinegar as water, use it as before, it is very good. Take Roses one ounce and a half, Plantain one ounce, burnt Allom half a drach. Mirtle seeds half as much, Pomgranate blossomes and pils, of each one scrup. let them seethe well together and use it as the other. Item, take one pint of water, and a good piece of Ireos cut small, and as much Allom, honey of Roses two spoonfuls, let it boyl away two fingers breadth. In fine, whensoever *Phlegma* is cause of the Ulcers, then must drying and astringent remedies be used, Cypres nuts, barks of the Frankincense tree, Frankincense and Mastick; and although one should mix these warm things with others that are cold and astringent, as Galls, Pomgranate pils, Roses, Mirtle seeds, and such like; yet is not that any error at all, but rather a help. Also of these things following may gargarismes be made, or little balls with the juyce of Pears, or Quinces to hold in the mouth.

There is in the seventh Chapter and §. 4. a water described for the eyes, beginning: Take broad Plantain water, with Verdigrease, and Dragons blood. This may you use if the sore run much, and were very unclean, for it dryeth and healeth much: Take Plantain water, boyl therein grosse beaten Myrtle seeds. This cleanseth the sores, and cureth them: Conserve of Roses held in the mouth long doth cleanse the same. *Oxyracron*, that is wine, water, and vinegar mixed together, is also very good.

If this exulceration of the mouth proceed of Melancholy, then shalt thou purge as followeth: Take Currans one ounce, Borrage flowers, and of Buglosse, *Epichymus*, and Sene, of each one drach. boyl them in water wherein *Mirobalani Indi*, and *Chebuli*, of each half an ounce have been steeped and decocted, give 3. or 4. ounces thereof in the morning.

In

In like manner may you purge with *Hiera Ruffi*, you shall also use a gargarisme made with Currans and Anniseeds, and mixed with hony. Hereafter do divers good things ensue for the infirmities of the tongue, that are also very good for this present purpose.

Of the swollen Almonds. §. 2.

IT chanceth also sometimes, that in these infirmities the Almonds or the palate in the throat do exulcerate; of this palate shall hereafter especial mention be made. But for the tumour of the Almonds, and other exulcerations in the throat, are these remedies following ordained. Take a quart of red wine, Roses 3. M. peels of two Pomgranates, four Galls grossly beaten, Licorice half an ounce, Currans two drach. boyl them together untill the fourth part be wasted; before thou dost adhibite this, wash thy mouth with a cloth dipped in wine, then use it warm; if it be with any exulceration, then adde honey of Roses unto it, and wash it every day five or seven times.

Aqua Johannis.

THis water is very good and effectual to gargarize withal, both in blisters and ulcers; Take Sulphur vive, red Mints, Allom and Sugar, of each half an ounce, Mastick, Frankincense, of each two drach. *Piretrum* half a drach. *Aqua vita* three ounces, beat all what is to be beaten, and temper them together; Take Allom, Sugar, of each half an ounce, boyl them together in Plantain water, mix it with the juyce of Mulberries, wash the mouth therewith, it asswageth the swelling, dryeth and healeth. The same doth also the sirup of Mirtle seeds, and of the juice of Nutshells that hereafter are described. In like manner also, Milk, and the juice of Lettice, each by it self. If the throat be exulcerated within, then take Frankincense, *Sandaraca*, Mastick, of each one drach. red Styrax half a drach. beat them together, and receive the fume thereof at the mouth oftentimes: afterwards gargarize with Barly water and honey of Roses.

For all impediments, putrifactions, and exulcerations of the mouth, are 3. divers gargarismes prescribed and ordained; whereof some are specified hereafter, wherewith is also declared how that commendable juice of Mulberries, hony of Roses, and more other things are to be prepared.

Of outward exulcerations, and contractions of the mouth, hath been spoken in the twelfth Chapter, and §. 14.

Of a stinking Mouth and Breath. §. 3.

THis infirmity proceedeth not only from the mouth, but of many other accidents more, which the learned comprehend in the number of eight: first, when the gums do putrefie and stink: secondly, bad and hollow teeth: thirdly, stinking humours that fall down from the head into the pannicles of the mouth, and there make the spettle to stink: fourthly, stinking slime of the stomach: fifthly, the corruption of the lights: sixthly, stinking matter and purulency, as in *Phthisi*: seventhly, stopping in the nose, or some exulceration of the same, as in *Ozena*: eighthly, the corruption before mentioned of the mouth.

Of the foresaid infirmities have divers Authors sufficiently spoken, as also hereafter in many places shall appear. Here we treat only of the corruption of the mouth, in the which we may comprehend the three last causes. And first of all, if this stench proceed from the brain, and settle it self in the tunicles of the mouth, which most commonly cometh of heat, then is there present a great itch heat, thirst and drought. For this shalt thou open the head vein, set boxing cups in the neck, purge the head with *Pillula Aurea*, or *Cochia*, wash thy mouth often with Plantain water, or water of Shepherds purse, receive the water of decocted Mallowses or Lettice, and smell of Roses, Violets, Water-Lillies, Willow leaves, Saunders, or of Camomil.

If it proceed of cold, then use some dayes together potions of Oxymel Compositum, or Oxymel of Squills, purge with *pill. Cochia*, and gargarize with this water following.

Take Ireos, Cypres roots, Juniper berries, Marjoram gentle, field Mints, wild Time, garden Mints, all of them, or as many as you please, use it often: you may also draw it up into the nose; you must beware of Fruits, Fishes, Beans, all hard meats, and such as putrefie speedily in the stomach.

If the corruption of the mouth do cause this stinking breath, then shall you gargarize very often with the decoction of Agrimony, and Olive leaves, adding as much Honey unto it, as you think good. Item, take Vinegar and extinguish it in gold, made red hot a good many times, with cloves decocted in it; wash the mouth with it, this taketh away the stench: also gold only held in the mouth is very good; so likewise doth chewed Ireos. Take green oaken leaves, beat them to powder, and take of this one drach. every day fasting with Wine, it taketh away the stench. In the 12. Chapter, and §. 1. in the description of the Memory you may find a good powder, which beginneth, Take Sene leaves, Seduary, &c. Item, take Cinamom, Cloves, Sage, Marjoram gentle, Balm, Nutmegs, Angelica roots, and such like odoriferous things, eat and chew them in thy mouth, spit them out, and take in fresh; they take away all bad favours and stench.

Of what cause soever this infection proceed, these simples following are very commodious for it, each by it self, to wit, Avence, Cipres roots, Frankincense, Lignum Aloes, Cinamom, Citron seeds, Rape seeds, Cloves, Myrrhe, *Blatta byzantia*, Mastick, Cardamom, *Agnus castus*, Spica, Squinanth, Citron leaves, Rofes, Saunders, Camphire, water Lillies, Rosewater, prepared Coriander, odoriferous Apples, Quinces, Tormentil roots, and such like.

Take white Saunders, Rofes, of each five drach. red Saunders, Citron pills, Squinanth, *Gallia muschata*, of each two drach. make a powder or little balls thereof to hold in thy mouth.

A Gargarisme for all infections of the month. §. 4.

Gargarismes are commonly made for all infirmities of the mouth, throat, and lips, to cleanse, to heal, and to cure them; but because we have described many such accidents, and have promised to shew some gargarisme for them, which shall be done at this present: and for that in all gargarismes three principal things are tempered, as the sirup of Mulberries, hony of Rofes, and the juyce of Nut shells, we will therefore first of all shew how they are to be prepared.

The Syrup of Mulberries Diamoron.

THis Syrup is diversly prepared. The common people take half Mulberries, and half Blackberries, and boyl them like to a Conserve: of this do they give in hot diseases to comfort. Others take onely the juyce of Black Mulberries, wringing them through a strainer as soon as they are gathered, and so with Sugar make it to a sirup.

The Apothecaries prepare it thus: Take six ounces of the juyce of Mulberries, 12 ounces of the juyce of Blackberries, both the berries as yet being not full ripe, clarified hony 11 ounces, sweet wine three ounces; let them seethe together over a gentle fire till it be reasonable thick, and keep it in a pot.

The fourth and best means. Take juyce of Mulberries, Blackberries, Framboyes, and of Strawberries, of each four ounces, clarified hony eight ounces, boyl them with a mild fire till they wax reasonable thick. But note (as already hath been said) that the berries be not altogether ripe; and because the Framboyes and Strawberries be ripe before the rest, their juyces are to be sodden with half as much Sugar, and so to be kept untill the rest be red; all these sirups have an especial vertue to cure all infirmities of the mouth, to cleanse, to cool and to dry: for which cause also they are good to be used against the Squinancy, and all infections of the throat. But if thou wilt make it stronger, then temper Allom, Myrrhe, Saffron, and Verjuyce, of which thou wilt amongst it, according as the cause requireth.

Honey of Rofes.

THis Honey of Rofes is also made diversly, but commonly as followeth; Take Rofes that are not fully blown, cut off the yellow tops, and to one pound of Rofes put three pound of hony which hath been clarified very well, and so place it in the Sun.

One that is stronger: Take Rose buds (as before) one pound, beat and boyl them in a pint and a half of rain water, wring it out hard, adde to the expressed liquor four ounces of the juyce of Rofes, clarified hony two pound, boyl them together till it be thick enough.

The

The third manner. Take clarified honey two pound and a half, juyce of Roses new made four ounces, set them on the fire, and when it beginneth to boyl, mixe one pound of chopped Rose leaves amongst it, let them boyl till all the juyce be consumed: afterwards strain it through a cloth, and keep it close stopped; for the older it is, the better it is. This honey of Roses hath an easie astringent vertue, it cooleth, and is very good in all sharp rheumes that fall from the head into the mouth: it withstandeth all putrefactions, corrosions, and white exulcerations in the mouth; it expelleth all stinking humours of the stomach, that are caused of the gall, if it be used in hot Fevers; otherwise it doth cleanse the stomach of all sliminesse, provoketh sweat. That which is made with the juyce of Roses looseth, and outwardly it cleanseth all Ulcers, stinking wounds, and such like. If any man had taken Physick, and would not willingly vomit it up again, he shall take a little of this honey of Roses after it.

There is yet another manner of making of this honey of Roses. Take six ounces of dry Rose leaves, put 15 ounces of boyling water upon them in a pot that may be close covered. let it infuse so eight hours, then wring it out hard, and take as many Roses more; make the liquor boyling hot again, put it on the Roses, and let it infuse as before; this reiterate thrice and no more; afterwards weigh the liquor, and to five ounces of it put three ounces of honey, boyl and clarifie it: this bindeth the body, and comforteth the stomach.

The Syrup of Nut-shells.

THe Apothecaries do call this sirupe *Rob nucum*, and *Diacaridion*, which is thus prepared; Take the green shells of Nuts, beat them and presse out their juyce: of this take one pound, clarified honey half a pound, boyl them to a sirupe. Some do take of the juyce and hony of each a like quantity: this sirup is very good for women and weak folks troubled with hot rheumes that swell. You may adde other things unto it, according as the accident requireth.

The Gargarismes which are most sweet for the mouth, the throat, and the adjacent parts are these; Take Rose water, Plantain water, of each four ounces, honey of Roses one ounce, sirup of Mulberries half an ounce, burnt Allom one drach. white wine 8. ounces, let them seethe together as long as you would do an egg, gargarise therewith warm, it dryeth and cleanseth.

Take Plantain, Knotgrasse, and Barly, of each one handful, boyl them untill the Barly burst, strain it through a cloth, and add to it hony of Roses, sirup of Mulberries, of each half an ounce; use it as above. Item, take Barly half a handful, roots of Buglosse as many, juyce of Quinces one drach. and a half, Violets, Currans, and Stavesacre, of each two drach. boyl them in a good pint of water, untill the barly swell; this healeth and allayeth the pain.

Take Pomgranates pills, broad and long Plantain, of each one handful, let them boyl together in a pint and a half of water being strained, adde to it *Unguenti Egyptiaci*, sirup of Mulberries, and Nut shells, of each half an ounce, temper them all together; this dryeth marvellously, and healeth all stinking exulcerations. But you may not swallow any of it down, by reason of the Verdigrease which is in the salve.

In great heat of the mouth and throat, with a sharp matter adjoynd, which excoriateth this place: Take water of Nightshade and Purslain, of each three ounces, water of Burrage and of Violets, of each two ounces, seeds of Fleawort half a drach. Quince kernels half a drach. Dragagant a drach. and a half, steep it in Rosewater, presse out the slime or muscilage, and mix them all together.

Take Plantain water and wine, of each four ounces, burnt Allom half a drach. Hony of Roses, sirup of Mulberries, of each one ounce, boyl them a little, and gargarise often therewith: this is especial good in all tumours of the throat, and also in the squinancy. There are many more such like gargarismes prescribed for many other diseases, as every where may appear. There are also divers Physitians, which without any exception, use in all gargarismes *Scrophularia*, and that not amisse; for it hath a wonderful vertue.

Of the Palate, and the falling down thereof. §. 5.

IT is called by the Grecians *Epiglottis*, that is, the little tongue; by the Latinists, *Dindylula*, *uvula*, and by us the palate. It is also a very needful part and member of the

tongue, it hath five several parts; first, the two Almonds, *Tonsille*, that engender the spittle, and moisten the tongue; and if they wax dry, then do they hinder the speech. Secondly, the *Astera Arteria*, or *Trachea*, and *Oesophagus*. Lastly, the Palate it self. This is the only instrument of the voyce, whereby the same is fashioned, and for that cause it is placed in the midst of the throat, because it should cover one part of the throat, and preserve the breast, heart and lights, should direct the meat and drink received, to the mouth of the stomach. It befalleth often, that it hangeth down, and so troubleth one very much, which he is not accustomed to have before, as may be seen when the tongue is pressed down.

If this proceed of heat, then is the palate red, the veins about the eyes swollen, the face red, and the spittle sweetish; all which are signs of over-much blood.

But if it be white, then it is caused of a cold rheume, which falleth into the mouth abundantly: the voice is hoarse, the face pale, the palate white, and much longer then it ought to be.

Of the tumour and falling down of the Palate through heat.

IF the Palate be red, then is the whole back bone from the very neck downwards, and both the armes to be rubbed with warm clothes, the legs are to be tyed hard, and untied again; afterwards boxing cups are to be fastened on the thighs, against the fire; also if need require, the head vein may be opened upon the right hand.

Item, a vesicatory Unguent shall be applyed to the shoulders (which is diversly described in the twelfth Chapter, and §. 16.) and so let it remain thereon two hours long.

Item, take Roses, Galls, and Pomgranate pills, of each one drach. Allom one scruple, Salt half a scrup. make them into a powder, and bear up the Palate with it. Or take Rosewater and Vinegar mixt together, gargarize with it; or in the stead of Rosewater, you may take Well water.

Water of Plantain, and Nightshade is also very meet for the same, but it must not be taken down.

Item, mix the sirup of Mulberries and a little vinegar with water, and gargarize therewith.

Another. Take the yellow seeds of Roses, and a few Citron seeds, boyl them in Plantain water, afterwards mingle some honey and a little vinegar with it.

This following is of no lesse vertue then the former; Take the sirup of Nutshells one ounce and a half, the decoction of Sumach two ounces, temper them together, and use it certain dayes continually: if you will have it milder, then take Barley water instead of the other, and mixe some Pomgranate wine with it.

Item, another that is stronger, and especially at the first: Take two ounces of Rosewater, one ounce of red vinegar, Acorn cups, *Hypocistis*, juyce of Sloes, calcined plume Allom, of each one scrup. mingle them together for a gargarisme.

A Powder.

TAKE the green shells of Nuts dried, beat them small, and take a little spoonful of the powder, hold it to the palate, and bear it up therewith continually: this hath oftentimes been approved.

Another. Take Allom (that is called *Allumen Jamenum*) burn it, and use it as before: or burn Sal-Armoniack, and use it as the other.

Note also, that all the powders may most conveniently be used, after that the Patient hath gargarized; neverthelesse they may be used when one thinketh good.

Of swelling, and falling down of the Palate through cold.

IF the Palate be white, then take Cinamom, Ginger, Pepper, *Piretram*, Pomgranate pills, Gals, and Roses, of each a like much, make them into powder, and hold it to the palate as before.

Item, take long Pepper three drach. Ginger one drach. and a half, *Album Gracum*, that is, a white Dogs turd (of a dog that eateth nought else but bones) one drach, Allom four scruples, *Sal gemma*, half a drach. use it as all the rest; abhorre not the dogs turd, for in this extremity it hath a marvellous operation.

Item,

Item, take Sage; Mustard seed, ana. ʒ. i. boyl them together in water, until there remain about 8. ounces, then add one ounce of honey of Roses unto it.

Take *Album Gracum*, being well dried, fine Bolus, ana. ʒ. i. Allome, ʒ. β. Pepper and Salt, ana. ʒ. β. make them into powder, and use it as above.

Take *Oxymel*, Mustard seed beaten, and vinegar, of each a like quantity, anoint the Palat therewith.

Item, shave off the hair that groweth on the future of the skull called *Sagittalis*, apply a great boxing cup unto the bare place, and let there remain a whole hour long. This may you reiterate three or four times a day; it draweth the palat up again.

What is to be done in the greatest extremity.

IF the Patient have long hair, then let a strong man take hold of it, and pull it upward violently, until such time as one may perceive that the skin is severed or parted from the skull; then also doth the palat ascend, because it is fast to the skin: it hath been found by experience that it hath holpen immediatly, and hath preserved the Patient from choking.

But if this infirmity be of long continuance, and that the palat seemeth to hang onely at a little skin, and the nether end of it is much swollen, then there can be no other means used (although one is loth to follow it) but by incision to take it away; afterwards you are to use this gargarisme following: Take the decoction of Ireos, and Licorice, of each a like much, mingle as much honey with it as you please, and a little vinegar.

Item, Vinegar and water wherein the blossomes of Pomegranate trees have been decocted.

The order of dyet.

IN this infirmity proceeding of cold, use excalefactive meats, drinks, and habitations, beware of all manner of violent motions, anger, vexation of mind, fear, and such like. The confections, *Diatrion*, *Pipereon*, *Diamoscu*, *Diambra*, and *Mithridate* are very commodious in this malady; or else to gargarize with *Miva Citomarum*, and the water of Sloes.

Take beaten Cucubes, ʒ. β. make thereof with the juyce of Roses or their water, two pills; they are very effectual. These pills following do also hinder the falling of the rheume into the mouth. Take *Pill. Elephantina*; ʒ. i. Mastick, ʒ. i. make eight pills of them, take twain after supper at each time.

Of the Tongue. §. 6.

THe parts of the tongue are flesh, muscles, veines, and sinews combined together, spungious and soft; which member amongst all living creatures, or amongst them that have a tongue is most different, not onely by reason of her form, but rather by the voice: and indeed it is no lesse, for by her wonderful motion (whereof there be three in general) doth she bring marvels to passe.

First, by the manner of the words and speech, whereby we can declare whatsoever we conceive in minde; and make it known to another body. By this groweth wars and peace, friendship and enmity, concord and discord: by this is both God and man praised and dispraised. In fine, by this is done both good and harm, as that merry *Aesopus* saith in his fables, that the tongue is the best and worst piece of flesh.

The second is the taste, whereby it can discern which is bitter, which sweet, sower, tart, sharp, cold, hot, or any such like; also it adjudgeth what is good or bad for the stomach.

The third is the sense of feeling, whereby it perceiveth what is hard or soft, hot or cold, &c. Besides all this, it helpeth to hold the meat received between the teeth, that there it might be chewed, and thence conveyed into the stomach: Also it serveth to gather the slime and moisture of the mouth together, and to spet it out, which by no means can be effected without it, as it evidently appeareth in those that have a dead Palsey, and cannot wag or move their tongue.

This member is subject to divers and sundry infirmities, as when the tongue is heavy and slow, hard and immoveable, hot and dry; for which cause it is especially infected of *Alcola*, which causeth it to swell, harden and exulcerate, &c. whereof we purpose to speak hereafter.

Of the loss and unperfectnesse of tasting.

Amongst the before mentioned infirmities, this is also to be placed, that in the taste, as in the sight and hearing, oftentimes hapneth that it be quite and clean decayed, so that there remain not one whit of taste, otherwhiles also is the tasting only diminished, as when one can perceive some taste, yet not perfect and to the full. Also it is oftentimes quite spoiled, as when one taketh sowre or sweet, &c. As it befallerh to them that have the yellow Jaundies, or to them that are troubled with a hot ague, wherein the Patient adjudgeth all what he tasteth to be salt, bitter, sweet, or without savour, according to the quality of the disease.

The signs of the humor that causeth this infirmity, are these: The blood yieldeth a sweet taste. *Phlegma* also somewhat sweetish, with much spittle, humidity of the head, of the tongue, and of the whole body. *Cholera* causeth bitternesse, saltnesse, and giveth a salt flegme. If there be no taste at all, then is the mouth of the stomach pestered with many bad and superfluous humours. If it proceed of melancholy, then is the taste tart, and astringent, of all that he taketh in the mouth.

There may also very sure signs be taken of the tongue; the which if it be white, then it is not onely a sign of cold, but also that the stomach, head and liver are full of *Phlegma*: if it be red, then doth it signifie that this malady is caused of blood, and of hot rheumes: The yellownesse is a sign that *Cholera* is cause of all: If it be the colour of lead, and blackish, it sheweth Melancholy to be the cause of it, unlesse it should proceed of some unnatural heat, as in hot Fevers it commonly chanceth.

Now concerning the remedies for this lost, bad, or corrupted taste: If it come of a hot sicknesse or Fever, and the Patient be full of blood, then is first the head vein, after the vein under the tongue to be opened, and a good dyet to be kept, and all manner of cooling things to be used.

He is also to be purged with a potion of the syrup of Roses, of yellow Mirobalans, or with these pills following.

Take of the *Species Hiera* one drach. and a half, shales of yellow Mirobalans, three drach. *Diagridii* and Annise seed, of each half a drach. temper them with syrup or the juice of Roses, and give a drach. of them at once, more or lesse, according to the ability of the Patient. Or take five drach. of the Electuary of the juice of Roses, or some such like matter; afterwards is he to hold in his mouth vinegar mixt with the juice of Pomegranats: otherwhiles also the juice of Lettice, of Purslaine, muscilage of Fleawort, and of Dragagant, made with Rose water, and held in the mouth a long time, sometimes Rose water by it self used as before. These pills following are also to be made, and holden continually in the mouth: Take Roses, burnt Ivory, and Bayberries, of each a quarter of an ounce, pilled Melon seeds, Gourd seeds, Cucumber seeds, Pompeon seeds, Lettice seeds, Purslain seeds, Endive seeds, Dragagant, ana. 3. i. make it into pills with the Dragagant dissolved; afterwards he is to gargarize with the juice of Endive and of Nightshade, or with the decoction of Roses, Vervein, and Myrtle seeds. Thou shalt rub his tongue with peeces of fresh Melons or Gourds. All these things alter the bad savour and taste of the mouth in a hot cause.

But if the losse of taste proceed of heat and drought with any humour with it, which may be perceived, if the tongue be dry, red, and without any spittle; then are contrary things to be used for it, to wit, cold and moist remedies.

Contrariwise, if it be caused by cold, then note if there be any afflux of humors with it, or not: if there be (as commonly it befallerh) any superabundant humours with it, and if the body be full of blood, then is purging and letting of blood (as opportunity serveth) to be used; if not, minister unto him *Oxymel compositum*, or of Squils, with the decoction of Hyssope, Marjoram, Sage, and *Stechas*; afterwards purge him with the pills *Cochia*.

A Gargarisme for the same.

Take Hyssope, and Licorice, of each half an ounce, twenty sappy Figs, Honey six ounces: boyl them in water, and gargarize therewith, and hold it a good while in thy mouth. If there be no agues with it, use this gargarisme; Take the juice of Squils one ounce, Vinegar twelve ounces, Well water and Honey, of each six ounces; let it boyl

boyl a while scumming it. If the Patient do abhor every thing, supposing them to taste very unsavory, then he is to be purged with an ounce of fresh Cassia, with *Oxymel*, and with the afore mentioned water.

For this purpose serve also sharp meats, as Onions, Garlick, Leeks, Mustard seeds with vinegar, juice of Lemmons, juice of Citrons mixt with other meats; also otherwhiles salt meats.

Of a heavy and slow Tongue.

THese infirmities are of two sorts, the one natural, and the other accidental, as when the tongue cannot pronounce the letters aright, but in pronouncing the vowels, *A, E, I, O, U*, is no want in it, because that the tongue then need not much to be stirred; also in the saying of *B, M, P, Q*, wherein the lips do the greatest labour. But in these letters following must the tongue be most of all used, to wit, in *C, D, G, H, L, N, R, S, T, X, Z*. In the naming of *F*, must the breath be blown out between the upper teeth and the lower lip. If any of these be any hinderance, then may the same be ascribed to the tongue, especially if the same be inveterated through a long custome, which after remaineth for ever incurable.

The other that proceedeth of outward causes, and lurketh in the sinewes of the tongue, may be cured by Physick.

Both these infirmities are caused of four sundry occasions. The first of a cold matter that lyeth in the sinewes of the tongue, which is perceived, if they cannot pronounce perfectly the letters above shewed in the third row, and especially the *R*. Besides this also their sight and hearing decreaseth; or when one would speak hastily, and therewithal dribbleth against his will, the which is a messenger of the dead Palsey.

Secondly, it is also sometimes caused of hot agues; then can the Patient not draw his tongue backward, and it waxeth black and rough.

Thirdly, this infirmity may proceed of the roughnesse of the humour that stayeth the tongue, as if it were fastened underneath, and therefore could not be put forth by the Patient.

Fourthly, it is otherwhiles caused of certain flesh that groweth under the tongue, the which if the tongue be lifted up apparently may be seen.

The first which groweth of cold, and without an ague, is thus to be cured: to wit, that after the Patient hath been purged, he open a vein, and afterwards wash his tongue with this water following, but he is to take great heed he swallow none of it down. Take Sal armoniack, Pepper, Ginger, white Mustard seeds, *Piretrum*, Licebane, Borrass, Salt, salt of Indy, Marjoram, seeds of Nigella, Marjoram gentle, ana. \mathfrak{z} . i. boyl them all together in a quart of water unto the half, and use it as hath been said.

Item, boyl *Piretrum* in Vinegar, and gargarise therewith. Look also that these things do not excoriate the throat and make it raw; for the *Piretrum* is very strong, and therefore it is commanded (as often as hath been said) to tye it in a fine piece of cloth, and to chew it.

A Powder.

After the long continuance of this gargarization, take Sal-armoniack, *Piretrum*, Pepper, and white Mustard seeds, of each a like much, make it into a powder, and rub the tongue often with it; but childrens tongues may you rub only with the powder of Sage, or wash it with *Oxymel*.

Item, take honey of Roses, \mathfrak{z} . 2. *Sal gemma*, \mathfrak{z} . 2. mix them together, and rub the tongue often with it.

Also make this gargarisme following: Take Sage, Hyssope, *Calamus*, of each a like quantity, boyl them in water. Take *Coffus* roots that are sweet, white Pepper, Ginger, Licebane, Rue seeds, ana. \mathfrak{z} . i. *Piretrum*, \mathfrak{z} . 3. Grains, \mathfrak{z} . β . Mastick dissolved in vinegar, \mathfrak{z} . i. temper them together, and make pils of it of the bignes of small Nuts. Take one of these in thy mouth otherwhiles and chew it, they are very meet to draw the Phlegmatick matter out of the tongue which there hindreth the speech.

But of the bereaving of the speech by reason of the dead palsey have I shewed before how the party so troubled is to be purged and dealt withal, yet notwithstanding that, I will proceed in teaching all what may happen unto the tongue.

If the same seem to be caused of a cold and moist matter, then is the tongue to be

be often rubbed with *Hiera Picra* tempered with a little Staveacre, Mustard seed, and *Piretrum*, but this is very hot and bitter, so that the Patient shall hardly be able to abide it; but this following is milder.

Take Sal armoniack and Ginger, of each a like much, temper them with the juice of Squils and rub the tongue with it.

Item *Oxymel* of Squils, and water wherein one or more of the former things have been decocted, is very commodious; but annoint the neck and the hinder part of the head with oyl of Bayes, and of Bevercod, afterwards apply this plaister following upon it, being spread on Leather.

Take Gum, \mathfrak{z} . 3. *Stechas* and Marjoram gentle, ana. \mathfrak{z} . 1. oyl of Marjoram gentle, and wax as much as is needful for a plaister.

Take Bevercod, wet with the juice of Sage, and make pills of it, and hold them in thy mouth, or else take Nutmegs, Indian Nuts, Cloves, *Piretrum*, *Assafoetida*, ana. \mathfrak{z} . 1. *Laudanum*, Dragagant, ana. \mathfrak{z} . 1. make them into pills with wine, and hold them in thy mouth. So also may you hold you a piece of a Nutmeg in the mouth, and chew it. Treacle, Mithridate, and such like confections are commended in this infirmity. The Patient must also speak much and plainly.

But if it come with the infection of any other sinews, then it is to be cured by the means that are prescribed in the Palsy.

But if it proceed of an Ague, with a contracture of the tongue, then must you irrigate the Patients neck and shoulders from on high with warm water, for that moisteneth and warmeth the same place and the tongue also; afterwards annoint it with the oyl of Olives.

How to moisten the Tongue.

If then a great dritth of the tongue happen with it (as it commonly befallerh in hot Feavers) then is the Patient to hold in his mouth oyl of Roses or of Violets; but especially ought that to be observed which hath been said before in the losse of the taste, where it beginneth thus: Afterwards he is to hold in his mouth, &c.

For this use serve also these things, to wit, preserved black Cherries, preserved Raspises, and whatsoever else is made of them, preserved Peaches, Barberries and their syrup, the preserved red Cherries with their syrup, and such like more, syrup of Mulberries, of Nutshels, conserve of Roses, conserve of water Lillies, and many more such like, as is shewed in hot diseases and pestilential Feavers.

Diatragacanthum frigidum, is very good in this and in all other hot diseases whatsoever.

For this purpose serveth also Sugar-candy, the muscilage of Fleawoort, of Quince kernels, and to wash the mouth often with warm water, Vinegar, and Rosewater.

If there be any tumour with it, then use the Julep of Violets, and of Roses, dried Prunes, dried Cherries, juice of Licorice, fowr Dates, Manna, or which of them you please; but if the tongue were fast somewhere, then is it to be loosed with some instrument, and afterwards to bestrew the place with Ginger and Allume.

Lastly, if a piece of flesh should grow under the tongue, as if it were a frog, then doth the same proceed of a grosse and tough humour; when the tongue is lifted up, then may you see it very red, and it is otherwhiles little or big like unto a little tongue. It is also sometimes round like a Hasel nut, and bigger, whereby both the speech and eating is hindered. Here must the Patient first be purged, let blood under the tongue, and observe a good dyet, as in any other impostume of the head, that might also proceed of flegme. Afterwards is the frog to be rubbed with Sal-armoniack, Gals, *Sal gemma*, or parched salt; or else you may prepare this for it. Take *Piretrum*, Ginger, ana. \mathfrak{z} . 2. Sal-armoniack, *Sal gemma*, ana. \mathfrak{z} . 1. β . Marjoram, Calamus, Ireos, Daffodils, Mastick, ana. \mathfrak{z} . β . make a powder of them. Of this powder may you take one part, and with the white of an egge make it into *Trochiscs*, and when thou wilt use them, dissolve them in *Aqua vite*, and so annoint the the frog under the tongue with it.

With this water following may you also wash the mouth very often. Take Marjoram, Mints, Penniroyal, Nettle roots, ana. M. 1. *Piretrum*, \mathfrak{z} . 2. boyl them together in a pint and a half of water till the third part remain.

But if this malady do once inveterate and wax old, then it is to be cured with those things that are described hereafter in bleeding of the Gums; amongst which this following is rehearsed: Take Sugar, Allume, Verdigrease, of each a like much, mix them with hony, and rub it therewith.

Item,

Item, if this infirmity waxe too big, then it is to be cut, taken away and healed, as all other sores of the mouth. Some do counsel to burn it, which is uncertain in this place; but this is to be observed, if this Frog be hard and black, then it is doubtlesse the true Canker, which is altogether incurable.

Of the Alcola, or hardnesse and cliffes in the Tongue.

THis *Alcola* of the Tongue proceedeth of the foresaid hot and dry causes, when the tongue waxeth black, dry, hard and full of cliffes. For this must the Patient first be purged with this purgation following.

Take Rubarb three drach. *Spica* half a drach. Squinant one scrup. of the decoction of fruits, called at the Apothecaries *Decoctio fructuum*, which shall hereafter be described, eighteen ounces; let them infuse in this decoction a whole night, in the morning presse it out, take four ounces of the Colature, sirup of Pomgranates $\frac{3}{4}$. i. sirup of Lemons an ounce, temper them together, and so take it three mornings together.

If these potions have not sufficiently purged (for they be very gentle) then take of these pills, *Cochia*, *Fætida*, *Aurea*, of each one scrup. and of them all one drach. make seven pills of it, gargarise after that purging with warm Goats milk, and eat five or six Cherries after it.

And because Wine is very hurtful in such a heat, this water following shall be very meet for it. Take half a handful of Barly, thirty dry prunes, Barberries, Cinamom, of each half an ounce; boyl them in four pints of water untill the fourth part be consumed. In like manner may you use this potion for to cool: Take the juyce of Quinces one ounce and a half, *Rob de Barberis* half an ounce, water of Purslain three ounces, temper them together.

For this purpose serveth also whatsoever hath been written in §. 1. of the corruption of the mouth, but especially the gargarismes.

Of the tumour and swelling of the Tongue.

THis is caused of blood, or of flegme that falleth down out of the head. It happeneth sometimes that the Tongue doth so swell, that it lyeth before in the mouth, whereby the spetting and all other her actions are hindered. In this you are to purge the head with the foresaid pills.

If then it proceed of cold flegme, which is discerned, that the tongue or face are alwaies white, and the mouth alwayes full of moisture, then is the tongue to be rubbed so long with the juyce of Onions, of Citrons, sirup of Raspes, or with sower Pomgranate wine, untill all the spettle and slime be gone away: for these foresaid things do separate the matter.

Item, take Ireos, white Mustard seed, *Picetrum* and such like, all of them, or each apart, boyl them, and use it in the washing of the tongue.

Item, boyl Dates, Raisins, and Figs, of each a like much in sweet wine.

This gargarisme is also good being used oftentimes. Take Fenegreek, Raisins, Fennel seed, Lilly roots, and Figs, of each half an ounce, boyl them together in a quart of water, untill the third part be wasted, afterwards temper three ounces, of honey of Roses amongst it.

Item, take Squills and Oxymel three ounces, mix them with the decoction of Bevertod. Or boyl Rue, Cypres roots and Pepper together, or which you please, in vinegar.

But if heat be cause of this tumour, that will be perceived by the rednesse and swelling up of the face and tongue, without any spettle, and with sweetnesse of the mouth: for this you shall presently open the head vein, then under the tongue; for this asswageth the pain, and cooleth the blood.

If it be needful, then purge with the Electuary *de Succo Rosarum*, sirup of Roses, or with *Cassia*, fasten boxing cups in the neck, that the affluent matter might somewhat be withdrawn. Also the Patient is to gargarize with sower and astringent remedies, as with the juyce or sirup of Raspes and of Lemons: the juyce of Lettice is also good for it, likewise the juyce or wine of Pomgranates.

of

Of the Impostume of the Tongue.

THe tongue doth otherwhiles impostumate through abundance of blood, which is known by the rednesse, the tumour, the sweetnesse in the mouth, and by the puffing up of the face with rednesse.

If it proceed of *Cholera*, then it is perceived by the great burning, vehement pain, and bitternesse of the mouth.

Or if it be caused of flegme, that may be seen by the palenesse, by the small store of pain, and much spittle, without any great swelling being spread over the whole tongue.

When this infirmity cometh of melancholy, then groweth the tongue hard, ash coloured, and with small pain.

But if this proceed of heat, then purge the Patient as hath been shewed in the tumour of the tongue and *Alcola*; and in the beginning make Gargarismes of cold things, as of Gourds, Shepherds purse, Purslain, Endive, and especially of Lettice, Milk, Rosewater, or the decoction of Roses, and rub the tongue with a Peach, which is very profitable for this purpose. But if by these means it do nothing amend, then use oftentimes honey, milk, and the decoction of Lillie roots, and Raisins, Fenegreek, and of Fennel seed.

For his meat he may use Coleworts, Orage drest with oyl of Almonds, or of Olives, Figs, Raisins, and Linseed chewed and spet out again with the slime.

When this tumour or impostume is broken up, then take any one of these things following, to wit, Butchers broom, Barberries, Myrtle seed, of each half an ounce, Agrimony one handful, boyl them in a pint of water untill the half, then adde Mead or honey unto it two ounces, and gargarize therewith often. It preventeth great harm that might ensue. Old wine is also very good, being held in the mouth, and spet it out again.

But if it proceed of cold, then purge the Patient with pills *Cochia*, or with the confecti- on *Diaturbis*, and make this gargarisme following for him. Take Fenegreek, Lilly roots, and Fennel seeds, of each one ounce, ten Figs, Currans one ounce and a half, Bayberries one ounce; boyl them in a sufficient quantity of water: let him hold this in his mouth, and wash his mouth with it very often. It easeth the pain, and ripeneth all impostumes of the mouth and throat, especially if you adde honey unto it.

This Impostume is accounted the middlemost thing between the ulcers of the mouth and the Squinancy; for they do agree together both in their causes and their remedies, as hath been shewed before in the first Section.

Of the losse of Speech.

But if of any of the foresaid causes the Speech is hindred or taken away, and yet the voyce remain, and that the Patient could not utter his mind, then is herto take twice a week one drach. and a half of *Hieralogodon*, with the decoction of Rosemary.

A Gargarisme.

TAke a drach. of Coloquint, Harts tongue two drachmes, Ginger, Galangal, Costue roots, Grains, of each half a drach. boyl them together in a pint and a half of water even to the half; wring it out hard, and temper with it *Oxymel* of Squills six ounces, and let it boyl a while longer: afterwards hold it warm in thy mouth, and wash thy mouth therewith. This will not deceive thee.

Take Mithridate or Treacle two drach water of Sage, Marjoram gentle, and Rosemary, of each three ounces, or which of them you can come by; wash thy mouth with it in the morning and at night, and spet it forth again: and thus much for the tongue.

Of the Gums and Mandibles. §. 7.

IT is sufficiently known that children are born with the Gums and Mandibles, whence first the teeth do grow; wherefore it is first needful to write of the root, and then of the tree. These Mandibles have their situation one near to the other, called by the Lacinists *Præsepelia*, that is, little mangers, for so in the old time were the mangers of beasts wont to be parted. In them are the teeth fastened, with veins and sinews at the bottom.

These

These Mandibles or gumes are subject unto many infirmities, as impostumes, putrifactions, corrosions, aquefactions, bleeding, increase and decrease of the Gums, the which are caused of the rheumes in the head, or else of vapours ascending out of the stomach: of the which, and first of all of the impostume, now shall be spoken.

Of the impostumation of the Gums.

IF with this impostumation be great pain admixed; so that the impostumated Gums be red, then it is caused of heat. In this case is the head to be purged with water wherein Prunes have been decocted, and Rubarbe or Manna mixed with it, and afterwards to use mild Clifters: also to open the head vein, and to be let blood under the tongue: lastly, to fasten boxing cups to the shoulders, and to hold this following in the mouth a good while. Take honey of Roses one ounce and an half, Vinegar half an ounce: when you spit it out you are to take it fresh again. If then any other sores do happen unto them, they are to be opened with a fleam, and then to wash it thrice a day with water wherein Allom, Myrrhe, or Salt is sodden.

Item, take half a pint of the water of Knotgrasse, Allom half an ounce; dissolve it in the water, wash the teeth and Gums with it: Afterwards take Pomgranat pills beaten, dip a cloth in them, and rub them gently with it. In like manner you may also find in the first §. those things that are very meet for this purpose, because both these infirmities do proceed of one cause.

Item, wash the mouth often with Vinegar and Allom; afterwards with the wine of Pomgranats with a little Allom dissolved in it. Look the description of the sirupe of Mulberries in the fourth §. before.

Item, rub thy gums in the morning with the unguent of Egypt, but swallow none of it down: and gargarise often with honey of Roses and sirupe of Mulberries, of each a like much, mingled with the water of Plantain.

For all impostumes and corruptions of the gums or teeth, which procure a stinking breath, and if there be much blood and moisture with it, then is the party to be purged according to his ability with yellow Mirobalans and sowre Dates, then to open the vein of the head, and to apply a great boxing cup in the neck, to rub the gums untill they bleed, and to wash the mouth with this water following.

Take blossomes and pills of Pomgranats, Acorn cups, and Roses of each half an ounce, Stavesacre two drachmes, boil them very well together. This following is to be used for to heal and to dry it: Take Roses, Cipres nuts, Gals, burnt Allom, of each a like much; boil them together in Vinegar and water, add unto this decoction as much honey as you please. After the use of this Gargarisme strew this powder upon the sores: Take burnt Allom two drachmes, blossomes of Pomgranats, plume Allom, Mirtle seeds, of each one drachme and a half, burnt Harts horn one drachme, mix them well together. He is also oftentimes to be purged with the foresaid capital pills Cochiaz.

Of the bleeding of the Gums.

THIS may happen of some outward accident, as of blowes, falls, and such like; the which must be known of the patient. The inward causes are either heat or cold of a sharpe matter falling down out of the head, corroding the gums and the sinewes of the teeth, and making them to impostumate: in so much that if it once begin to inveterate, it soon changeth into the Canker, whereby all the teeth fall out. But if this blood be thin and subtile, then are these sowre things following to be put in practise. First, to take away the corrupted gums: Secondly, to mundifie and cleanse that which is infected: Thirdly, after mundification, to astringe or draw together and heal them: Fourthly and lastly, to confirm and strengthen the gums and jawes, that the matter may not have recourse thither again.

First there are many kind of powders in such vehemency used, that the venome Orpiment is added thereto: but my counsel is to omit it, and to use this following in stead thereof: Take roots of Daffodils and Pomgranat pills, of each a like much, make them into powder and rub thy gums therewith, and an hour after wash thy mouth with warm wine or vinegar.

Secondly, you may make this decoction following. Take Olive leaves one M. and an half;

half, Piretrum half an ounce, Ginger, Mastick, Ireos, of each one drachme, Honey two ounces, boil them together in a pint of water to the half, wash thy mouth therewith.

This following is very good for all infections of the gums and jawes. Take honey of Roses three ounces, warm water one ounce, dip a cloth in them and rub the gums with it, and an hour after wash thy mouth with wine or water wherein dried Roses have been decocted.

In like manner this following mundifieth very well: Take water of Cammomil one ounce, honey of Roses three drachmes, temper them together and wet the place infected with it: afterwards wash thy mouth with wine wherein dried Roses have been decocted.

Thirdly, they are to be cured with this powder: Take Frankincense, Aloes, Sarcocolla, and Dragons blood, of each one drachme; beat them small, and strew them in the gums.

Item, take Laudanum, Mastick, Frankincense, and Coral, of each a like much; make them into fine powder, and apply it to the place infected: it confirmeth, hardneth, and cleanseth the gums and jawes; and when the sore is well mundified, then it doth also incarnate and ingender flesh.

Fourthly, this following is highly commended. Take Cipres leaves, or nuts, half an ounce, Well water a pint, boil it untill the half part remain, dip a cloth in it, and apply it to the grief: this doth not onely confirm and strengthen the gums, but defendeth them also from all bad rheumes.

Another.

Take blossomes of Pomgranate tree, Allom, Roses, Hounds tongue, Acorn cups, and Plantain, of each a like quantity, boil them all in win and wash thy mouth therewith: it strengtheneth the gums and teeth, and hindereth the bleeding.

Item, boil Gals, Olive leaves, Lintels, Mugwort, and Pomgranat pills, of each a like much in water, and wash thy mouth with it.

Another that is stronger.

Take Piretrum, Lilly roots, of each one drach. the outward rinds of Gals, and blossomes of the Pomgranat tree, of each two drach. beat them small, and rub the gums therewith. Take the same ingredients, but in greater quantity, boil them in red wine, and add the fourth part of Vinegar unto it; with this thou shalt wash thy mouth.

By all these former things is easily to be seen, that many remedies there be for the former infection of the teeth and gums, which are also very good for all ulcers and corruption of the gums.

Of the outward applications.

For both the former infirmities, and for all pain and griefs of the gums, these things following are very good, which may be outwardly applied. Take Linseed oyl, Cammomil beaten, Holihock roots, meal of Fenegreek, Butter, of each half an ounce, oyl of Dill or of Cammomil four ounces, this asswageth the pain, maturateth and digesteth.

Item, sheeps wool unwashed, wet it in the juyce of Roses, of Violets, or of Willow leaves: Or make a bag the breadth of ones hand full of dried Roses, decoct it in Vinegar and water, wring it out hard, and then apply it outwardly.

Take cold water onely, or vinegar mixed with Rose water, or wine of Pomgranats, and wash the mouth therewith.

Item, use the juyce of cold herbs, as of Nightshade, of the bigger and lesser Housleek, of Plantain, of Purslain, or which of them you can get.

For this purpose serveth all the wine wherein Gals have been decocted.

If then neither the pain nor bleeding will cease, then is the same place to be opened with a Lancet, or Horseleaches to be fastened unto it.

But if the gums be not apt to bleed, nor exulcerated nor painfull, nor the face any thing swollen, and that the patient be not well after meat, but when he hath eaten meats cold by nature, then may you easily gesse, that this infirmity proceeds of a cold phlegme. Wherefore every such patient is to be purged with *Pil. Colbia*, *Hiera Picra*, exacuated with a little of the trochiscs of Coloquint, or Diaturbith. Afterwards he is to wash his mouth with the astringent decoctions, as of the blossoms and pills of Pomgranats, Acorn cups, Allom.

Allom, Salt, juyce of Rue, and such like. Also for a change he may gargarise with the decoction of Figs, Fennel seeds, and seeds of Lillies.

The roots of the blew Flower-deluce provoketh the gums to bleed much, whereby the pain is asswaged. The decoction of Agrimony tempered with Allom is approved to be very meet. Of this matter look into the first §. where you shall find many good remedies for this purpose.

Of the Fistula in the gums.

WHat a bad accident this Fistula is shall be shewed in the fifth part, for it appeareth in this place, as in all other places, with salt and sharpe defluxions: you shall cure them with those remedies that have been described before in the infections of the tongue, and putrifaction of the gums, so that at this present I purpose not to write much of it. Take Gals one ounce, Myrrhe half an ounce, make them into a powder, and strew it on the sore. Wash thy mouth often with Vinegar of Squils, or take Gals, Roses, Lencils, Acorn cups, Bedegar blossoms, and peels of Pomgranats, of each a like much, boil them all in water, if it proceed of a hot cause: but if of a cold, then boil them in wine.

If the Fistula be deep, and the gums corroded, then take the blossoms of Pomgranats, plume Allom, of each a like quantity, make them into powder, strew it once in three hours upon the sore. For this serve also the blossoms of Pomgranats boyled in Vinegar and Honey, and the mouth washt with the decoction. Amongst divers other dentifrices, this that followeth is the safest. Take the calcined Allom, plume Allom, blossoms and pills of Pomgranats, Ireos, Piretrum, Sumach, Barbaries, Gals, Acorn cups, and Dragons blood, of each a like much, make a powder of them. This powder may also be tempered with vinegar and hony; and wash the mouth therewith, it is very good for all manner of ulcerations of the mouth.

When the Fistula is mundified to the bottom, then are you to use incarnatives.

Others do commend the use of actual and potential cauteries, but they are nothing commendable but at the last need, and in the greatest extremity.

Of the Wasting away and consumption of the Gums.

TAke Cinamom one ounce, Frankincense, Roses, of each two drach. Drgons blood, three drach. bestrew the gums therewith very often.

Take Myrrhe, Mastick, shels of Pine apples, Date stones, burnt Harts horn and Ivory, blossoms of Pomgranats, Roses, Dragons blood, of each alike much, use it as before; it confirmeth the teeth.

Take Pease meal, make it into little cakes with honey, and dry them untill you can powder them again, take of this two drachmes, Dragons blood, Frankincense, Mastick, of each two drach. Aristologie and Ireos, of each one drach. rub the gums therewith.

Of the mollification of the Gums.

FOR this infirmity are all those remedies very meet that shall be prescribed for the wagging or looseness of the teeth.

For a conclusion.

ALthough the gums were altogether corrupted and black, yea although all the teeth were loose, yet these remedies following have done wonderfull much good. Take Worm-eaten Galls, Sumach, Myrtle seeds, Acorn cups, and Plantain seed, of each one drach. white Vitriol, plume Allom, of each one drach. and a half, yellow seeds of Roses, and refuse of Cloves, of each two drach. and a half, beat them all grosse, and let it boil in a sufficient quantity of water: when it hath sodden a good while, then add forty young buds of the Mulberie tree, and let so them seethe untill the half part remain. Wash thy mouth often with this decoction, afterwards thou maist strew this powder following upon thy gums: Take Mastick, Sandaraca, juyce of Sloes, Hippocystis, of each one scrup. prepared Tutia one drach, white Vitriol four scrup. make them into powder.

Of the Teeth. §. 8.

MAN hath for the most part 32. teeth, according to the verse, *Sunt hominis dentes, triginta duo edentes*: although some there be that have but 28. or 30. and they are differing in form. First, there are four above and as many beneath, that are sharpe and broad, therewith to cut and divide the meat as it were with a knife, for the which cause they are called of the Latinists *Incisores*, they have but one root onely.

Afterwards there are on each side of the former four more above and below, which are broad above, and thin below, and for that they are called by the Grecians and Latinists Dog teeth, because they be most like unto the teeth of Dogs: they have but one long root, and are made to break that which the former have as yet not sufficiently broken.

Thirdly, there are above and beneath on both sides commonly twenty teeth, albeit that some have but sixteen, and others but six on each side, which are called in Latine *Molares*, that is, grinding or cheek teeth. Their office is to grind and chew whatsoever the former teeth have not as yet sufficiently broken and chewed. Those that are in the uppermost mandible, are fastened unto three roots, the lowermost onely unto two; although that sometimes it befalleth, that the two former of them have three roots.

The Philosophers do write, that the foremost teeth are ingendred of a pure and superfluous moisture of the skull; the middlemost of a reasonable good humour; and the very hindermost of a grosse humidity of the forehead skull.

The pains and griefs of the teeth are divers, insomuch that amongst the Physitians there are accounted twelve or thirteen kinds of them, of the which we shall speak hereafter. These infirmities have all of them sundry causes, to wit, outward and inward: which difference we purpose also to observe.

In all pains of the teeth, purge the party with pills made of Castoreum Saffron, Angelica roots, ana. finely powdered, and with honey make masse for pills. And when you will use thereof. R. of the masse for pills, ʒ. ʒ. or ʒ. i. powder of Aloes ʒ. 2. sene ʒ. i. ʒ. Pepper ʒ. ʒ. make thereof pills, and let the party use a slender diet, you may give of those pills more or lesse for 2. or 3. or 4. dayes together.

Of the pain in the teeth through outward causes.

THIS is caused through the continual use of sowre and astringent things, as unripe fruits, through much picking of them with pins, and other stinking things that remain in them; also through falls, blows, and thrusts, sharpe wind, too hot or too cold meats, but especially of those that be drest with honey, which causes must be known and inquired of the patient, thereby to order and govern himself.

Of the pain in the teeth through inward causes.

THIS kind of tooth-ach is of divers sorts, and it hath also sundry causes. First, if it proceed out of the head or brain, then is the patient not without some pain in the head: out of which there falleth continually great store of slime. If this pain be caused of the mandibles and teeth, that doth manifestly appear. But if one doubt which tooth might first have provoked this pain, then let the patient bite somewhat between his teeth, first between two, then between two more, and so from tooth to tooth untill you come to the tooth it self where the pain resteth. By this means also you may know whether the pain be in the sinewes or no, because the other teeth be nothing painful. If it proceed from the stomach, then is there pain felt in the same, after which doth insue vomiting, and especially of a sowre and stinking matter. If it be procured by the blood, then may it be known by the heat and rednesse. If of Cholera, then is the pain with pricking and shooting. That which cometh of Melancholy, is known by the great and hard swellings: Of Phlegma, by the whitenesse of the face, and by the small pain. If it be caused of many humours, then is the patient heavy headed, with much spittle in the mouth. The pain that proceedeth of drought is thereby discerned; if of windinesse, then shall you perceive much heating and stirring with it: Wherefore of these inward means, to wit, of the four humours may this impediment be caused. The teeth grow hollow and full of holes, they rot, the worms do spoil them, and the sinewes

are weakened, that at the last they fall away, and are so that they may easily be drawn out. How to prevent and remedy the same, shall be shewed hereafter.

How to procure Teeth in children without pain.

Not without reason are we to bethink our selves how to ease the young and tender babes of that pain and grief which they do suffer in breeding their teeth, especially if the pain continue long, as it often hath been seen, that it hath continued three or four years.

This is for the most part caused of the debilitie of their nature, or of worms, which do consume the moisture, whereby the teeth should grow.

When this delay in teeth is caused through the debility and weaknesse of nature, then must the child be fed with roasted birds, bread dipped in broths of flesh, and such like, according to the age of the child; they have also a great laske commonly with it, which must be staied. The mandibles where the teeth appear are to be rubbed softly: and amongst all other remedies that may be invented for this purpose, the brains of a hare drest with the milk of a Bitch are the best. if you cannot get them, then take butter, oyle of lilies, the fat of hens or of other Birds, each by it selfe, or mixed all together.

And because that in these remedies following there be many sharp ingredients, as Orpiment, Neeffing wort, Copperas, Stavesacre, Southernwood, Henbane, Opium, and such like more (of which we will make mention but little) which are in no wise to be taken down: wherefore here we will admonish and shew how they ought in the greatest need with the most safety to be used.

First, they are to be applied onely to the dolorous and painfull tooth with a peece of Wax covered about, to the end it should touch but only the place aggrieved. Otherwise they might also harme the good and sound teeth; the patient must also hold his mouth open, and downewards, that the spittle and slime might run out; neither are they to be applyed too hot or cold.

If this pain proceed of cold rheumes, as also of the use of cold meats, then put the Patient into a warm place, cover his head with warm clothes untill he feel the warmth apparently. Afterwards annoint his head with the oyle of Camomill, of Rue, Behen, of Bevercod, and of *Spica*, or in place of them with *Aqua vita* three daies together. A hard yolk of an egge applyed to the tooth is also very good, and afterwards is the tooth to be washed with warm wine: Or take vinegar, wherein *Piretrum*, white Mints, and Marjoram hath been decocted.

Item take *Piretrum*, white Mustard seed, Pepper, Borrax and Ginger, of each a like much, make a powder of them, and rub the teeth therewith, or strew it on a little cotton, and apply it to the very roote of the tooth.

But before you use any other kind of remedy, take heed you purge the head very well; that you draw not down more humors out of it unto the teeth, the which may be effected through the pills or potions which every where are sufficiently described. After purging you may use any one of these things followings: take Mastick 3. i. Sage a M. beat and boyl them in 3. 8. of wine or vinegar untill the half remain, wash thy mouth therewith.

Item, take good white wine fixe ounces, temper half an ounce of *Sandaraca* with it, boyl them together untill one quarter of it be wasted, and hold it in thy mouth warme, and if you add one drach. of *Philonium Romanum*, then will it be so much the stronger. Or take of the aforesaid *Philonium* two drach. red wine foure ounces, and hold it luke-warm in thy mouth. Gals decocted in vinegar are also very good for this purpose. In like manner Betony or Plantain decocted in vinegar or water, and used warm. Pellitory of Spain bound up in a cloth and chewed in the mouth, draweth out much slime.

Take *Asa fetida*, and Frankincense, of each a like quantity, hold it on the painful tooth. The decoction of Alehoof is also very good for it. Likewise the conserve of Gilliflowers, of Lavander, of Spikenard, Rosemary wine, Sage wine. Item, take the roots of Spereage, boyl them in water, and wash thy mouth often therewith. Others do commend Garlick, Ginger, Agrimony, each by it self, or mixed together, and so applyed to the tooth. Also the water of Marjoram gentle should be very good for this use. In like sort *M. Tristrans* water which is described in the fifth Chapter, and §. 1.

Item, take white and long Pepper, Cucubes, Saxurage, the bark of the Mulberry tree, Caper-roots, and roots of Southernwood, of each a like much, boyl them according to the

the quality of the pain in water, wine, or vinegar tempered together, or each by it self: it is very good, and confirmeth the gums.

Pepper, Pellitory of Spain, roots of Diptamer, and Licebane chewed together, or each by it self, are commonly very commodious for the tooth-ache.

These Remedies following are more cooling.

Take a little branch of a Cherry tree, scrape off the outmost rind, take the yellow rind and boyl it in wine, take of this decoction in thy mouth as warm as thou canst suffer it. In like manner if the rheume fall into the teeth, then boyl Oaken leaves in wine, and hold it often in the mouth; it draweth out the slime very well. The water that issueth out of a Vine being cut, is also very good for the Tooth-ache, if it be held in the mouth.

Yet more Remedies that are approved.

Take 8. ounces of wine, boyl it in half an ounce of *Esula*, wash thy teeth therewith three times in a moneth; it preserveth the teeth from pain, but it is very violent and dangerous to be used: but this that followeth is safer and better.

Take Roses and boyl them in milk, hold them a good while in thy mouth, and lay the leaves to thy teeth. Take Camphire the bignesse of a pease, boyl it in two ounces of vinegar, and hold it in thy mouth, it is very good for all manner of pain in the teeth. Item, take of a Harts horn, to wit, that which hath been cast off in March, cut it into small pieces and boyl it in Well water, take the decoction into thy mouth warm, repeat it three or four times, and after the use of it (as many men suppose) the pain should not return again: whosoever shall approve it, and find it true, may commend and love the experiment. Others do counsel to take of the skin of a Snake that hath been cast off by her, one drach. and to boyl it in three ounces of vinegar unto the half, and to take it into the mouth: it should also be an approved remedy. Oyl of Roses luke-warm onely held in the mouth asswageth the pain. Boyl a Frog in water and vinegar, untill the flesh part from the bones, and wash the teeth therewith. The juyce of Beets dropped into the contrary ear of the pain, is also counselled of some men: likewise of Cichory, of Daffodils, and of earth Worms.

But if this Tooth-ache proceed of a hot cause, then hold any of these things following warm in thy mouth, as the oyl of Willow leaves, oyl of Poppy heads, and oyl of Roses (as hath bin said before.) The juice of Sorrel slaketh the heat greatly. You may also anoint the place with the juice of Nightshade, of Purslain, of Lettice, of Endive. Item, boyl the roots of Nettles and Sage in wine. Henbane seed and Opium mixed with the oyl of Roses, do make the tooth insensible.

If *Cholera* be admixed, then is the Patient to be purged with the Electuary of *Succo Rosarum*, with Cassia, sower Dates, or yellow Mirobalans.

If it be caused of overmuch blood, then is the head vein, the vein in the lips, and that under the tongue to be opened, or the gums made to bleed, and boxing cups to be applied behind in the neck.

What else may be used for the pain in the Teeth.

Above in the twelfth Chapter, and §. 1. have I described a good Powder, which be-
ginneth, Take Sene leaves, &c. which is also very commodious for this purpose.

Item, take Myrrhe two drach. Frankincense half a drach. Mastick one drach. and a half, Cuttle bone, and red Coral, of each 15. grains, Argoyl two drach. Glasse small powdered five drach. *Lignum Aloes*, Cinamom, Cloves, *Sarcocolla*, of each half a drach. make them into powder; it confirmeth and whiteneth the teeth, and it cureth the sore gums, being rubbed therewith.

Item, take Pellitory of Spain, Licebane, of each a like much, beat them and temper them with a little white Wax, and cover the tooth therewith of all sides.

A wonderful remedy. Take the liver of a green Ewet, and the fruit of Tamarisk roots of wild Cucumbers, and *Propolis*, which is taken out of the hole of the Bee-hives, of each a like quantity. This may you use for all manner of Tooth-ache, either in washing with it, or applying it to the tooth, or in using it outwardly.

Of the outward applications.

Parched Millet applyed unto it is very good. Item, take Mallowes, fry them in butter untill they be soft, and so lay it outwardly unto the pain. Item, toast a slice of bread upon hot coals, and apply it to the cheek where the pain is, and renewing it still being cold with another that is hot; do this eight or ten times together; for when the pain is departing then it is most grievous, wherefore leave it not off.

But if the foresaid means do not ease the pain, then make this composition; Take Be-vercod, Pepper, Ginger, red Storax, Opium, of each half a scrup. this being beaten, temper it with hony of Roses, and put the quantity of an Hemp seed unto the root of thy tooth.

Item, take Opium the bignesse of an Hemp seed, warm it in thy hand untill it be soft, and apply it to the painful Tooth, it asswageth the pain.

If you will forbear the Opium, then use any of these juices following; to wit, juice of Southernwood, of Henbane, of Poppy, or to use the *Philonium Romanum*, as hath been before said; yet are you alwaies to adde unto them a little Saffron, Cassia wood, or Camomils, to mitigate their great cold. For this purpose serveth also Mithridate, either inwardly or outwardly adhibited, for it is very good for all infirmities of the teeth.

It is also advised, that the Patient abstain from meat as long as is possible; and that he use a dry bath to sweat, and meetly exercise. But if the pain be not mitigated by all these means, then is the root of the tooth to be seared with a hot iron, or to be drawn out altogether.

Of the Tooth-ache in the Poxe.

Mixe the juice of Wormwood with the white of an egg, and apply it to the pain. For the same use serveth the decoction of Guaiac. holden in the mouth warm; and all those things that have been mentioned before.

Of hollow and rotten Teeth.

THe cause why these Teeth wax hollow and rotten, is some stinking matter adjacent unto the tooth, the which doth putrifie the same. To prevent this impediment, is the putrification to be taken away; which hath been shewed before, and shall more largely be declared hereafter.

You shall in no wise omit to pick and cleanse your teeth after meals with a tooth-picker, and afterwards to wash thy mouth with wine. The remedies that hinder the putrification of the teeth are these, namely *Lycium*, Frankincense, Mints, Mirtle seeds, *Spica*, *Gallia muscata*, Cypres roots, Mastick, Gals, Turpentine, Pepper, Camphire, and seeds of Nigella, if there be heat with it. This water following should also prevent this putrification, or (if it were once entred) take it away, and allay the pain. Take of the middle rinde of the Mulberry tree one ounce and a half, of the best Ginger one ounce, boyl them in strong vinegar unto the half, and wash thy mouth therewith in the morning.

Item, take the ashes of Rosemary, bind them in a cloth, and rub thy black and putrified teeth therewithal. Take Aristology beaten, temper it with honey, and use it as before. Take the water of wild three leaved grasse, mix as much Allom and Hony unto it as thou please, and wash thy rotten teeth with it.

Or take the inward part of Galls, and as much Pellitory of Spain, beat them to powder, and adde some Staveacre unto it, and lay somewhat of it on the rotten teeth.

Item, Borrax and Staveacre decocted together, or each by it self. This remedy following is no lesse commended then any of the former; Take Pellitory of Spain one drachme, *Ammoniacum* and *Opium*, of each one drach. melt the gum, and mixe the rest being beaten small with it; thrust some part of it into the hollow tooth, it taketh away the sense and feeling of the same.

Item, take prepared Coral, blow it through a little quill into the hollownesse of the tooth, it taketh away the pain, and preventeth the putrification of the tooth. All these things may be mixed with Treacle, and so used. We have also shewed divers and sundry remedies before in the 13. Chapter, and §.1. against the corruption of the mouth, which may also be used very well in this necessity. Wash thy mouth often with the decoction of Roses, Nep, and a little Pellitory of Spain.

Thou mayst also put a little of the spirit of wine into thy hollow tooth ; also any of the waters of life that shall be described in the eight part of this book. Some men do use *Aqua fortis*, and it helpeth much, but you must deal very orderly with it.

These stinking teeth are oftentimes the cause of a stinking breath. If the Tooth be altogether corrupted, then is the only and best remedy to draw it out ; otherwise must one wash the mouth alwaies after meals, with water sodden with SalArmoniack, or otherwhiles with Vinegar, wherein hath been decocted some Pellitory of Spain, and Stavesacre, Vinegar of Squills tempered therewith is also very good. After meals (as hath before been admonished) is the hollownesse of the Tooth to be picked and cleansed of all superfluity. If this pain proceed of cold, then are you to thrust into the hollow Tooth a little piece of Galangal, of Ginger, of Cloves, of Pepper, of Frankincense, or of Myrrhe. If it be caused of heat, then use Roses, Sanders, Camphire, and such like.

Of the Wormes that are in the Teeth.

It is evidently known, that if the pain be not overmuch, but that there be felt a continual stirring and crawling in the Teeth, that the same was wont to proceed of Worms : if one wash his mouth with warm water, and hold the hollownesse of the tooth up towards the Sun, then may the Worms apparantly be seen to stirre in them. For this thou shalt take Aloes one drach. Myrrhe half a drach. make them into little pills with wine, and thrust them into the hollow tooth. Item, boyl Coloquint in fair water, and wash thy mouth with it. Make a fomentation of Henbane seed, or (which is safer) of Onion seeds, or of Garlick seeds, then wash thy mouth with warm water, and spit it into cold water, then shalt thou see the Worms swim in it.

Take Myrrhe, Aloes, and red Storax, of each a like much, put a little of it into thy tooth where the Worms are. Or take Calamus bruised, boyl it in a little wine, dip a little Cotton in it, and lay it over or under the hollow Tooth.

In the greatest extremity make a fume with Opium, Bevercod, and Onion seeds, or with white Henbane seeds or Mustard seeds, receive this fume through a tunnel into thy hollow tooth ; but at one time take but the quantity of a Barly corn to fumigate withal, and take heed the fume passe only into the hollownesse of the tooth, although you should get a little pipe of purpose to put into thy hollow tooth, and to fit it unto the tunnel. If all these means bring no ease, then let it be drawn out, and bleed throughly.

Of the grinding of the Teeth in Children.

This commonly happeneth unto children in their sleep, through the debility of the muscles that stirre and move the jaws : this after a while leaveth them altogether. It may also be caused of Worms that are in the stomach or intestines ; but then their grinding of their teeth is not all after the same manner, they rub their noses, &c. Of which thou shalt have further direction in the Treatise of the Worms, where also shall be shewed how this is to be remedied. But if this infirmity do continue for some other cause, then it is commonly the messenger of the dead Palsie, contracture, or of some other affection of the sinews : for the which you are to use those things as are thought meet for every such infirmity. But for this it is especial good to anoint the cheeks and the whole neck with *Unguentum Martiatum*, or the oyl of Bevercod, of Spikenard, of Juniper, of Bayes, and such like.

Of the pain in the Teeth that cometh through the application or use of cold things.

All manner of Oyles that are warm by nature, applyed to the tooth, or holden in the mouth, do ease this pain. Item, take Bayberries, Aristology, and Allom, of each a like much, boyl them in a sufficient quantity of wine, wash thy mouth with it warm. If thou wilt have it stronger, adde *Hiera Picra* unto it. The same operation hath old Treacle mixed with wine, and a good while after not to take any other moisture in the mouth.

Note also, that whatsoever is used or applyed to the teeth, may not be hot ; for they are thereby corrupted and spoyled.

Of the standing an edge of the Teeth.

THis proceedeth otherwhiles of a sharp and astringent slime or rheume, which falleth into the roots of the teeth; or of some other sower matter that lyeth in the stomach, and fumeth up into the mouth and teeth, whereby the teeth are set an edge. But for the most part it is caused of sower and unripe fruits, as of unripe Grapes, Limons, Raspes, *Corna*, Sloes, and such other: for this purpose serveth Purslain with her seed beaten together, and vinegar put upon it, bitter or sweet Almonds, Licorice, and the juyce thereof, Salt water, milk of an Asse, to wash the mouth with the decoction of Aristology and Bay leaves. These things may you mix together, use or chew them as you please. To hold warm wine in the mouth is also very commodious. Or as soon as ever you do perceive this infirmity, then chew six of the grains of Pepper, and afterwards wash thy mouth with warm wine, this helpeth immediately.

This doth also oftentimes proceed of cold, as hath been before said. For when one will cure the Tooth-ache with overcold things, then will thereby the small heat of them be extinguished, so that they lose their sense and feeling. Now to cure the same, you must take some kind of Oyl that is warm by nature, as I have shewed you before, and also bite the yolks of eggs hard roasted, or hot bread: to anoint the gums with the oyl of Spikenard, and afterwards to hold warm wine in the mouth, wherein Cubebs have been sodden. Lastly, to chew Mastick in the mouth a great while, and then to wash it with warm wine.

How to confirm and fasten Teeth that be loose.

THe cause of this loosenesse of the Teeth may be blowes, thrusts, defluxions that fall out of the head into the teeth, that (as it were) resolve and slacken their sinews, and loose their roots. It may also proceed of a great drought, as it happeneth unto them that recover of a long lingring disease: the corruption of the mouth and teeth may also cause the same. The signs of this loosenesse of the teeth may be discerned by beholding them diligently.

The cure of this infirmity is comprehended in two principal points; to wit, in a good regiment or diet, and in the adhibition of good remedies. First he must take heed not to bite hard upon any thing, but to use soft meats: also not to speak much, thereby to eschew the cold ayr; also he is not to sleep with an open mouth, neither are the Teeth to be touched roughly either with the fingers, or with the tongue.

If this loosenesse of the teeth do come of blowes and such like, with an evident heat, then is he to use the pills and blossomes of Pomgranates, Medlars with their leaves and rinds, Services, Quinces, *Lycium*, Galls, Butchers broom, burnt Ivory, Roses, Saunders, Ambers, Mirobalan stones, Date stones, red Costus pills, *Hypocistis*, sealed earth, fine Bole, burnt Harts horn, sea Muscles, and all that may be made and sodden with these things. But if these proceed of cold, then use *Laudanum*, Frankincense and her bark, parched Comin seed, Cresses seeds, parched Anniseeds, Allom, Pitch, Myrrhe, parched Salt, Cypres Nuts and leaves, Mastick, *Sarcocolla*, *Sandaraca*, and all that may be made with it. Here now do follow some things that confirm and fasten the teeth, gums and their sinews.

Take garden Mints, fresh Olive leaves (if they may be had) of each an ounce, Roses, Mirtle seed, Butchers broom seed, wood of the Barberry tree, and the fruit of the same, of each half an ounce, beat, cut, and boyl it in unripe wine, and hold it in the mouth. Water of Nightshade, of Plantain, and of Shepherds purse do fasten the teeth; and if in this water and vinegar together you boyl the blossoms of Pomgranates and Mirtle seeds, then will it be the better.

In like manner you may boyl Galls, Medlars, Lentils and Services, of each half an ounce. For this purpose serve also Cypres Nut and leaves, Acorn cups and Sene leaves, all together, or each by it self, decocted in wine, and used as the former.

Item, take Allom, Frankincense, Mastick, Cypres Nuts, Rosemary flowers, of each a like much; boyl them together in a sufficient quantity of rain water and red wine, and wash thy mouth with it very often warm. Item take Harts horn, Salt and Myrrhe, all of them burnt, of each two drach. boyl them in honey, and rub thy gums therewith within and without.

Item, take burnt Allom half an ounce, Rose buds half a handful, Bedegar, red wine

one pint; them unto the half, take of this being warm into thy mouth often, and hold it a good while therein, for it is very good.

Another. Take Ireos, Coral and Frankincense, of each half a drach. temper it with hony of Roses to a confection, anoint the teeth therewith, and in the morning wash them with wine where in hath been decocted Sage, Rosemary and Roses, of each alike much. Item, take Allom, burnt Harts horn, Roses, Dragons blood, Acorn cups, *Hypocistis*, blossomes and pills of Pomgranates, Galls, of each a like quantity, boyl them in strong red wine or in vinegar, and wash thy mouth therewith.

Vinegar and Oxymel of Squills are also especial good for this use. To wash the mouth oftentimes with Rosemary wine, confirmeth the gums, and fasteneth the Teeth.

Of the falling out and drawing of the Teeth.

THe last and extreamest means for the Tooth-ache, is, that the teeth might either fall of themselves, or be drawn out. To prevent the falling of them is impossible to many men, yet are these things following prescribed for it, amongst which this that followeth is very sharp, and yet for all that very safe and good to be used.

Take the bark of a Mulberry tree, Caper roots, *Piretrum*, the bigger and the lesser *Esula*, red Orpiment, roots of Coloquint, of each two drach. put as much vinegar on them as will cover them, let it so rest eight dayes, and every day put a little more vinegar unto it, and use it as hath been said.

Open the gums round about the tooth as much as is possible with some kind of instrument, then rub them ten times in one day with the foresaid water; it maketh the tooth loofe, and separateth the root. Item, open the gums as before, anoint it with Oyl wherein Frogs have been decocted: and when the tooth is very loose, then take it out. You may also do as hereafter followeth: Take Pellitory of Spain, Scammony, white Hellebore, Euphorbium, of each one drach. beat and steep it in vinegar, open and loose the gums about the tooth, and rub it often therewith; it is very forcible, and therefore to be the more regarded.

Item, take Nettle seeds, roots of the Mulberry tree, and roots of Celendine, of each a like quantity, boyl them in wine or vinegar: this should have the same operation with the former, and it is much safer.

Another. Open the gums, and lay bare the root of the tooth, and strew Euphorbium in it, this will doubtlesse loose the tooth, that it may be easily taken out; afterwards wash thy mouth with the decoction of Myrrhe, for thereby will the place or hole be drawn together, and all pain abated.

Take the dregs or lees of strong vinegar, and apply it to the tooth many daies together: afterwards draw out the tooth. But if it will not stirre, then rub the place with fresh butter or some other grease of birds, and especially with the brains of a Hare sodden, which have a hidden vertue and operation for this purpose, as before hath been said.

This remedy following applyed to the tooth, maketh the same to fall out without any pain. Dissolve two drach. of *Ammoniacum* in vinegar, temper Henbane seeds beaten amongst it, and anoint the tooth and the root thereof.

Item, take the juyce of *Esula* with the meal, make a dow of it, temper it well, and let boyl a while, and apply it to the tooth.

Of the double Tooth.

Otherwhiles two teeth grow unnaturally one before the other, which is not only unseemly, but hindreth also very much; wherefore it must be taken away with an instrument, and with applications. If you will take it away by application, then are you first to loose the gums from it, and make a little ball of Wax, and mixe the juyce of *Esula* or of Neesewort with it. The same doth also the blood of a leaf Frog. Or take the root of a Mulberry tree, and Pellitory, of each half an ounce, wet them in vinegar, and dry them in the Sun untill they be as thick as hony, then temper them with the foresaid juyce of *Esula*, and anoint the tooth thrice a day with it, and it will easily fall out. The juyce of the roots of Nettles mixed equally with *Galbanum* should do the same. In like manner also beaten Fig leaves applyed to the Tooth.

To make and to keep the teeth clean.

Take Cuttle bone, white sea Muscles, *Spuma maris*, Allume, Aristology, parched Barly, Sulphur vive, Cinnamom, and long Pepper, of each a like much, temper it again with honey, and rub the teeth often therewith. Or take Argoile, 3. 2. beat it small and searce it, wash it with good wine, rub the teethe once a day with it, and afterwards wash thy mouth in the winter warm, and in summer with cold wine. This following is highly commended:

Take two drach. of Date stones, red Coral prepared three drach. Lupins, and the roots of the yellow Flower de-luce, of each three drach. beat all that is to be beaten, and afterwards make confection of it with clarified Honey, which must be so hard that you may make small placent, or Trochiscs of it, dry them in the shadow: when you will use them, then dissolve one of them in wine or vinegar, and wash thy teethe therewith every morning, when thou hast first rubbed them well with a cloth, and keep the moisture a good while in thy mouth. Item take burnt Oister shels, and *Sandaraca*, of each half an ounce, Ireos two drachmes, Aristology, Gentian and Centory, of each half a drach. use it as before. It is bitter, but it dryeth and cleanseth much.

Or take one drop of the oyl of Vitriol, wet the teethe with it, and rub them afterwards with a course clothe; this taketh away all blacknesse of the teeth, but it is very sharp.

The same operation is ascribed unto the oyl of *Sandaraca*. Take Allome and salt, of each a like much, beat it small, distil it in a glasse Lembick, and rub thy teeth therewith. These last three things are very strong, and my counsel is to refrain them.

But if one would keep his teeth clean, then are not those things to be used that do change the natural white colour of the teeth into another hew. The causes are both outward and inward, as the long use of tincting or colouring meats, and the continual dressing of the same in brasse pots. There groweth also a hard substance to the teeth, which may be called Argoil. The inward causes may be a corrupted and foul stomach, which commonly doth colour them green, and especially when one hath oftentimes eaten many Toadstools. The cure thereof is this; if it be caused of bad meats, then must the Patient first of all be let blood. If the teeth be pestered with Argoil, then is the same to be taken or scraped off gently. And because this colouring of the teeth doth onely proceed of bad humours, they are therefore often to be rubbed with parched salt, afterwards with the dentifrices or powders that make white teeth, (which shall be described hereafter) and rub them therewith; and last of all with a piece of Scarlet dipped in Honey.

How to make the teeth white.

Take Venice glasse, mould it upon a marble stone until it be very small, add unto it white stones burnt, in like sort powdered, and Ireos, of each a like quantity, rub the teeth therewith; Item take burnt Date stones, red Coral prepared, ana. 3. 1. put them mixed together in a piece of linnen cloth, steep it in wine, and rub the teeth with it: this maketh them white and strong.

Another. Take Pumice stone, Cuttle bone, and red brick egg shels, the white skin taken out of them, prepared red and white Coral, ana. 3. 5. Pellitory of Spain, burnt Allome, ana. 3. 2. 5. Ireos, 3. 2. *Sandaraca*, 3. 3. Mastick, Myrrhe, ana. 3. 5. make them into powder, and use it for a dentifrice. Item take Pellitory of Spain, burnt Allome, ana. 3. 1. 5. Dragons blood, blossomes of the Pomegranate tree, ana. 3. 5. mix them together, and use it as before. Some do use the Cuttle bone onely, others onely egshels; they are very good and safe.

How to preserve the teeth from all accidents.

Many Physitians do write that whosoever will preserve and keep good teeth, he must observe two things especially; first they do command not to use Milk, Fish, Radishes, dry Figs, Dates, sodden Honey, and all other meats that be dressed therewith. Also to abstain from sower and green Apples and Pears, Prunes, Services, Medlars, Lemons and Garlick, all which by nature are hurtful unto the teeth. In like manner all things that are very hot or very cold, and especially the sudden change of hot or cold meats.

A good dyet is also very commodious for this purpose; vomiting (as before hath been shewed) is very bad and hurtful: also to bite on very hard things. The teeth are alwaies to be kept clean, that nothing remain between them and stink.

The means whereby the teeth are preserved and kept good, are these, to wit, that you rub them often with the bark of Tamarisk, with the peeles of Pomgranates, with the rind of an Ash tree, with blossoms of the Pomgranate trees, or with red blossoms of the Peach tree: they cleanse the teeth and confirm the gums. You may also temper white Sugar with Hony, and rub the teeth therewith: in cold causes with the oyl of Behen; in hot causes with the oyl of Roses. Item, take the powder of a burnt Hares head, rub the teeth and gums therewith: or take Hony and Salt, and burn them to ashes: beaten Lupines are also very commendable with any addition. Item, beat Myrrhe and plume Allom into powder, or temper burnt Allom with vinegar, and wash thy mouth with it; or else take burnt Harts horn, seeds or flowers of Tamarisk, Cypres roots, Roses, Spikenard, of each one scrup. Salt half a scrup. make it into powder and rub thy teeth with it. Myrrhe sodden in Wine, and the teeth washed therewith, fasteneth the teeth, and dryeth the superfluous humidity of them. Chew Mastick and rub the teeth and gums with it, it maketh them clean and strong.

The teeth also are alwaies to be kept clean and pure, and not to pick them with an iron, but with a tooth-picker made of *Lentiscus*, which is the tree whereof droppeth Mastick, which is much commended for the teeth; remember also to wash the teeth after every meal.

The fourteenth Chapter.

Of the Voyce.



WE have concluded before in the 13. Chapter, the Voyce to be the last part or portion of the mouth, which part is only proper unto all those living creatures that have lungs: for although fishes and some other beasts seem to have a voyce, yet it is nothing else but a noise: for a true voyce proceedeth of an open breast. Also the voyces of all females are much lesse (except the Cow) then of males. But it is not our intent to speak of any other voyces, but onely of the humane voyce.

Amongst all living creatures you shall hardly find any thing more changeable and inconstant then the voyce. For behold a man or a woman from childhood even to old age, and you may easily perceive the mutability of it; and which is above all things to be admired, that those children which speak very timely or young, begin to go very late. It is also no lesse marvel, that this voyce being shut up and included in something, can nevertheless be understood. As for example, put a long trunk to another bodies ear, speak in it what and as softly as you please, yet shall he perfectly understand every word of your saying. Likewise you may as well know one by the voyce as by sight: for it is most sure, that if you hear one speak and see him not, you shall as well know him by his voice, as if you saw him and heard him not.

In like manner the voice maketh great difference both in words and in names in divers speeches over all the world. It breedeth great delight by abbreviating, and extending, by singing high or low, soft or aloud in musick. And in this it exceedeth all other parts whatsoever, and is the only means whereby we may disclose and make known our hidden thoughts, and secret conceits of the mind unto our friend; also there is nothing else in which we differ from bruit beasts, but onely in the voyce.

We will not speak of any weak voyces, which are caused of some long sicknesse: for we have already written of them before in the thirteenth Chapter. But we purpose only to treat of those things that do corrupt or spoyle the voice, as of hoarsenesse and such like.

If the voyce be decayed of a cold cause, then drink half a drach. of beaten Cucubes at your lying down, sodden in three ounces of the decoction of Guaiacum.

The common people think it a good experiment to steep Horsetongue in wine, and to drink the same.

But the tabulats of *Diaireos* are especially commended, which are made as followeth: Take Ireos half an ounce, Pennyroyal, Hyssop, Licorice, of each three drach. Draga-
gant,

gant, bitter Almonds, Pine Apple kernels, Cinnamom, Ginger, Pepper, ana. \mathfrak{z} . i. \mathfrak{s} . Figs, Dates, Currans, ana. \mathfrak{d} . i. red Styrax, \mathfrak{d} . \mathfrak{z} . \mathfrak{b} . and for every ounce of this powder, take twelve ounces of Sugar, cut the fruit small, beat all the rest and make tabulats, or an Electuary of them. This is called at the Apothecaries *Diaireos Salomonis*.

Another. Take Ireos, \mathfrak{z} . \mathfrak{b} . Sugar-candy, and the abovenamed spices without Sugar, \mathfrak{z} . 2. Sugar, \mathfrak{z} . 12. boyl it in the water of Hyssop until it be thick, then make tabulats of it. Both these kinds of *Diaireos* are good for the cough, proceeding of a cold rheume, and for a wheesing breath.

Of Hoarsnesse. §. 1.

THis hoarsnesse proceedeth of many and sundry causes, but especially of cold and sharp humors that fall out of the head into the throate, and there make it dry, whereof shall be spoken at large when we shall speak of the infirmities of the throat: we will now onely shew what is convenient for the roughnesse and hoarsnesse of the same; for the which Sugar-candy holden in the mouth very often is very commodious: also the confection *Diatragacanthum*, whereof there be two sorts, to wit, the hot and the cold, which may be made as hereafter followeth.

The cold Electuary of Diatragacanthum.

TAke white Dragagant one ounce, gum Arabick five drach. Starch two drach. Licorice, peeled Melon seeds, Gourd seeds, Cucumber and Pompeon seeds, of each one drach. Camphire five grains, Sugar pennets one ounce and a half, beat them to powder. If thou wilt make tabulats of it, then take of this powder one ounce, of the best Sugar twelve ounces, boyl it in water of Violets as it behoveth. This confection is also very good for all infections of the Lights and of the Breast, which do proceed of heat and drought, and especially for them that are declining to a Consumption, and for them that have dry cough doth it much help.

The hot confection of Diatragacanthum.

TAke Dragagant, Hyssop, ana. \mathfrak{z} . 2. Pine apple kernels, sweet Almonds, and Linseed, ana. \mathfrak{z} . 3. Fenegreek, Cinnamom, ana. \mathfrak{z} . 2. juice of Licorice, Ginger, ana. \mathfrak{z} . i. make it into an Electuary or confection as before. This is very good for them that have a tough and slimy cough, and that cannot get up any thing: also for all them that have a wheesing and short breath, and that are subject to a Consumption.

Take Jujubes, boyl them in water, steep Cotten seeds in it, and hold them in thy mouth a long time: it hath a marvellous operation in all hoarsnesse, drought, and roughnesse of the throat.

Amongst all other things that have been found good by experience, the tabulats of *Diatragacanth* are much commended; wherefore every night when you go to bed shall you dissolve one of them in sweet wine, adding half a scruple of Saffron unto it, and drink them all together; this hath cured many men of an inveterate hoarsnesse.

A good potion. Take five pints of water, half a pint of honey, six Figs, one ounce of Currans, two drach. of Licorice, boyl one pint of it away and scum it well, drink every morning fasting a good cup full warm: you shall also temper or mix your wine with it. This potion is also very commodiously used against the cough. Hony of Roses is also very good for all drought and hoarsnesse of the throat, for it moisteneth and easeth it. In like manner also the conserve of Roses, oyl of sweet Almonds, syrup of Violets and Hony water, which commonly allayeth all roughnesse of the throat.

But if this hoarsnesse proceed of a cold rheume, then is Fennel seed very profitably used, howsoever it be adhibited; but for this purpose are confectioned Cumin seeds, Carvi and confectioned Almonds much better. Likewise whatsoever shall be written hereafter in the second part of this book for the cough, may also be used in this infirmity.

How to make a clear voice. §. 2.

ONions and Garlick, as also the Hyssop wine, are much commended for to mak a clear and good voyce, also the tabulats called *Diaireos Nicolai*.

This Electuary following is also much commended for this purpose. Take Cabbage seeds, Hyssope, Elecampane roots, Fole foot, roots of Flower de-luce, Horehound, ana. \mathfrak{z} . β . Annise seeds, Fennel seeds, Ameos, Cucubes, Aristology, ana. \mathfrak{z} . i. β . *Oxymel compositum*, *Sirupus de Prassio*, ana. \mathfrak{z} . 3. Sugar pennets, \mathfrak{z} . 3. Pine apple kernels that have been infused in *Vine cuitt* two daies four ounces, Saffron, \mathfrak{z} . i. clarified honey, \mathfrak{z} . 12. temper it in a confection or electuary. Take of this in the morning half an ounce, with two ounces of the decoction of Nettle roots. If it be not too much trouble for you take one half of it in the morning, and the other half at night, mixed with a little Sugar. This may be used for all harshnesse and hoarsnesse of the throat. The water may you alter or change according to the quality of the disease.

For Hoarsnesse.

I have often used the powder of Mechoacan, in white wine, and it hath holpen the hoarsnesse.

And so we end the first part of this our Book.



The second part of this Practise of Physick, Containeth the Breast.



THE *Anatomici*, by dividing mans body into the outward and inward members, do affirm the second part of the same to begin at the uppermost part next under the Head; thence to extend it self downwards unto the Midriffe, which is a skin that parteth the Heart and the Lights from the Belly. This part maketh shew outwardly of very few members, to wit, of the Neck, of the Breast, Ribs, Shoulders, and upper parts of the Back: and containeth inwardly two of the principallest members, as the Heart and Lights, of the which, and of the diseases of the same, and how they are to be holpen, shall now be shewn.

The first Chapter.

Of the Neck.



THere is none other disease to be seen in the Neck outwardly, then a swelling or tumour, which is called *Bronchocele*, the which either cometh by nature, or else of some outward cause; the same chanceth also sometimes to swell inwardly, although that commonly depend and is caused of the first swelling.

Of Bronchocele. §. 1.

IF any man have this tumour in the throat by inheritance or descent from his Parents, & naturally is born with it, as commonly hapneth in Bints-gaw, and in many places more, whereof at this present shall not be spoken: for that all Physitians hereupon conclude, that they are altogether incurable. But that which is not natural, which proceedeth commonly of flegmatick or waterish humors; with the which otherwhiles winde is admixed, (by joyning both together) breedeth knots on the neck. For by experiecce it hath been found, that when these Tumours have been opened by incision, that sometimes there is found nothing in them but water, therefore is the same called a watery *Bronchocele*. Sometimes there will be therein a thick matter like Honey, and other-

otherwhiles a tough ashcoloured slime, as it were snout or snivel. Lastly, it hath also been seen, that there is but a little water in it, with much winde, which in opening (even in other wind) is let out and flyeth away. These Tumors are caused most of cold raw Northern winds, and of thick slimy flegme, whereby all such flegmatick defluxions are increased: also through continual use of grosse meats that augment *Phlegma*. When as such swellings appear, then must you not delay and rest thereon, but seek some remedy betimes, and not follow the counsel of such as do say, that it will wear away of it self.

The order of dyet.

IT is first needful that he take heed of eating unleavened bread; in like sort of all young sucking Beasts, and that are fat and slimy, as Swines flesh, Fish, and chiefly sod milk, and all that is drest therewith; also of moist fruits, as Cherries, Pears, Apples, Haselnuts, and Melons; also of cold and moist herbs, as Beets, Spinage, Lettice, Endive, Purslain, Verjuice, and fresh Butter. But contrariwise, warm and dry dwellings; situate in the East and South, are very good, and not much sleeping, for that increaseth much flegme; also quiet and idleness are hurtful. Therefore are all such Patients to endeavour themselves to go and walk much, and to hold alwaies the head upright. And if that cannot be done, let them be rubbed with hot clothes from their heads downwards towards their feet, until the skin be red therewith, and also both their feet. Their heads shall be seldom washed, and then onely with lye and Soap after the dryest manner, like as you may find a good instruction thereof in the discovery of the headach. Their drink shall be small white Wine, that is old and of a good taste, the which must be delayed with decocted water: in their meats they must beware of all superfluity, and arise from their meals with appetite; also they must chew their meat well before they swallow it.

Now to the remedy of this Tumour, first you shall prepare the humour whereby this swelling is caused, with *Oxymel* of Squils, which is acuated with Pepper and Pellitory of Spain. This must be continued certain daies fasting, taking 2. or 3. ounces mingled with wine. In like manner (if need require) open a vein; afterwards use this laxative powder following, whereby the corruption may be drawn out of the head and out of the stomach, the brains strengthened, and all humors consumed that run towards the swelling. Take beaten *Hermadaetili*, *Turbith*, of each one drach. Ginger two scrup. *Diagridion* six grains, flowers of *Esula* half a drach. mingle them together; you are to give at once half drach. of this powder or two scrup. at the most, tempered with three ounces of Mead once every week, and that early in the morning; whereupon he must fast four hours. And this shall he take continually a whole moneth together.

Prepare also this following, and it will consume the corruption and wind, whereby the Tumour is caused: Take Cammomil, Melilot, of each one ounce, Annise seeds, Rue, of each one ounce and a half, dried Goose and Pigeon dung, *Sal gemma*, of each two ounces, all beaten grossely. Of this compound take a handful, and steep it eight hours long in Sopers lie and then let it seethe a little; make a sponge wet therein, and bind it warm on the grief. Take one of these waters following, the which you can get best, to wit, water of Aristology, of wild Cucumbers and Rosemary, make a sponge wet that will cover the same and the places about it, wring it out, and lay it warm thereon, and renew it often. You must also anoint the part infected and the places about it with warming oyles, and then lay this plaister following.

Take of *Diaculum magnum* (called the *Apostolicon* plaister) *Ammoniatum*, of each a like quantity, temper therewith Ireos and *Sal gemma*, both beaten as much as the other, spread thereof upon leather: three drach. of *Opopanacum*, Litharge of silver, *Ammoniacum*, *Galbanum*, of each one drach. Myrrhe, Misdleden, Frankincense, of each one drach. and half, Gips, Bolus, Aloe, of each half a drach. the muscilage of Holihoock half an ounce, Turpentine one ounce, or as much as is needful: pownd all that is to be powned, dissolve the gums in vinegar, and temper the powder therein, and then make it into a plaister with wax. This is also good for *Bronchocela*.

Divers Powders for the same.

Take Hasel nuts, Spunges, Sea-balls, writing paper, burnt all together, Cuttle bones, and seeds of Plantain, of each half an ounce, Pepper, Ginger, *Salgemma*, Pumice stones, Nutmegs, Galls, white and long Pepper, Cinamom, black and white Hellebore, of each one quarter of an ounce, make them into powder, and give thereof every morning half a drach. The Hellebore or Neefewort is somewhat dangerous, therefore this following is safer. Take new sponges, and burn them in a luted pipkin or pot untill they may well be beaten, and give him thereof every morning with wine one drach.

Another which is much used; Take clean washt sponges four ounces, burn them in a luted pot with half an ounce of Sponge stones, Pumice stones, and Cuttle bones, of each one drach: red cloth burnt like to the sponges, half an ounce, mingle them and use them as before. Make also this gargarisme: Take Oxytel of Squills one ounce, sirup of Calamint one quarter of an ounce, blew Ireos and Marjoram gentle, of each two ounces, temper them all together, and therewith you are to gargarize morning and evening every other day. Let him smell to this that followeth; Take Rosemary flowers, Marjoram gentle, *Spica*, of each one quarter of an ounce, Lignum Aloes one drach. and a half, Mace, Ameos, Laudanum, red Storax, of each one drach. Amber 3 β . pownd each apart, and bind it up in a piece of silk, and let him hold it alwaies in his hand for to smell to.

Capital Powders.

Take Cucubes, Nutmegs, Lignum Aloes, Rosemary flowers, Swines bread, of each half a drach. *Sandaraca* one quarter of an ounce, pownd them and temper them together: take every morning 5. grains thereof, and strew it on the top of the head. Or make a little bag 5. fingers long, and 3. broad, and lay it on the head. Take the herb called Harts tongue, beat it small, mingle it with eggs and meal, bake cakes thereof, and take alwaies thereof before meals, especially one hour or more before noon, about one quarter of an ounce.

If one have something sticking in his throat. §. 2.

If one have a great bit of meat sticking in his throat, then are you to clap him behind above and under his neck, that thereby the meat may be removed, either by vomiting it out, or swallowing it down towards the stomach. In like manner also, you are to give him water oftentimes, or rather oyl of Roses to gargarize therewith, and let it down: for it dilateth the throat, and maketh it slippery, whereby the same bit will sink down the better. And this is also good for all slimy things, as Raisons and Figs sod in Mead. Item, take bread, chew it not too small, and swallow it down. Do the like with Figs, for they are very commodious for this purpose. Item, take a bit of hard sodden flesh, bind it on a strong threed, and slide it down, and afterwards pluck it out again: if the bone or any thing else that sticketh therein cannot be forced downwards, then with a mullet or other instrument draw it out. But if so be that all those things will not help, then may you use a leaden pipe which is throughout full of holes, somewhat smooth without, and somewhat bent, which you may thrust into his throat to the neather part by force.

Take the muscilage or slime of Linseed, Butter, prepared Cassia, oyl of Almonds, of each a like much, lay them on the throat. The vomiting after meat is also found good for this intent, and is therefore to be moved.

When a Horseleach taken in drink remaineth sticking in the throat. §. 3.

One shall perceive this, not onely by the place where the same was drunken, but also by the biting and tickling in the throat, and by the clear blood that he avoideth, and the wambling and vomiting. For this you are to presse his tongue downwards, and to look into his mouth whether the Leach can be seen or not; if yea, to take it by the head with a mullet and draw it out; if not, then must you make a Gargarisme with Mustard and Vinegar, or with Vinegar and *Assa foetida*, or with vinegar and salt, which you will, and gargarize therewith.

Or

Or you may blow beaten Mustard seed, and Nigella seed into his throat. Also you may gargarize with Onions, or the decoction of Garlick. The ashes of our Ladies thistle blown into the throat, is commended above all the rest. The root of Gentian beaten, and all that is bitter. When as the Horleach is fallen away, then see the blossoms of Pomgranats in water, and gargarize therewithal.

To stay the blood, take the blossoms of Pomgranats, Frankincense, *Sang. Draconis*, and Starch, of each one drach. blow this powder into his throat. Item, take the blossoms and pills of Pomgranats, Sumach seeds, and *Sang. Draconis*, boyl them in water, and gargarize therewith. You may also blow the foresaid things into the throat, or boyl them in Wine and drink it.

Another. Take Garlick, Lupins, and Coloquint, of each one drach. Gith seeds half a drachme, Mustard seeds one drach. and a half, boyl them all together in sixteen ounces of vinegar till the fourth part be consumed: then dissolve three drach. of Sal armoniack in it, and gargarize therewith.

But if the Leach be gone down into the stomach, then are you to use the same remedies that are prescribed against worms, and there kill it. Or take meal of Lupins, Turbith, Stechas, Penniryal, Gith, of each one quarter of an ounce, mix it with the juice of wormwood, and make trochiskes of it of the weight of a drach. of which dissolve one in three ounces of the decoction of Gith, and take it fasting. It is very forcible, but safer and easier things may be used for it.

Of the Squinancy or swelling in the throat. § 4.

THis Squinancy have the learned given many kind of names, and that of the place in the throat where it appeareth, or according to the quality and nature of it: as *Angina*, *Cinanche* or *Cynanche*, which last name the Physicians have altered, naming the same *Squinanchem* or *Squinantiam*. And with all these names have they meant but one sicknesse, to wit, a tumour in the throat; even as they call *Pleuritis* the *Pleurisie*.

They describe the Squinancy thus: *Angina* is a strong perillous sicknesse, that ariseth about the throat, in the mouth, and about the throat boll, and very quickly stoppeth the breath. Or *Angina* is a flegmatick defluxion, that sinketh into the outward part of the throat, and there swelleth, so that all the inward parts of the throat are thereby shut up, and the breath hindered.

The causes are divers: for it is ingendered as well through great heat, as through great cold, and also through sharpe Northern winds; but especially when the same bloweth presently after a South wind: likewise also if one sit bare-headed in the Moon-shine a long time. But this sicknesse doth chiefly come and proceed of defluxions that fall out of the head into the throat, and there cause a swelling; and chiefly in the falling of the leaf or harvest, when the rheumes are most of all mingled with sharpe *Cholera*, like as the same are in winter for the most part mingled with *Phlegma*. Sleeping also immediately after meals with hanging of the head increaseth the same. Fat meat, and all that is drest with milk, Melons, and violent motions straight after meats cause also this sicknesse. The same do also the venemous things, as black Hellebore, and all Toadstooles. So are sometimes blood, *Cholera*, *Phlegma* and *Melancholia* occasions of this sicknesse, which nevertheless do seldom strangle a man.

The signs of *Angina* are a short breath, with bad swallowing; otherwhiles blistering of the tongue, so that the drink taken will be driven out at the nose again: the speech goeth through the nose more or lesse, as the sicknesse is of importance.

If the blood be caused of it, then is the pulse strong, the face, eyes and tongue red, the mouth sweet, great pain and retaining of the breath. If it come of *Cholera*, then is there great heat with little spittle, thirst, blistering and drought of the tongue, bitterness of the mouth, and great pain with it: the breath is not so short as of blood, the tongue is yellow, this is also augmented in harvest, and in summer, and if one be cholerick also. If this sicknesse proceed of *Phlegma*, then is there too much tough moisture in the mouth, sometimes salt, and of an evil tast, the face is bleak and the tongue also: then is but little pain, little thirst, and a little tumour.

But if it proceed of *Melancholia*, then is therewith sowernesse in the mouth, the swelling is hard, his face ash-coloured. Also this Squinancy cometh by little and little, and not so sudden as the other.

Now

Now to ease this disease, there is nothing better then to eat and drink but little: the drink shall be a Julep of Roses tempered with Well water, or Sugar water, or any thin Mead.

Further, he is to eat light meats, as bread mollified in fresh flesh broth, and such like. He shall also oftentimes two hours after meat, take Pillulas Elephanginas, and let his head be often combed and stroked. And let him gargarize with wine of Pomgranats and Barly water mingled together. Afterwards he is to cleanse his mouth with six ounces of Barly water, wherein is tempered one ounce of the sirupe of the outward green nutshells. Before meat he is to use water to wash his feet, wherein Woodbind, Bay leaves, Marjoram gentle, and Rosemary are decocted, and he shall rub his legs downwards with these herbs. Also he is often to use three or four grains of Mastick, and one grain of Cucubus, or Lignum Aloes, to chew it in the morning, and to hold it in his mouth.

For this infirmity it is also very commodious for one to avoid much filth through the nose.

And as this Squinancy is caused diversly, so do the learned also divide the same into four kinds; First, when the throat and the bulke, with the parts round about them, do swell: Secondly, if about the throat there be no swelling seen on the outside, notwithstanding above all this, that the breath is so short that one would think that the patient would be strangled: Thirdly, when there appeareth a swelling on the outside of the throat: Fourthly, when the throat swelleth as well within as without.

But after what manner soever it cometh, it is alwayes a perillous sicknesse, and especially the second kind, for that it is very quick and speedy, so that oftentimes it dispatcheth one in two or three dayes; and commonly it is more dangerous for children then for aged folk: therefore do the Latinists call this kind of Squinancy *Strangulatore*, which is, Strangler, as it were somewhat that fell into the throat, the which then so stoppt the the breath, that one must therewith be strangled. For *Strangulation* they say, is nought else but a speedy death, by reason that one can get no breath, even as it hapneth when the throat is stoppt. And this is the difference between them: the Squinancy (as it is said) killeth one very hastily; *Peripneumonia* (which is a sicknesse of the lights) doth with a painfull breath strangle by little and little. But if rheumes fall into the throat, then are they a cause of strangling, for that thereby the pipes of the lights in time are stopped.

If in swallowing he feel a narrowesse and pain that the breath be painfully drawn, and that the patient have scarcenesse of breath, and is constrained to hold open his mouth, then is the Squinancy at hand, which is great or small, as may appear by the vehemency of the signs. And for that this disease proceedeth as well of blood, *Cholera*, and heat, as of cold and Phlegma, and so requireth special remedies, therefore we will hereafter in particular speak of them.

Make a poultice of green Copperas, and the white or yolk of an egg, and apply it under the chin, and to the throat, and mix a white dogs-turd with it.

After letting of blood under the tongue, R. Coriander seeds, Anniseeds powdered, roasted Onions, and oyl of Olive, and apply it as a poultice under the chin.

Then take of Coloquintida pulpe and seeds powdered together ʒ. 3. Pepper, Annis seeds, ana. ʒ. 4. with honey and vinegar make a gargle.

Also see the Cabage leaves in beer and let the party drink no other drink.

And take of that drink ʒ. 4. and put to it of the powder for the Gargle, ʒ. ʒ. or ʒ. 2. more or lesse according to judgement, and drink.

See the Celendine roots in Wine, and Gargle with it, which dries the head, and purges.

And bruise Vervein and apply it hot, it is said to cure desperate Squinancies.

Of the Squinancy or pain in the throat through

heat. §. 5.

For this Squinancy, regard is to be had to the face and the eyes, whether they be red, and the face puffed up, and whether the patients spittle be sweet; Also whether he (being healthy) hath used much nourishing meat and drink, for when these signs (as is said) do appear, then is it certain that this Squinancy proceedeth of superfluous blood and heat, then is the head vein to be opened without all delay on the right hand, and to let out four or five ounces of blood, according to the ability of the person, and to use this Clister by and by after it.

Take

Take Mallows, Holihock roots, Violet leaves, Cammomil, Adiantum, of each a handfull; see the these in sufficient water unto the half part. Take 12. or 16. ounces of this decoction, oyl of Dill, and of Saffron, of each one ounce, oyl of Bevercod half an ounce, Hieralogodion one ounce, the juyce of Swines bread (if you can get it) one scrup. Diagridion half a scrup. Salt one drach. minister it warm. If the sicknesse be somewhat tolerable, then within twelve hours after set two great boxing cups on the shoulders hard by the neck very warm, and let them bleed well.

But if the patient be corpulent, then is the Median to be opened on the same side, or the little veins under the tongue. This letting of blood is not to be done at one time only; but if the patient may well abide it, shall be the oftner reiterated, and the lesse at once; for it dispatcheth and driveth the matter from them.

But untill the patient be let blood, Clistered, and boxed, he must be rubbed with warm clothes, and first, from beneath the knees even to the feet; afterwards from the thighs to the knees; thirdly, from the shoulders unto the huckle bone; fourthly, from the shoulders unto the hand; or at the leastwise bind the same members hard, and make them loose often, as hath been said.

Then both before and after purging are perfectly to be used all cooling and astringent gargarismes, whereof divers are described in the third Chapter and the fourth §.

Or make it thus, lay the seeds of Sumach to steep in Rice water, and gargarize therewith. Or take Coriander, Sumach, Gals, Hypocistis, Pomgranat pills, of each a like quantity, see the these in sufficient water untill the half be consumed.

This following is also very good (being used within the first three dayes.) Take the water of Purslain, and Plantain, of each four ounces, sirupe of green Nutshells three ounces, tempered and holden long in the mouth.

Item, to gargarize with warm milk easeth the pain. Take sirupe of Poppy heads, and sirupe of Mulberries, of each one drachme, Rose water three ounces, tempered and used as the other before.

Or take Barly water as much as you will, and mingle amongst it sirupe of Pomgranats, Mulberries, and honey of Roses as much as you will.

Item, take small sliced Licorice, Currans, Figs, Fleawort, Quince kernels, and white Poppy seed, of each one quarter of an ounce, Barley one ounce and a half, see the it in sufficient water till that the barley break, put unto it two ounces of the honey of Roses. This is very good to be used after the purging.

Take Acorns that be old, beat them small, give of them to the patient twice a day half a drach. at each time, in what you please. This is special good against the swelling of the throat: it is also good to take the fume of them into the throat.

Item, take dried white Dogs dung, half an ounce beaten small, tempered with the sirupe of Mulberries, and give it to the patient to swallow by little and little: it helpeth and drieth marvellously.

What ought to be used outwardly.

BEfore there be any salves, plaisters, or any other thing laid upon the outside thereof, you are to froth and rub the patients arms and legs (even as before is said) and anoint the same members afterwards with fresh butter, or with the oyl of sweet Almonds. Or use this following: Take the salve Dialthea one ounce and a half, muscilage of Fleawort and of Quince kernels, of each one quarter of an ounce, prepared Cassia and fresh butter, of each one drach. Leven and Dates, of each half an ounce. oyl of Violets two ounces, and make a salve of them.

Item, take a Swallowes neast, and see the it in Well water, strain the same through a narrow sieve, and in this water boil the roots of Lillies; Mallows, Hollihocks, Violet leaves, Pellitory, Camomil, Adiantum, of each one handfull: stamp them all together with Barley water and Linseed meal, of each one ounce, Camomil two ounces, and thereof make a plaister.

Another of *Montagnana*. Take a Swallowes nest, Mallows and Hollihock roots, of each one handfull, Camomil, Adiantum, of each two handfulls Barley meal three ounces, oyl of Camomil one ounce, and lay it warm on the throat. Afterwards if any impostume appear, then take Figs, Fenegreek, and Squils, of each half an ounce, see the together in a pint of water till but half remain, temper it with three ounces of Oxymel, and then gargarize with it. And if you think that be too mild, then open the swelling (if you can come to it) and wash the mouth often with wine and honey.

For

For purging thereof.

THis purging must be effected with cool things, as sowre Dates, Prunes, Confections, Cassia, and Manna (as shall seem good:) also mild Clusters are to be used, as hereafter followeth.

Take Mallowes, Hollihock roots, Violet leaves and Orage, of each a handfull, of the seed of Melons, Cucumbers, Gourds, and Pompeonis stamped grosse together, of each one drach. and a half; see the them all together in sufficient water, take of this decoction 12. or 16. ounces, Cassia one ounce, salt one drach. minister it warm.

Good heed is also to be taken, that the patient have a solube body; and to that end serve suppositories made of Venice sope, using the same oftentimes.

If the same ach of the head be mixed with *Cholera*, the which may be known hereby, that is, if with the swelling there be a pricking and gnawing pain, yellow collour, bitterness in the mouth: also if that he in time of health have eaten such meats as augment *Cholera*, then is the sick body to be purged with the abovesaid things. Rubarbe is also very commodious for it, in this manner following: Take one ounce of Manna, Rubarbe one drachme or twain, steep them in six ounces of Prune-broth six hours long; then strain it out hard; afterwards use the Clister which is described in the twelfth Chapter of the first part §. 5. for madnesse or frenzie which beginneth thus, take Lectice &c.

Hereupon you are to open the head vein on the hand, and set cups on the neck and shoulders. Use also these aforesaid gargarismes, or this following: Take the juice of Nightshade that is well settled, six ounces, Roses, sliced Licorice and Fitches, of each half an ounce, good white wine three ounces, let it see the meetly well; then temper it amongst one ounce and a half of Cassia, and gargarize therewith often. This helpeth and easeth the pain. In the increase of the sickness, there is sometimes used Myrrhe sodden with wine. In like manner also the muscilage of Barley tempered with Goats milk, Sugar, Nightshade, and a little Saffron.

Thus may then the bad matter be drawn outwardly: Take Sheeps wool dipped in oyl of Camomil, and Saller-oyl, and lay it upon the fore. Or (if one can get it) take one quarter of an ounce of the Snakes skins, which the Snakes do cast every year, and see the it in an ounce of oyl of Almonds: then wet a cloth therein, and lay it on the place where the fore is a whole day and a night.

This plaister following is to this end also much commended. Take Fenegreek and Linseed meal, of each one quarter of an ounce, Hollihock seeds, Camomil, Hyssop, of each one handfull. These three last see the, and stamp to pap, and then mingle it with the foresaid meal, and with two ounces of Camomil oyl, and two ounces of the oyl of Lillies; afterwards see the it all together untill it be somewhat thick, and then lay it warm on the neck.

In like manner are highly commended the swallowes with their young ones, burnt in a pot to ashes, and the same blown into the throat, or tempered with honey, and the throat anointed therewith, or gargarized, which is a passing good remedy.

But above all other is Oxymel with Rosewater and vinegar in the beginning most commended. Likewise the sirupe of Mulberries and green Nutshells: so that the skilful Physitians do write, that those three last are the best remedies of all others. Prepare also these pills to hold under the tongue: Take Asfa fœtida one drach. Ireos half an ounce, make them up with the juice of Colworts.

If thou think that the patient will be strangled and cannot swallow, then take Hemlock seed, Radish seed, Asfa fœtida, Boreas, Myrrhe, Ammoniacum and common Salt, of each a like quantity: of these altogether, or of some of these make a powder, and blow thereof into the throat. A great boxing cup (without pricking or otherwise) set it behind in the neck, helpeth that the meat and drink will be the easier swallowed down.

But in case that the impostume be broken, then are you often to gargarize with Mead and Wine, wherein Sugar and Ireos be sodden. Julep of Violets is very good for these kinds of pains.

Pain in the throat through Phlegma, and cold taking. §. 6.

IF the face and the eyes be not red nor fiery, and that the Patient have his mouth alwayes full of spettle, and is hoarse without great pain, with other signes more of *Phlegma*: then shall Treacle and Mithridate be used, for that they mitigate the pain, expell all swellings, and cleanse all exulcerations wonderfully. Further, you may use this gargarisme following; Take Ireos half an ounce, Hyssop, *Adiantum*, of each one drach. Licorice, Currans, and Figs, of each one ounce, Fenegreek and Linseed, of each half an ounce, Barley one ounce and a half, let it see the together in sufficient water untill the half be spent. Also you may make choice out of the last mentioned gargarismes in the 13. Chapter, and §. 4. of that shall best like you, and that is special good which is prepared of the sirup of Mulberries, and sirup of green Nutshells, for a foul mouth: for both of these are specially commended for all pains of the throat, as daily experience teacheth. The root of Devils bit sodden in water, and therewith gargarized, doth marvellously ease the Squinancy.

For to purge are very requisite the pills *Cochia*, *Fætida*, *de Hiera*, and the powder *Medicamen de Turbith*, according as need shall require. And if need be, let a strong Clister be made and ministred, as you shall find in the twelfth Chapter, and §. 17. that which is very meet for this, which beginneth, Take Centory, &c.

There are Trochiscs also used that are to be holden in the mouth, and are to be made and drest thus; Take Mastick, Frankincense, Raisins, red Storax, and Nep, of each one quarter of an ounce, beat them all to powder, and make trochiscs thereof in weight half a drach. The ancient Physitians did use to take a green Eldern stick, to shave from it the uttermost bark, and did take the green and yellow rinds of it, and strewed them with wheat flowr, and so held them in the mouth. They do warm and dry much.

Outwardly you must anoint the neck with Sallad oyl, Camomil oyl, and oyl of sweet Almonds, or with the oyntment of *Dialthaa*, and washt Sheeps wooll laid upon it, and afterwards the plaister before mentioned in §. 5. with *Cassia*, or this that hereafter followeth; for that there is small difference between them both.

Take the Unguent of *Althaa* one ounce and a half, the muscilage of Fenegreek and Linseed, of each one quarter of an ounce, *Cassia*, fresh Butter, of each one quarter of an ounce, sower dough, and fat Dates one ounce, oyl of sweet Almonds two ounces, and thereof make a salve or plaister.

Or take Wheat, Fenegreek, and Linseed meal, of each two ounces, water six ounces, oyl of Camomil two ounces, see the them till they be thick enough, and afterwards spread it on a cloth, and lay it about his neck.

Item, take Goose dung, and Swines blood, of each a like quantity, mingle them, and lay it five times in 24 houres about his neck.

Some ancient Physitians do counsel to take warm Hony of *Anacardio*, *Mel Anacardium*, and let the neck be anointed thick clean over, that blisters may be raised, whereby the matter might have an issue forth.

Item, take white dogs dung (of a dog that eateth nothing but bones,) Swallows dung, or Wolfes dung, which you can get, beat them to powder, afterwards temper it with hony, and anoint the neck therewith. This may you make for a gargarisme, or blow it in to the throat with a pipe.

If sudden strangling be feared, then are you to clip or shave off as much hair from the top of his head, that a great boxing cup may be set thereon, which must be often fastened, and taken off again.

In greatest extremity is wont to be made a vent in the Patients throat between the two gristles, that he through the same vent may take ayr and breath, the which vent afterwards when the swelling is gone, is to be cured as other wounds are.

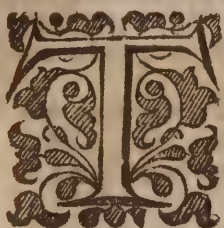
Of the Ulcers of the Throat. §. 7.

VHen as the foresaid Squinancy or any other defluxion hath so annoyed the Throat, that thereby the skin is broken, and the throat exulcerated, then take Cypres nuts, Calamus, Sulphur vive, burnt Allom, Roses, Pomgranate pills, Mastick, Frankincense, and *Piretrum*, of each one drach. and 3. 12. of *Aqua vita*, temper them all together, and keep them for thy use.

Then in the time of need, take a little thereof, and gargarize therewith, for it dryeth, cleanseth and healeth marvellous well. If this be too strong, then allay it with Plantain water, Knotgrasse water, or *Prunella* water. For this purpose is also good a decoction of *Guaiacum*. In like manner also *Aqua Johannis*, which is described in Chap. 12. of the first Part, and §. 5. But of all such things that do greatly hinder the same, you shall find good instructions hereafter in the beginning of the description of the stomach.

The second Chapter.

Of all Rheumes and defluxions in general.



His Greek word *Rheuma*, termed also in English a Rheume, is nothing else but a defluxion which descendeth or falleth from the head into the throat or breast, which doth otherwhiles so stop there the pipes of the lights and throat, that the Patient seemeth to strangle or choak. Also these Rheumes do often fall into the nostrils, where they cause the Pose, which is described in the second Part, the eight Chapter. and §. 6.

And for as much as these kinds of Rheumes, according to their several natures have several names, as that which falleth into the nostrils is called *Coryza*; that which descendeth into the breast, *Rheuma*: that which cometh into the throat, *Bronchus*: Neverthelesse, all tough and slimy defluxions which fall from one member into another, are called rheumes or defluxions; for that they provoke (as is said) not onely the strangling in the throat, but also are both noysome and troublesome unto the breast; whereof we shall shortly write; therefore it is very requisite that we make mention of them at this present.

First, these rheumes do proceed of divers causes, like as when the humours of the brain, through the same, through bathes, vaporeing meates; as Onions, Garlick, Mustard, Pepper, and such like, are made thin and fluxible.

Secondly, these are caused of great cold, whereby the parts of the head be thrust and compelled together, and the humors forcibly expelled: even as water is wrung out of a sponge. In like manner may they be stirred up of the superabundance of some humors, be it of *Cholera* or *Phlegma*, or of some other outward alterations, as of a sharp Northerly wind, that bloweth suddenly after a South wind.

In fine, the plaisters that are neither too hot nor too cold, are available for all such defluxions: to wit, as followeth: Take Rosin two ounces, *Laudanum* halfe an ounce, Myrrhe, Masticke, of each halfe a drach. *Sandaraca*, one quarter of an ounce: Beane meale, Pease meale, of each halfe an ounce; dissolve the Rosin and *Laudanum* in one ounce of lee, and let them seeth till they be very soft: then put it into a mortar and mix the meale amongst it: Spread this warm upon a cloth, and lay it upon the whole head. If you will have it harder then leave out the meale, and temper together with the other one drach. and a halfe of Waxe. This comforteth the brains, stayeth the rheume, drieth all tough slime that falleth into the nostrils, mouth, and throat, and would choak one; For it is often found, that those that have bene at the point of death, have by this meanes been recovered.

Item take new Barley meale two ounces, *Nigella* seeds, Mustard seed, and Mice dung, of each one ounce, Oxe gals, or the urine of a manchild, as much as sufficeth therewith to make a plaister. Or take fresh Bryonie roots twelue ounces, Wormwood, Rosemary, Marjoram, all green, of each a handfull and a half, Barley meale two ounces, Saffron one drachme, Scammony halfe a drachme, oyl of Lillies three drach. see the well all the roots in water, afterwards stamp them well to Growt or pap amongst the other herbs, and therewith temper all the rest, except the Saffron which must be also added unto them. Last of all, spread thereof upon a cloth, and then lay them all warm over all the polled head, covering the same warm.

This is also commodious for all old head aches, especially for such as proceed of cold humours, for it consumeth all defluxions and bad vapours of the braines that fall out of the head into the eyes, cares, teeth, and throat: it is twice a day to be renewed.

These two plaisters following are also highly commended to be very good for the same:

first,

first, put above upon the head a meetly great box or cup unpickt upon the same; on the seam of the scul (the haire being cut off before) and the place that the cup is fastened unto must be first well rubbed, till it be red, and let the cup draw it well. Afterwards lay this plaister following thereon: Take *Laudanum*, *Gummi Heleni*, *Sandaraca*, *Frankincense* white and red *Storax*, and *Rosin*, of each a like much, melt the *Laudanum*, *Rosin*, and liquid *Storax* together, and temper the other with them: But, if it be hard, then make it soft with oyle of *Lilies* plaisterwise.

The second is more forcible then the first. Take *Aloe*, wild *Mints*, and *Citron* pills, of each alike much; mixe them together with *Laudanum* in a warme mortar, with as much juyce of *Sloes* as will make it soft.

Of Rheumes that proceed of cold. §. I.

THe cause of these rheumes are strong cold Northern winds, and chiefly if there did blow before that, a mild moist Southwest wind, as hath been told already. Also to lye bare-headed in the nights when it is cold, whereby the moisture is forcibly driven together, and chiefly if warmth follow after, as hath been heretofore shewed of the Sponge. Also moist fruits do cause these distillations, as *Cherries*, *Apples*, *Pears*, *Peaches*, and such like.

These Rheumes are known by these signs following; as wearinesse and heavinesse of the whole body, sleepeinesse, heavinesse of the head and forehead, palenesse of the face, with full veins, stuffing of the head or nose, bereaving of the sense of smelling, swelling up of the eyes, pain in the throat, motion to vomit, dropping of the nose, and swelling of the *Almonds*.

In like manner is the head also in the feeling found cold, and the rheume is neither sharp nor biting at all.

The which is commonly ingendred and maintained, if the complexion, the time, the age, and the weather be cold.

As for example, If that any one do run into the cold ayr bare-headed out of a bath, or after any other great warmth, especially in the nights, and begin to get a tickling in the nose, then is it a sure sign that he hath already gotten a defluxion, and then must the Patients head be covered so long with warm clothes, that he feeleth manifestly that his head beginneth to warm inwardly, or instead thereof he shall lay these things following upon his head.

Take beaten *Millet* four ounces, *Salt* one ounce, parch them in a pan, and lay this upon his head as hot as may be suffered. Or take a good quantity of *Salt*, pour thereto as much *Wine* as is requisite to dissolve the same *Salt*, and being a little sodden, wet clothes therein, presse them out, and lay them very dry upon his head, this dryeth and is safe. You may also prepare this salve: Take *Pigeons* dung, wild *Rue*, *Bevercod*, and white mustard seed, of each one drach. oyl of *Rue* three ounces, *Euphorbium* half a drach. Wax as much as will suffice for a plaister; but let the forepart of the head be shorn, and the place anointed therewith where the sore is, it is forcible, and dryeth much.

Will you now have more plaisters and salves for the same? then look into the first part of the description of the cold pain of the head, for these things are also very commodious for this pain.

Yet note this, that all that is here discoursed, is to be speedily effected; for if this disease be to be mastered, the same must be done at the beginning, when as the Patient is incontinently to have a vein opened on the right hand between the thumb and the forefinger, letting out four or five ounces of blood.

Clifters.

After the full dispatch of letting of blood, minister a Clifter unto him at night. Take *Bran*, *Mallows*, roots of blew *Flowerdeluce*, *Beets*, of each one handfull, see the it all together in sufficient water, and then take of this decoction twelve or sixteen ounces, confection of *Bevercod* a drach. and a half, prepared *Cassia* and *Tho. Sugar*, of each five drach. oyl of *Lillies* and *Camomil*, of each one ounce and a half, *Salt* one quarter of an ounce, mingle them all together, and minister it meetly warm.

The next morning following give these pills; take pills of *Hiera composita* two scrup. *Cochia* one scrup. make seven pills and use them at one time.

Against the evening let him be rubbed with rough warm clothes, even as is said not long ago in the first Chapter, and § 5. of the pain of the throat. And this is to be observed certain daies every morning and evening.

If therefore these rheumes be cold, thin, and watery, then can you not do better, then to make the same thick, the which may be performed with Mastick, Frankincense, Cypres nuts, and such like, if one do gargarize oftentimes therewith: or use this following; take Myrrhe, and Frankincense, of each one ounce, Cypres nuts, Nutmegs, and Mastick, of each half an ounce, beat them all together, and boyl them in twelve ounces of red Wine unto the half, and gargarize therewith.

Cakes to be holden under the Tongue.

Take Mastick, Nutmegs, Cypres nuts, of each half a drach. red Storax, and Frankincense, of each one drachme and a half, fat Raifins (the stones taken out) Sugarpane, of each one quarter of an ounce, make a dough thereof with Mead, and then make Cakes thereof as big as small Beans, the which you are to hold continually day and night under the Tongue.

A Syrup to stay Rheume.

Rx. of Laudanum, Mastick powdered, Venice Turpentine, q. v. see the them in Hyssop water, untill the powder and the Turpentine incorporate; let it stand untill it is cold, then pour out the water into a clean vessel, and with honey see the it to an electuary; take often of this.

Also Rx. of fine flowr. 1. yolks of eggs 2. Rosewater, Sugar, ana. 3. Anniseeds, Licorice powdered, ana. 3. 1. make cakes to eat often.

And take Mustard seeds, powdered Wax, and after the head is shaved, apply it to the head, and it will exulcerate the head a little, and dry up the rheume.

Syrupes and Purgations.

For a Syrup. Take Sage, Cypres leaves, of each one ounce, *Lignum Aloes* one quarter of an ounce, clarified hony and Sugar, of each six ounces, and let them see the together in a sirup, as hath been often taught.

Another. It is also very needful, that in such diseases the head be well purged, where-to this sirup following serveth well; Take Elecampane roots, Ireos, Currans, and Licorice, of each one ounce, Hyssop, *Adiantum*, of each a handful, Mastick, Frankincense, of each one drach. Nutmegs, Cypres nuts, of each half an ounce, see the this together (as is before said) with Sugar, and give him certain daies continually two ounces with three ounces of this water.

Take twenty Jujubes, thirty Sebestes, Currans one ounce and a half, dried Violets half an ounce, cut Licorice five drach. and ten figs, see the them all together in a pint and a half of water, unto the half; afterwards strain it out, and let it settle. You have also here before in the first part of the cold pain of the head, sirupes and other things that serve for these rheumes. For purging these pills following are special good, as *Hiera Composita* and *Cochia*.

Three daies after purging, there is to be set above the buttocks two great boxing cups unpickt, two houres before supper, and let them draw well, and the next morning take of this confection following, the quantity of a Walnut; Take Ginger two ounces, Licorice one quarter of an ounce, Cloves, Nutmegs, and Cardamom, of each one drach. and 18. ounces of refined white Sugar; temper them all together one amongst another.

Another. Take Cinamom one drachme and a half, Nutmegs, red Storax, of each half a drachme, Licorice, Currans, of each one ounce, Sugar candy half an ounce, refined Sugar five ounces, make a confection thereof, and take half an ounce thereof every evening when you go to bed. The seventh day after that the Patient hath been purged, he shall every day two houres before meals, at noon and at night, twice every moneth wash his mouth with water, wherein Costus and *Asarabacca*, of each half an ounce is decocted.

Take

Take of this water four ounces, of Oxymel Compositum two ounces, therewith shall he gargarize two daies one after another, till he have washed it eight times. For this cold rheume is also special good the herb Calamus, as it is described in the eighth part of this Book. Three corns of white Frankincense swallowed down before he go to bed are also commended: And if so be that the rheume be waxen a little thicker, then is there no better advice in the world; for it comforteth and dryeth not only the brains, but stoppeth the rheume also from falling. It is also good counsel after purging every third or fourth day, three or four hours before meals, that you take a drach. of Treacle or Mithridate, the which is better for aged then for young folks.

Capital Powder.

After letting blood, you are every evening two hours after supper, to strew the head with this powder following; Take red Storax, Roses, burnt Ivory, wild vine leaves, Cloves, *Sandaraca*, of each one drach. and make a powder thereof.

Another for to smell on; Take *Nigella* that is parched on the fire, bind it in a cloth, and smell often thereto. Or take *Lignum Aloes*, red Storax, of each 3. 1. ʒ. Nutmegs, Cypres, Frankincense and Cloves, of each one drach. parched *Nigella* seeds one quarter of an ounce: stamp them all together, and bind them in a cloth. The vapour or smell of Sugar is also good for the brains, and driveth away all cold rheumes.

In this behalf Pomanders may be made also, as followeth; Take *Laudanum* and Horehound, of each half an ounce, *Lignum Aloes*, red Storax, of each one drach. and a half, Nutmegs, Cypres Nuts, Frankincense and Cloves, of each one drach. Amber half a drach. pound all that is to be powdered, and dissolve the *Laudanum* with Rose water in a warm mortar, and make thereof a Pomander. Another, Take one drach. of *Laudanum*, *Lignum Aloes*, red Storax, Frankincense, of each half a drach. *Nigella*, Cinamom and Cloves, of each two scruples, Nutmegs, Cypres nuts and *Sandaraca*, of each one drach. *Gallie Muscata* one drach. Myrrhe, Lavender spike, Mastick, Costus roots, of each one scrup. Amber half a scrup. *Muscus* three grains; dissolve the *Laudanum* with a little Wax, and temper the rest being powdered amongst it, form thereof Pomanders as big you will have them: afterwards make holes in them, and put into them the Musk and Amber mixed with a little Rose water. Such like Pomanders shall you have more hereafter in the sixth Part.

You may also make bags with all these foresaid compositions.

For this disease some do counsel to neese, and some suppose it hurtful: but if these things do help the Patient, then I counsel that this neesing be omitted, that the brains and the head be not thereby disquieted.

Plaisters.

Take Pigeons dung, Rue seeds, Mustard seed, Frankincense, Mastick, *Nigella*, of each half an ounce, mingle these things with Oxymel of Squills, and then put the rest amongst it, spread it upon leather, and lay this plaister on the top of the head. This plaister dryeth the superfluous moisture of the head, and strengtheneth the same, and you may put thereto Stechas, Rosemary, Marjoram gentle and Cloves.

Of the Dyet in these Rheumes.

Every such Patient must have special care, that he never lye upon his back: for if the Rheumes fall backwards, then is it to be feared that they will provoke the Cramp or Palsie, or might choak one.

His dwelling place or chamber shall be prepared for dryth and warmth, yea in sommer season also: for if he should use moist things, then it will be the worse for him, and be in danger of the Palsie.

In fine, the greatest care of all must be, that his dwelling be free from all moisture, and if the place be not so by nature, then take fire, and cast therein these things following, (or one alone) therewith to fume his chamber: to wit, *Sandaraca*, *Laudanum*, Rosin of both sorts, Frankincense, red Storax, and such like. Make also a fire with Juniper wood, Bay tree wood, Tamarisk wood, or with any thing of that nature: and the Patient must be

warm clothed, and have a special regard to his head, and he shall wear alwaies on the breast a soft small cushion, filled with down or Hares hair, or (which is better) with Squirrels hair, the which he is to keep about him night and day.

Concerning his meat and drink, every such Patient must refrain from wine as much as is possible, and drink onely Sugar water tempered with wine or juyce of Pomgranates, to wit, the sixth or seventh part of it. So that nature finding no superfluity of the meat, may the more easily work upon the moisture of the rheume, and therewithal consume it.

Here is to be noted, that one ought not to eat unlesse hunger urge thereto; otherwise might one evil light upon another, and the stomach thereby be weakened. But when natural hunger cometh, then may he eat, yet evermore arise and cease with appetite, and avoid all superfluity, especially if he feel any distemperature in the stomach, and drink not before meat, unlesse the meat before were passed thorough the stomach, which happeneth at least eight hours after that it is taken.

His bread shall be in winter and in the spring time wheaten bread with the bran: but in harvest and in Sommer he may eat boulded bread. Also it were not hurtful for him, in case the same bind him not overmuch, that alwaies after meat he eat a little Bisket baked with Anniseed, in which bread (be it howsoever it will) is to be observed, that it be baked light, rising or puffed up, and salted a little more then ordinary, and that it be not above three daies old.

Concerning his flesh, all kinds are good for him, Veal, Kids flesh, young Mutton, and lean Pork, but not too much, nor too often. All old and fat flesh must he shun and forbear. Of wild beasts, Bucks and Does flesh is best of all. Hares flesh, albeit it be somewhat melancholick, yet neverthelesse because it dryeth, is not very unwholsome for him, yet chiefly if it be dressed with Pepper, but he must forbear Conies and Hedgehogs.

It is also requisite to shew what parts of the beasts are most wholesom for this sicknesse: to wit, the stomach, the heart, the skin, the sinews, the milt, the intrails, the brains, lights, and such like of the foresaid beasts, are hard of digesture, and their fat is windy.

Other parts are much easier of digestion, and warmth of nature; reasonable fat flesh is easie to be digested, the wings or pinnions and the leggs are good for him at noon, being sodden; and at night are good roasted; but fryed in a pan is not for his dyet.

All fowls, as Capons, Cocks, and chiefly Hens, wilde and tame Pigeons which are not fully feathered, and have been killed a day or twain before, and are well dressed: these may he eat frank and freely.

Young Peacocks, Geese and Ducks, shall he also refrain, or at least eat of them very seldom, and that roasted. Of all wild birds, these are good for him, Partridges, Feasants, and small birds; as also Stares, Finches, Nightingales, Larks, Sparrowes, Snites, Dishwashers, and such like; by reason that all their flesh is much drying.

Swallowes, Magpies, and Woodpigeons are not to be used; Quailles shall he also abstain from, in regard they are hurtful for the stomach, and breed loathsomnesse.

No kind of fish is to be used; but in case that he will eat them, then let them be hard broyled; to wit, Roches, Pikes, Gudgeons, Perches, and such like: and they will hurt the lesse if they be dressed with Parsley and Mints: and they are alwaies better broyled or fryed, then sodden and stewed; also the salt fish is better then the fresh. The Eele, the Tench, and the Crevets are also forbidden. Likewise Milk and all that is dressed therewith; but he may eat rear eggs out of their shells, or poched, but hard eggs are naught.

Of all manner of Pottages, there is only allowed of *Panicum*, red Pease, and Rice.

The herbs that are commodious for this must be in operation drying and warming, as Sage, Fennel, Mints, wild Thyme, Rosemary, Marjoram gentle, Basil, Dill. Contrariwise he must forbear Lettice, Endive, Spinage, Cherries, and all that are cold and moist. In like manner also Radish, Leeks, and Onions, (after what manner soever that they be dressed) shall he forbear.

Rapes or Turneps have much superfluous moisture, therefore are not to be used; but Olives and Capers are good for him. He must avoid all cold and moist fruits, parched Hasel nuts, Almonds, Figs, Raisins, Pine apple kernels; *Pistacium* may he use without danger. All meats that are between sour and sweet; in like manner that which is dressed with Ginger, Anniseed, Fennel, Parsley, Saffron, Cinamom, Nutmegs, and Mace, are very commodious for him; and the rather if they be sweetened with honey then with Sugar.

Item, a Sallad made of Parsley, Mints, wild Thyme and Vinegar, is very profitable for

for him. His best drink is Hony water or Mead, Cinamom and Licorice wine, amongst which are to be tempered some of the foresaid waters: And if he will needs drink wine without mingling it at all with water, then is to be taken (as is said) a thin and pleasant white Wine; the which ought to be drunken delayed with steeled water.

Lastly is the Patient after meals to use somewhat that closeth the stomach, that the vapours ascend not into the head; as prepared Coriander, toasted bread, roasted Quinces, or such as be confectioned with hony.

In the morning fasting, to go or walk on foot, or to ride a horseback softly, is very commodious for these Rheumes. And if the Patient be not so strong, then may one use instead thereof to rub him with warm clothes, (even as is oftentimes aforesaid) and after meals to keep himself quiet two or three hours.

Of watching and sleeping.

THis Patient must wholly forbear sleeping on the day time, unlesse he be otherwise distempered, and must forbear it at the leastwise two hours after meat: first he must lay himself on the right side, and then on the left side, and not on the back; for how hurtful the same is, hath been shewed sufficiently before.

The heat of the Sun and of the fire must he avoid, and forbear loud calling and speaking. And to conclude, touching these cold and stifling rheumes, we will tell how they are to be prevented, the which may be effected through these means following.

And for that this disease proceedeth of a cold and moist stomach and brains, all things (measurably warm and dry) are good for it, as these confections following.

These *Species*, *Diatrion piperion*, *Aromaticum Rosarum*, of each half a drach. Mace one quarter of an ounce, Cinamom one drach. and a half, Sugar three ounces, sirup of Roses five ounces; the Sugar and the sirup seethe till they be meetly thick; afterwards mix the other spices amongst them in a mortar: take every day four hours before meals, as much as a Nutmeg. And this must you continue a moneth together, and afterwards 3. times a week, as long as you please.

Or make this confection to be used after meat, and take thereof three drachmes at one time; Take *Species Diambra*, *de xyllo Aloe*, of each one drach. and a half, Violets, Water Lillies, Sorrel seeds, and Endive seeds, of each one scrup. Sugar four ounces, seethe it in water of Violets, and make *Manus Christi* of them.

A Plaster for the stomach.

Take *Laudanum* and Rosine, of each five drach. prepared Coral and Ivory, small Endive seed and Purslain seed, of each one scrup. The two first you shall dissolve in sharp Vinegar, and put thereto molten wax as much as is needful, and thereof make a plaster or twain for the stomach, and wear them all the winter upon it.

When these rheumes are a dividing, then must you prepare a dry bath, as hereafter followeth.

Take a sweating tub, make it meetly wet with wine and Rosewater, afterwards hail the same over a glowing fire till that it be thorough dry; then make the same wet again with a sponge or cloth, as before: and do this so long, untill that the tub be through hot; and then set the Patient therein, and cover the tub over with clothes, which must stay upon the hoops, yet holding his head without; and let him sit so sweating one hour or twain.

Hot Rheumes. §. 2.

AS in the beginning is generally treated of Rheumes, so are there also declared certain causes of the hot rheume, therefore it is needlesse to rehearse the same again. These rheumes are much provoked through idlenesse, through sleeping a dayes, through superfluous eating and drinking. Also if the head be too hot covered, great labour, overheating of himself, and such like.

The signs and tokens that one hath the rheume, are these; to wit, the face is red, mixt with bleaknesse or pale colour, great heat in the nose, with itchings, when as the mouth and the throat are full of bitternesse and sharpnesse: and if the head be hot in feeling, the which rheume is thus to be cured.

First, it hath not been a little disputed of amongst the learned, whether a vein must be opened or not; but for the most part they affirm it; some would open the head vein, other the median, and some the Liver vein. But this letting of blood must be effected, according as the rheume falleth more on the one side than the other, & when the rheume is almost stayed. For it hath been often seen, that they that have been let blood in the beginning of the rheume, have alwaies remained and been the hotter. But to diminish all such subtile courses of the rheume, and to make it thick, then must he hold in his mouth these gargarismes and losinges.

Gargarismes.

Take syrup of Jujubes, of Violets and Poppy seeds, of each a like much, temper them with Barley water; Or take Jujubes, Sebestes, Violets, white Poppy seeds, and Quince kernels decocted with Barly water, use it in the evening after meat; it is passing good.

Item, take syrup of Poppy seeds, syrup of Mulberries, of Roses, and Well water, ana. ʒ. 3. wine of Pomegranates, ʒ. 1. make it warm, and gargle therewith.

Losinges.

Take white Poppy seeds, Purslaine seeds, and Lettice seeds, ana. ʒ. 1. Dragagant, Gummi Arabicum and Saffron, ana. ʒ. ʒ. Opium, ʒ. 5. pound all that is to be powdered, and make it with the syrup of Poppy heads to a dow, then make losinges thereof as big as small beans, and hold one of these in thy mouth. And for this also are commodious these common losinges, *Diapapaver*, and the cold *Diatragacantha*.

Item, take Gummi Arabicum, Dragagant, Starch, Licorice, Quince kernels, and seeds of Fleawort, beat all these small together, make thereof as aforesaid losinges, with the muscilage of Fleawort, and hold them under thy tongue.

Also there may otherwhiles be made for a change the small losinges, called *Bechion*, of *Diachodion*, *Diamargariton*, and all the sorts of losinges, which are here worthy to be described.

The preparation of the losinges for the cough and rheume after divers manners.

The black losinges are called at the Apothecaries, *Bichion*, or *Bechion*, the which are made after two sorts; to wit, as followeth: Take the juice of Licorice, and Sugar, of each half an ounce, Starch, Dragagant, pilled Almonds, of each one quarter of an ounce, the muscilage of Quince kernels, as much as is needful for to make losinges with it; these do thicken all subtile rheumes, and delay their sharpnesse.

Another sort: Take Pine apple kernels that have been steeped a whole night in Rosewater and bitter Almonds pilled, of each three quarters of an ounce, juice of Licorice, ʒ. 2. beaten Licorice, ʒ. 3. make a dow with Rosewater, and then make thereof losinges: they are very good against the Cough, and against all raw swellings of the throat.

The white losinges are thus prepared: Take white Sugar, and Sugar candy, of each a like, Starch the fourth part, beat them all together, and with Dragagant, dissolved in Rosewater, make losinges of them.

Item, take six ounces of white Sugar, Sugar candy, and Sugar pennets, ana. ʒ. 2. beaten Ireos three quarters of an ounce, Starch almost, ʒ. 5. beat these all together with Dragagant dissolved in Rosewater, and make losinges of them.

The third manner is this; Take Sugar Pennets, ʒ. 1. Sugar candy three quarters of an ounce, *Manus Christi* without pearls and with Rosewater, ʒ. ʒ. fine Bolus, ʒ. 1. ʒ. white Sugar one ounce and a quarter; make losinges thereof with Dragagant as aforesaid.

If that then need require that these rheumes must be yet more suppressed and made thicker, then take Starch, Dragagant, pilled Almonds, Bean meal, black and white Poppy seed, Gum, and fine Bolus, of each a like much: thus must you beat together with the muscilage of Fleawort or Quinces, and make losinges thereof.

For to Purge.

Necessity also requireth in this sickness for to purge; the which is to be begun with the syrup of *Jujubes*, and *Sebestes*, or with the drink at the Apothecaries called *Decoction pectoralis* the which is thus prepared; Take *Burrage*, *Buglosse*, *Violet flowers*, of each one drach, *Jujubes* and *Sebestes*, of each fifteen, *Venus hair*, *Scabions*, *Folefoot leaves*, of each a handful, *Anise seeds* two ounces, *Figs* and *Dates*, of each five, *Licorice* cut small three drach, husked *Barley* half a handful: let all these see the together in a pint and a half of water until the third part be sodden away, strain it, and take the clearest of it, and keep it in a cool place.

Take small cut *Licorice* one ounce, *Jujubes* and *Sebestes*, of each ten, see the them all together in sufficient water, and make it as abovesaid. In this manner are there many more made: but these are the commonest.

For purging, take three or four ounces of the first mentioned decoction, break therein *Cassia* and *Manna*, of each one ounce, mingle them together, and drink it warm, and you may drink a good draught of the two foresaid pectoral decoctions.

Another purgation. Take *Violets* and water *Lillies*, of each one quarter of an ounce, *Damask Prunes* ten or twelve, *sowr Dates* one ounce, see the them all together in eight or ten ounces of water till the half part be consumed; you are to take three or four ounces of this decoction; temper therein one ounce of new *Cassia*, confection of *Succo Rosarum*, conserves of *Prunes* three drach, mingle them, and give them early in the morning.

The third purgation. Take four ounces of broth wherein *Prunes* are sodden, steep therein a quarter of an ounce of grosse beaten *Rubarb* all night, and in the morning strain them, and temper therewith two ounces of the syrup of *Roses*, and give it fasting in the morning, in the summer cold, and in winter warm.

But if you had rather have pills, then prepare them thus: Take the shales of yellow *Mirbalans*, \mathfrak{z} . β . *Rubarb*, \mathfrak{z} . i . *Aloe*, *Diapridion*, ana. \mathfrak{z} . ss . *Mastick* and *Licorice*, ana. \mathfrak{z} . i . beat them all together with the muscilage of *Quinces* unto a mass; you are to take a drach. at once.

To purge for the Rheume.

Rk. of *Mechoacan* powdered \mathfrak{z} . ss . *Cardamome* powdered \mathfrak{z} . ss . infuse these powders in six pints of white wine or *Sack*, take of the thinnest of it, leaving the powder in the bottom, and drink thereof every morning \mathfrak{ss} . β . and use broth and a good dyer for 6. or 7. dayes together; or you may take more or lesse according as it purges the party the first day. Or you may see the this liquor with honey, and make a sirup which purges most mildly.

After Purging.

HAve regard whether the matter be yet watery and thin, then you are to give the sick body somewhat that is made with *Poppy seeds*. For this is also good cold losinges of *Dragagant*, conserve of *Roses* and water *Lillies*, also he must smell to things that are cold of nature, as *Rosewater* (the which he must also draw up into the nose) *Camphire*, *Roses*, *Saunders*, *Pomanders* of cold natures, whereof some are described in the sixth Part.

But if the rheume be tough and thick, then is all that to be forborn that is made of *Poppy heads*, and make this water following; Take dryed *Hyssop*, *Licorice*, *Venus hair*, *Figs*, *Hollihock seeds*, and seeds of *Mallowes*, of each a like much, and he shall hold in his mouth *Dragagant* with a little loch *de Pino*.

Because these salt rheumes have some communion with the *Liver*, then is highly commended for this, strange bathes, that flow from iron or other mines in the ground.

When the Patient will go to bed, then is he to take a quarter or half an ounce of the conserves of water *Lillies*, and use also one of these two capital powders following: Take *Mace* one quarter of an ounce, red *Coral*, burnt *Ivory*, red and white *Saunders*, of each one scrup. *Sandaraca* one quarter of an ounce, water *Lillies* one drach. and a half, *Cloves* half a drach. temper them together being all beaten small, and therewith bestrew the crown of the head, and every other day when you will strew other powder thereon, brush off the first.

This

This following is more cooling ; Take Roses, Myrtle seed or leaves, Coral, and Butchers broom seeds, of each a like much. This being powdred small, use it as before.

The Order of Dyets

THe best meat that this Patient may use (when he is not overweak) are paps of Barley, of Spelt, of Starch, of Oaten meal, and alwayes adde some Sugar penners. In like manner may he eat these herbs following drest or sod with other meats ; as Spinage, Orage, Purslain, Mallowes, and Beets, also Melons, Gourds, Cucumbers. But if he be weak, then is he to eat Kids, Hens, and such like sodden with these foresaid herbs and mildly salted, rear eggs : Oyl of sweet Almonds, and all small birds are very meet.

The best that he may use for drink is Barley water, or Sugar water, and both having Licorice sodden in them.

Item, clean fresh Well water tempered with sirup of Roses or Violets. He must wholly forbear wine ; but if that will not be, then must he use a thin wine tempered with a little verjuice.

It is also good counsel for all rheumatick persons to sleep as little as is possible, and that with the head upright. The which together with the whole body must be well recovered, and in the mean whiles if any sweat follow, he must let the same have his course.

It is also thought good, that the forehead, the temples, and the whole breast be anointed with oyl of Violets, water Lillies and Roses mingled together, or with each apart : Or that his breast be anointed with oyl of sweet Almonds and fresh Butter. When as the sicknesse is declining, then is the Patients head to be washed (if ever he used the same) with clear lee, wherein is decocted or steeped Marjoram gentle, Roses, Camomil, and Melilot, and afterwards he is to be combed, and dried with warm clothes.

Of Rheumes with Agues. §. 3.

IF in case that through the foresaid remedies the rheume will not be stayed, which happeneth often through the abundance of humours, then befalleth oftentimes a cough and ague to follow it, whereby one may well guesse, that the same proceedeth of a cholerick humour, that lyeth still hidden in the veins. Therefore the letting of blood is very needful for this, and especially in the liver vein. Afterwards you must purge the head with Cassia and Manna, or concerning the same take the counsel of a learned Physitian.

For this also must continually be used those Lofinges wherein is no Ireos. And for to take away this hurtfull matter of the rheume, it is especially advised, that the same be derived from the brest into the nose where the same may be the better evacuated.

To this end, take *Ammoniacum* halfe an ounce, small beaten Pellitory of Spaine one quarter of an ounce, make this with the juice of blew Flowerdeluce into dow, and thereof take a little on a knife, and put it in the nose, and forthwith you shall see the water to run out of the nose. This is a secret. Item, take the juice of the roote of blew Flowerdeluce one ounce, beaten Stavesacre and *Piretrum*, of each one drach. make some cotten moist herein, and so put it warm into his nose.

He must also be prevented and kept from eating of flesh, and drinking of wine as long as the ague and the cough endure. Barly water tempered with Julep of Violets and sirupe of Violets must be his drink : for this suppléth, moistneth, and cooleth the brest, and maketh the matter thicker. But if it proceed of cold, then are you to boyl Venus hair, Hyssop, and Licorice amongst them.

When as then the ague and cough begin to cease (which one may feel as the drouth and spettel beginneth to cease) then are you to prepare this water following : Take five Figs, ten Jujubes, twenty Sebestes, Raisins (the stones taken out) one ounce and a quarter, Licorice cut small five drach. let them see the well together in sufficient water. Afterwards strain it, and take thereof three ounces, sirupe of Violets five drach, temper them all together, and you shall give him this potion, if the rheume proceed of heate : but if it proceed of cold, and the flegme or spettle will not be loosed, then see the Venus haire, Currans with the foresaid things, and leave out the sirupe of Violets.

If the Rheume would not passe through the Nose. §. 4.

TO conclude, we are to adde this following to the rest. If so be this rheume do stop the nose a great while, and that there is no heat with it, then are fumes to be used for it. And heed is to be taken, that if the moisture that issueth out at the nose be subtile, sharp or yellow: make a smoke with a little Sulphur, that hath been steeped in a little vinegar, and is dryed again, or with husked Barley or Beans peeled, that were also steeped in vinegar and are dryed again, and beaten to powder. For this also serveth Saunders, and the Fume of Sugar. Or you may prepare this following; Take grosse beaten brimstone one quarter of an ounce, seethe it in 8. ounces of red Vinegar, and receive the vapour of it into your nose. Or sprinkle the Sulphur with Wine, and lay it on a hot stone.

Item, make a vapour of sodden Barley, water Lillies, and white Poppy seed. Also you may sprinkle vinegar alone upon an hot Iron. For this is also good the vapour or smoke of Partridges feathers. But if there be no heat nor rednesse in the face, then make a fume of Costus roots and Frankincense. Or take Gith seed steeped in wine, and so sprinkle it on a hot stone. Take also *Lignum Aloes*, Mastick and Frankincense, of each a like much being pownded together, and receive the vapour thereof. Likewise is commodious for this, *Sandaraca* steeped in vinegar, and the same sprinkled on a hot stone, and the vapour thereof received into the nose. And for as much as there is very much written at this present of this rheume, and shall be more discovered thereof in the description of the rheume, of the cough, and purfivenesse; therefore will we here make an end of this Chapter.

The third Chapter.

Of the foremost part of the Breast, Thorax.



That which we generally call the Breast, hath his beginning there where the neck endeth, downwards unto the lower rib; albeit that *Aristotle* ascribeth the whole body from beneath under the neck without the arms, even to the privities below, unto it; yet this *Thorax* includeth the foremost and hindmost part of the body, from the neck even to the midriffe. The foremost part is in the middle of it downwards, somewhat lower and heightened again where the breasts or paps are; even so in the hinder part down along the backbone it is lower, and on both the sides higher towards the shoulder blades and ribs. This place is not altogether bony like to the skull, nor of one piece, but very orderly the one with the other intermingled, and filled with bones and muscles; so that the ribs comprehend and defend behind and before the inward parts, even as it were with a bulwark. And even as this part of mans body is outwardly defended with bones; even so are also the inner parts with veins, arteries, and strong sinews joyned together, and fashioned very formally, thereby to take ayr into it, and to yeeld it out again, whereby the lights, and other parts should be refreshed, and preserved in their estate.

Also the breast (like as other parts of man) is subject to many kinds of maladies; as partly may be seen in the description of the rheume. For when these mischievous rheumes fall upon the breast, then do they harm the lights, stop the wind-pipes, make a man purfiv, stinking breathed, much coughing, and anguish: so that at the last they rid matter and filth, with many more such accidents, whereby the lights are perished and hurt, whereof afterward more at large and plainly shall be parcelwise discovered. And to follow our wonted method, we will first speak of the outward parts of the Breast.

Of womens Breasts, milk, and of their diseases.

THe womens Breasts are by nature indued with two kinds of wondrous works: The first, that through their means the new born child receiveth his food, to wit, from the blood, which through natural warmth is altered and brought into milk.

The second, that they are a defence and cover of the heart, whereby when they warm them, they are also in like manner kept warm of the said heart. Even as our body warmeth the clothes, so do the clothes also keep the body warm. And this cometh more to
passe

Mans Milk.

pass in women then in men, by reason that their breasts are bigger by odds. The substance of womens breasts is a soft flesh, by nature spongiouse, thereby to draw much moisture unto it. Contrariwise, mens breasts are hard and clung together, especially in them that are not overcharged with fatnesse: both of them have their nipples in the midst of their breasts: The which in women are very meet and comely instruments for to give their new born children their said sustenance. Otherwhiles also mens breasts do give milk: but this is a token rather of unable humours then otherwise. Thus to proceed with womens breasts, they are subject to divers and sundry accidents. Otherwhiles they grow a great deal too big, the which seemeth not onely ill, but is also sometimes an occasion of other diseases. But this cometh rather by nature or inheritance, and according to that one woman is fatter and corpulenter of body then another. But by nature (as it hath been said) they are vessels of milk, whereby in some women it is too little, and in some too much. Therefore it is very needful to seek remedy, how in the one to lessen them, and in the other to augment them. For where milk is too abundant, there provoketh it many kinds of diseases, to wit, that it doth clod and congeal in the breast, whereof hardnesse, heat, swellings, canker, worms, and such like do ensue.

In like manner the nipples do also chop, which bringeth thereby great anguish to them that give suck, and infect the children that suck the matter and blood into their bodies, with sundry sicknesses.

Of the overmuch growing and hanging down of the Breasts. S. 2.

VHen as this superfluous and overmuch growing of the breasts hapneth in hail, young and plethorical women, there shall (in my best opinion) the nature be suffered to have her free course, least by taking them away, some greater mishap be procured: yet some do counsel for a sure remedy, that if one anoint the breast with the gall of a Hare, that then they will not grow too great. Item, take Barley meal, and Goats milk, of each a like much, vinegar half so much, let them seethe well, and be laid on the breast: it is taken for a certain remedy; in like manner fry Mallows in Sallat oyl, and lay it over the breast.

These things following are yet stronger: Take *Hypocistis*, the pills and blossomes of Pomegranates, Acorn cups, and burnt Lead, ana. 3. 3. Allome, Ceruse, the juice of Sloes, and roasted Lentils, ana. 3. 1. Snails with their houses burnt, and Southernwood, ana. 3. 2. 8. Make a Salve thereof with the jnice of Plantain, and therewith anoint the breast; Item, take Frankincense, Mastick, ana. 3. 1. sea Muscles, 3. 1. 8. temper them together with red vinegar.

All that is taught here doth not hinder onely the growing of the Breasts, but also that they be not loose or hanging down: these things may also be used against the falling down of the Mother, even as in the third part shall be further declared, in the description of the diseases of the womb or mother.

Pills.

TAke Fern roots, *Sarcocolla*, and Allome, ana. 3. 1. *Sandaraca*, 5. 8. make five pills thereof with the juyce of Ireos, whereof take one, and fast four hours after it. These pills do not onely consume all superfluity, but also the natural fatnesse of mans body, if if they be oftentimes used.

Secondly, he or she may (if they will) strew beaten Amber upon all their meat; and if you will have it work better, put the powder in wine; for the wine carrieth the force of it very quickly in the veins.

Thirdly, take beaten Galls, Cypers nuts, of each six ounces, Allome prepared, Iron drosse, of each three ounces, seethe them together in a good deal of Tanners lee, and wash therewith meetly warm, and make often wet therewith the hands, feet, face, and breast with a sponge. The like are you to do also on the privy members. Or take stamped Henbane seed, seethe it in wine, and then lay the wine over the Breasts. But I cannot counsel you to take this by reason of his great cold.

of

Of Milk in general. §. 3.

FOrasmuch as this wonderful alteration of the red blood into so fair and white a colour, daily happeneth in women, and also in beasts, therefore is their force and might accounted the lesse; neverthelesse hath God ordained it for all creatures that are born alive, for their first and most requisite nourishment. Of the difference of women and beasts Milk, it is not our meaning here to discourse: but concerning womens Milk, the yellow is alwayes better then the white; so is also the same more forcible in brown women then in white. In *Ponto* by the River *Astao* it is said that milk in women and in beasts is black. But without any circumstances, we will onely discourse of the breasts of women, and of the accidents unto them.

Of the want or scarcety of Milk. §. 4.

IF women that give suck have want of Milk, then must we search out the cause thereof: This may proceed sometimes of some hot or dry, or of some cold quality of the Breast, that the blood, which should alter into Milk, be dried out. Likewise both these infirmities may also be caused of some infection of the liver, yea and sometimes of the whole body; that if their complexion be too dry, then the increasing of Milk is not to be effected, but of pure blood.

Item, the want of Milk may also be caused by want of meat, or by the use of such meats as make not much blood: as if they be cold and dry. Much bleeding (be it by what means soever it will) and the bad digesture of the stomach and liver, sore labour, or if the child suck too little, may be a cause of the want or scarcety of Milk.

The signs of this infirmity are evident and apparant; as when the Breasts are wrung, and the Milk doth not issue forth. Also if the child have not enough to suck.

Item, whensoever that the mother which giveth suck be fretting by nature, be lean, be not long since recovered of some long sicknesse, sweateth much, and is without all exercise. But if the infirmity do proceed of bad meats and drinks, it is then good counsel that they do eat good wholesome meat, that is light of digesture, as Hens, Partridges, Capons, young Mutton, Eggs brothes of good flesh, and drink good wine: Some women are accustomed to increase their milk, that they drink a good draught of milk wherein Fennel seed hath been steeped.

But if the infirmity be through too much bleeding, by what means soever that the same come to passe, then are you to prevent the same through meet and necessary remedies, as is sufficiently shewed in their proper places. But if the women be of a hot nature, as full of *Cholera*, then are they to drink Barley water, and Almond milk, and to eat Cocks, Hens, and Partridges drest with Lettice: also to use cool fruits and their seeds; fish of running waters, Burrage, Spinage, Goats milk, Kids flesh, and Lambe sodden with Verjuyce: they are also to refrain from wrath and sorrow, and to be alwayes merry.

But if these mothers that do give suck, be flegmatick of nature, and have lack of Milk, then is their foresaid meat to be drest with Saffron, Cucubes, or Cinamom, and other spices: also to eat it being sodden with Fennel roots and seeds, *Pistacia*, and Pine apple kernels.

Whether the malady do then proceed of heat or not, it is alway needfull that the stomach be comforted; for the which these things may serve, as Annis and Fennel seeds confected; but chiefly Caraway and Cumin also confected. To eat Fennel seed green, helpeth also greatly for the augmentation of milk. Likewise Caraway seed, Annis and Fennel seed sodden in water, are very commodious for this purpose: also to eat green Marjoram fasting in the morning is much commended for the same.

And I cannot here pretermit to rehearse divers other remedies more, that are prescribed of others for the increasing of Milk, like as hereafter may appear: Take ten earthworms, wash them in Wine, seethe them in flesh broth, strain them, and in the morning give thereof a draught to drink. It is also holden for certain, that if these worms be dried and beaten to powder, and if you give to the patient half a drachme to drink in flesh broth, that thereby the milk will be much increased.

For this also you may take this Plaister following: Take Parsly roots, and the herbs, Deer suet, of each half an ounce, red Storax three drachmes, new Oyl of sweet Almonds
three

three ounces, Barley meal one ounce and a half; let the roots see the well, and stamp them to pap, and then mingle the rest amongst it, and lay it warm upon the Nipples, for it increaseth the milk.

Item, take beaten Anniseeds two drachmes and a half, temper them with the broth of Colworts, and give it to the party to drink when she goeth to bed. Item, take Barley water, see the therein green Fennel and Dill, make it sweet with Sugar, and drink thereof at your pleasure.

The like doth Linseed sodden in the broth of fresh meat and drunken. Some believe, that if a woman do drink a drachme of fine powdered Christal with Honey or Barley water, that thereby the milk will marvellously increase. Some impute the like operation to be in the prepared Saphire stone, if the same be tempered with water, and the breasts wetted therewith. I account neither of them good: but they that will may try them, for they cannot be hurtful.

Against the Superfluity of Milk. §. 5.

IT cometh oftentimes to passe when women have lien in, that their Breasts do happen to swell through the abundance of milk, & do bring more inconveniences with them; namely, that sometimes the whole body thereby wasteth: for the greater abundance there is of Milk, so much the more blood is thereby consumed: if it be not suckt out, then doth it clod and congeal, hardneth and turneth at the last with great pain into an impostume.

The causes hereof are superfluous blood, much eating and drinking, and especially such kinds of meat as ingender blood. Therefore must the same be in the beginning prevented, and those kinds of meats refrained; and to eat and drink but little. And in case there be much superfluous blood, then is the mother vein to be opened, that thereby the blood may be drawn downwards. Otherwise, there be two means to take away this superfluous blood: The first means is through the use of Rue, and chiefly of wild Rue with their seeds, Basil and Cumin stamp together, if one take of them every day one quarter of an ounce, the same drieth the milk.

The herb *Rapistrum* is very forcible for the same, the which may appear in Swine; for when they eat of this herb, then are they rid and quit of all their milk, whereby the Pigges are constrained to starve. You may also lay these hot things on their Breasts. But these following are more sure: Take Rosin as much as you think good, temper it with the Cream of milk, spread it on a cloth, and lay it luke-warm over the Breasts.

Item, take eight ounces of Honey, and two pints of water, let them see the well together, and scum it well, and then wet therein a threefold cloth, and lay it on the breasts; and when it is cold take another; this driveth away the Milk.

Item, take Chickweed, let it see the in Goats milk, or in water, lay it over the Breasts. Also the water of Knotgrasse or Venice sope water, are both very good; used as before.

Item, take one drachme of Saffron, eight ounces of Malmsey, wet a cloth therein, and lay it on the breasts, as aforesaid.

Item, take green garden Mints, stamp them and mix them with oyl of Roses, and do as before. And for this purpose is the oyl of Mints also very good.

Item, take Bean meal mingled with vinegar, and sodden to a pap or grout, tempered with oyl of Roses to a plaister, and lay it on the Breasts.

Take Bean meal four ounces, oyl of Roses and red vinegar as much as needeth for to make a plaister. Of Bean meal and Lentils, of each two ounces, Saffron one quarter of an ounce, oyl of Roses as much as is needful: all which foresaid things do dry up the milk.

For the clotted or congealed Milk in the Breasts. §. 6.

THis congealing of the milk in the breasts proceed as well of heat, as of cold: Or that the milk is too grosse, and cannot have passage through the veines into the Breasts, or cannot be sufficiently suckt out, and there congealeth, hardeneth, putrifieth, and impostumateth. The tokens thereof are manifest, as hardening, inflammation, and pain in that place where the milk is congealed, that if one do draw or wring the breast, yet doth it give no milke at all.

To prevent therefore this congelation, women must keep themselves very sober in eating

ing and drinking, use moiest meats that may make subtile milk. For this is requisite, Mints, Parsly, Saffron, and Cinamom, in their meats, and their drink must be neat white wine, and use commonly this following for the congealed milk.

Take grated white bread as much as you will, new milk oyl of Roses, of each a like much, for to make pap thereof; let these see the together, and lay it warm upon the breasts; it dissolveth knots and swellings that proceed of congealed milk.

Item, if the milk do pain any body, then take Cork, kindle it well, and then pown it to powder, temper it with the oyl of Roses and a little Vinegar, and therewith anoint the breasts. Or take of the fat of a Kid one ounce and a half, liquid Styrax one ounce, Wormwood one ounce and a half, Comin and Dill seeds, of each one drachme, Anniseeds half a drach. Barly meal half an ounce, oyl of Wormwood one ounce and an half; temper the rest amongst it being beaten small; and lastly put a little Saffron to it, and use it as aforesaid.

This salve following is very good for to dissolve the congealed milk: Take Dcers suet three quarters of an ounce, liquid Styrax one ounce, Wormwood, Comin, and Dill seeds, of each one ounce, oyl of Wormwood, Ducks grease, of each one ounce and a half: make an ointment or plaister thereof, and at the last add a scruple of Saffron to it.

If this congealing of milk be with an inflammation, and that it were needful to cool more: then mix the muscilage of Fleawort, of Fenegreek, and Purslain seeds together, of each a like much: make of them with molten Wax an ointment, and therewith anoint the Breast.

Item, take Chickweed without bruising it, apply it warm to the breasts.

Item, take the juice of Colworts, of Nightshade, and of Coriander, of each a like quantity; this being mingled together, lay it with a cloth warm upon the breasts. Also bear Rose vinegar and oyl of Roses together, use it as before. Likewise Colwort leaves or their juyce mixed with Saffron easeth the pain. Take Fenegreek meal, and make a plaister of it with oyl of Violets and Vinegar.

But if the Milk be augmented by extrem cold, then take water and wine together, and lay it on the breasts; or boyl Camomil, Melilot, Fennel seeds, Annis seeds, Dill seeds, Fenegreek, Linseeds, Southernwood, Ginger, and Basil, which you will, and use it as hath been said, especially if there be not been an ague with it. That which is sodden mayest thou beat, and with the oyl of Camomil make a plaister of it, and so apply it. The Bevercod and his oyl is very good for the same purpose.

An especial good plaister; Take the crums of white bread, Barly meal, Mustard seeds, Fennel, and Holihock roots roasted under the ashes, of each a like much, pown them well together, and with the oyl of Camomil, make a plaister of them, and apply it warm on the breasts: it softeneth the hard Knots, dissolveth them, and suffereth them not to congeal again.

Item, take Mints, and make a plaister thereof with white bread and Vinegar. But if so be that this congealing grow to an impostume, then make the breast moist again (as is already declared with warm wine and water, also with the foresaid pap of Mints and crums of white bread, or Myrrhe mixt with Saffron and Bread. But if this impediment happen to break, then cleanse it and heal it as you do other tumours; whereof shortly hereafter you shall have a sufficient declaration.

Take of Mints, and Parsly green Fennel, ana. M. i. stamp them and heat them with butter, and apply it to the breasts.

Or anoint with oyl of Sheeps suet, commonly called trotter oyl. And fry beans and apply them plaister wise, they will restrain the milk from coming into the breast; or use the meal of beans with vinegar.

For the hardnesse and inflammation of womens breasts. §. 7.

VV Hereas the breasts, not through the congealing of the milk, but through other occasions chance to be hard and inflamed, the which may soon be felt with the hand, or discerned with the eye: then may you use for the same any of these things following, which you will.

First, lay Rice about four hours long to steep in wine, afterwards see the it well, and lay it on the breast: Or temper Rice meal with oyl of Violets, and the white of an egg, putting

ring thereto a little dissolved Dragagant. Item, take sifted Bean meal and Barly meal, of each one ounce, Linseed meal and Fenegreek meal, of each half an ounce, temper it to a salve with oyl of Roses: Lastly, and thereto one scruple of Saffron, spread it on a cloth, and so lay it over the hardnesse and the whole breast.


Item, take Barly meal and Bean meal, of each three ounces, beaten Comin half an ounce, oyl of Violets one ounce, Deers suet one ounce and a quarter; make thereof a plaister with the water of Sorrel: and for this is also to be used that which is described in the sixt §. of the congealing of milk through heat.

This plaister following is exceeding good: Take the flowers of Mallowses, Violets, Celendine, Daiesies, and Cinque foil, of each a handfull; let them see the together in sufficient water, untill there remain eight ounces: then strain it, and mingle it with wheaten meal, to the consistence or perfection of a thick pap, then temper with it Hens grease, or Swines suet, and so let it see the together unto a plaister. This must you spread on a cloth as thick as a finger, and lay it morning and evening upon the inflamed and sore Breast.

Another: Take Bean meal, and powdered Mints, of each three quarters of an ounce, powder of red Mints half an ounce, prepared Coriander and Pease meal, of each one drach. Roses half a drachme, two ounces of fresh butter, muscilage of Linseed one ounce, muscilage of Fenegreek three quarters of an ounce, Sheeps suet and Ducks grease, of each one ounce, the yolk of an egg, oyl of Turpentine half an ounce, Saffron three grains; temper them all together and make a salve thereof.

Item, take the crums of two or three white loaves (according as their bignesse is) Sallet oyl three ounces, pownded Holihock roots one ounce and a half, Fenegreek meal half an ounce, two yolks of Eggs, oyl of Roses and of Camomil, of each one ounce, mingle them all together, and lay them upon the Breasts.

Item, take earth-worms as many as you will, wash them with wine, and burn them to powder in a tight stopt pot, temper this powder with oyl of Roses and of Lillies, and therewith anoint the breast, and cover it over with fatty sheeps wool wrapped in cloth. This maturateth very well and swageth the pain. This powder is also highly commended, taken with some sweet things, against the worms in the belly, the weight of a drach. and half, and is in like sort very good against the yellow Jaundies.

 Rx. of Mallowses, Herbgrace, Southernwood, Wormwood, Camomil, ana. M. i. bruise them and see the them in water, and with wheaten Bran or Oate meal make a poultice and apply it hot; you may put to it some oyl of Lillies or the like, renew it twice every day, and beware it takes no cold when you dresse it.

Of the tumours or swelling of the Breast. §. 8.

Take broad Plantain and Purllain, of each one handfull, stamp them to pap, Camomil, Melilot, of each one ounce, Barly meal four ounces; temper them being smal with oyl of Violets and Roses amongst the juice, untill it wax to be a thick salve. And lastly, mingle amongst it half an ounce Gummi Helenii, dissolved in strong vinegar, spread it on a cloth and lay it on the swelling.

Item, take Sallet oyl and Cow dung, mingle them and strain them through a cloth; then put Fenegreek meal amongst it, untill it will serve for a plaister.

Or take Peach leaves only, or as much Rue with them; stamp them to powder, let them see the in water untill it be a pap, lay it on the swelling, it easeth the pain, and ripeneth the impostume.

This salve is also highly commended: Take Plantain and Mallowses, of each one handfull, the lesser Housleek six handfulls; let all be sodden green until it be a growt, strain it out, then add unto it three ounces of the oyl of Roses, beaten Camomil and Melilot, of each one ounce, Barly meal four ounces, *Bdellium*, dissolved in vinegar one quarter of an ounce: let them see the together unto the consistence of a plaister.

Of the Impostumation of the Breasts. §. 9.

These impostumations do proceed of two special causes. First, of congealing of the milk whereof is written already: Secondly, of other bad rheumes that sink into these parts and there putrifie, breeding there divers accidents; as namely, the Canker, Ring-worm,

worm, Gangreen, and such like. According to the nature of the foresaid rheume, it happeneth also quickly, in women which have not their Termes, that their Breasts do impostumate by reason of the abundance of blood, that taketh his course thither.

The signs of this grief are, that the woman hath not conceived nor can give suck, that this swelling doth not divide it self into many places, but remaineth in one place onely. If it be caused of blood, then is the Breast full of pain, with beatings and rednesse. Or if it come of *Cholera*, then is the pain greater, the breast redder, and yellowish, and with greater agues and more heat than that which proceedeth of blood. If it be of *Pblegma*, then is there small pain, and no ague with it; the Breast is white, with a small tumor.

For to remedy this must the cause be known: If it proceed of blood, then first of all open the mother veine on the same side where the sore is, for to withdraw the matter thereby. But if there be any want of the Termes or flowers, then are they to be provoked by all meanes possible: and in the augmenting of the swelling must the liver veine be opened, or at leastwise the Median: afterwards temper oyl of Roses with Vineger, and wet a cloth therein, and lay it four times a day upon it: You may also see the Camomil, therein. Of these things following you may use which you will.

Take Bean meal, Fenegreek meal, Linseed meal, and crums of white bread, of each one ounce, Myrrhe half an ounce, Saffron one drach. and a half, roasted Hollihock roots foure ounces, foure yolks of eggs, oyle of Violets, and Linseed oyle, of each three quarters of an ounce: if it be too hard then make it softer with water, and use it till that that the swelling be ripened. Or make this following: Take six ounces of clarified hony, Barley meal two ounces and a half, two yolkes of eggs, Myrrhe and *Sarcocolla*, of each half a drachme, let the hony and meal see the together untill it be meetly thicke, stir then the yolkes of the eggs amongst it, and at last the powder. But if you will have it more cooling, put thereto three ounces of the oyl of Roses, and hony of Roses four ounces, and six ounces more of Barly meal. This is a wonderful plaister to consume and cleanse all swellings not onely of the breasts, but also of all other members.

Item, take Ireos, as much as you please, cut it small, then put as much oyle of Roses thereon as will cover the Ireos root, let it see the very well, and strain it; afterwards put one half ounce of Ireos unto it, oyl of Violets four ounces, Cerusses, Waxe, and Mastick, of each one drach. and therewith annoint the Breast.

When as then this Tumor is sufficiently maturated, and will breake out, then make pap of Wheat meal, Sallad oyle, and common water. If it will not break out of it self, then is it to be opened with a Lancet, and afterwards cleanse it with hony, the juyce of Smallage, yolks of Eggs and Turpentine, and a salve made thereof. Or take the common salve *Unguentum de Apio mundificativum*, the which is thus to be prepared; Take clarified Hony, and the clear juice of Smallage, of each one ounce, Wheat meal three quarters of an ounce, temper them together: This is also good for all Fistulaes and Carbuncles. This Salve is to be used for any kind of sore, with a Tent or Lint for to cleanse the same.

But if this Tumor be caused of cold, then are all warming oyles to be used thereto, as of Lillies, Spike, and Beevercod, and such like: And you may lay thereon water of Hony suckles, whereby divers are holpen; but washed with water of *Carduus Benedictus*, and the powder of the same strewed thereon, helpeth above all others.

All things that are ordained in the first Part, Chap. 13. and §. 1. against the uncleanness of the mouth, are also commodious for this. For to maturate, take six fat Figs, green Cresses, Dock roots, Hollihock roots, Lilly roots, Fenegreek meal, and Linseed meal, of each one ounce, let them see the well to a pap, stamp it well together, and temper it with three ounces of Barrowes grease, this swageth the pain, and ripeneth exceedingly. When as this Impostume is sufficiently ripened, open it with a Lancet in the lower part of the same, or with a Corsie, afterwards cleanse and heal it, as you do all other Impostumes.

In the cure of Apostemations in womens breasts, you must evacuate and purge the evil humours, and rectifie the matrix and move her termes.

And if it be broken, use this plaister: Take of honey, Wax, Rosin, Turpentine, hogs lard, make a salve thereof; then when you will use it, Take the fine powder of Dittanie roots, or Angelico roots, and mix with it, and use it for a plaister. And this is good for the Cancer in the breast.

Or Rk. of Sheeps dung, q. v. fry it in a pan with sheeps sewet, then strain it very hard, and dip a linnen cloth in it while it is hot, and apply it over the breast, you need not put in any tents, although there be many holes, if you lay your plaister large enough. *Prob.*

For the Canker in the Breasts. §. 10.

Hitherto hath only been spoken of the Impostumes and Tumours of the breasts where- of otherwhiles do spring and grow the Canker, Fistulae, and other inconveniences: but here will we onely discourse particularly of the Canker-worm and Fistula of the breasts. For the sore which the Chirurgions call the worm, this is their common plaister: Take Rye and Wheat meal of each alike much, temper amongst it about one third part of burnt Copper powdred small, and make a dough thereof with Rose water, spread it on a cloth, and lay it warm thereon; but this availeth not much, a better way must be taken to cure this malady, and so to withstand this Canker or worm.

First, it is very needful that the Patient at least thrice a moneth be purged of melancholick humours, that he keep a good dyet in meat and drink, and use alwaies such things as are somewhat cooling, and very much moistening. Also he must eschew all sharp, salt, windy, and fat things, and such as are soon corrupted in the stomach, and chiefly from all that increaseth *Choleram*, and *Melancholiam*. For to prevent this, prepare this drink following.

Take *Thymus* one quarter of an ounce, the roots of Polypody and Sene, of each one drachme, the seeds of Gourds, Cucumbers, Pompeons beaten, and Violets, of each one drach. and a half, Cinamom, yellow Rapeseed, of each one scrup. let them see the altogether in eight ounces of Hopwater even to the half, strain it, afterward take of this clear decoction, and temper therewith three ounces of the whay of Goats milk, and so drink it warm, and fast six houres after it.

Secondly, make this plaister following; Take Fenegreek and Barley meal, of each two ounces, Mallows three handfuls, of great Housleek eight handfuls, of small Housleek four handfuls, of the oyl of Roses six ounces, brayed in a leaden mortar; see the herbs in whay, afterward beat them altogether to pap, and temper the other things amongst it. Then let it see the again in six ounces of the water of Nightshade untill it be sodden away.

The Patient is first to anoint the sore with oyl of Roses that is brayed in a leaden mortar, and afterwards let him lay this plaister following upon the sore, and the foresaid oyl must be also prepared.

Take one pound of the oyl of Roses, put it into a leaden mortar, and bray it with a leaden pestle three or four hours long. This plaister cooleth, swageth the pain, and preserveth one from all other corrosion.

Thirdly, if this Canker corrode any further, then must it by two manner of wayes be hindered: first, by laying somewhat on the score: secondly, by applying somewhat about the sore. The first shall be prepared as followeth.

Take Barly meal four ounces, of the oyl of Violets, oyl of Roses, prepared with lead, of each three ounces, four whites of Eggs, prepared Tutty two ounces, Bloodstones that be stamped ten times in a leaden mortar, with the water of water Lillies one ounce, afterwards bray the whites of Eggs a great while with the oyl tempered amongst the Barley meal: And lastly, the *Tusia*, and Bloodstone, and then therewith anoint small tents, and lay them on the sore.

The Second.

TAke of the foresaid oyl of Roses prepared with Lead one ounce and a half, the juice of Nightshade two ounces, Starch one ounce, fine Bolus one ounce and a half, sealed earth two ounces, temper them all together in a leaden mortar, and therewith anoint round about the Canker or disease of the breast.

Of the Fistula of the Breasts. §. 11.

IF this or any other sore of the breast would turn to a Fistula, then look what hath been said in the first part of the seventh Chapter, and §. 11. of the Fistula of the eyes: likewise

likewise that which is written in the third Chapter and fifth Part, of the Impostumes of the arsegut, wherein you shall find sufficient remedies.

Of the Clefts or Chops of the Nipples. §. 12.

Take fresh molten suet of young Lambs poured on water, and afterwards washed with water of Roses as much as you please; and therewith anoint the Nipples.

Item, take Gumme of the Cherry tree, and Frankintense, of each one ounce, Wax and Gumme of each half an ounce; melt the Wax with an ounce of fresh butter or Barrows grease, then mingle the rest amongst it, and use it as aforesaid.

Take oyl of Violets and oyl of Eggs, of each three drach. Harts sewer and Goats sewer, of each one quarter of an ounce, make as much as is needful for a salve.

Here before in the first Part, Chap. 10. and §. 1. there are set forth two good salves, that do also serve well for this purpose.

Take a white Lilly leaf out of his oyl, and lay it on the Nipples, it is very good.

All these foresaid means cannot hurt the child, although it do suck at the same breasts.

What the hair on the Breasts doth signifie. §. 13.

The Philosophers do agree all together in this, that all they that have no hair on their breasts, or very little, are more timorous, fearful, and much flower of nature; then they be that have much hair upon their breasts, who are at all times more manly, stout and courageous.

The fourth Chapter.

Of the Back in generall.



In the upper parts of the Rump is the backbone, which (as is said) standeth deep into the body about the shoulders and ribs; but on both the sides is the back somewhat higher. This begins at the neck, and reacheth downwards even to the fundament. Four and twenty sundry bones are imputed unto it, the which the Greeks do call *Spondyli*; and the Latinists *Vertebras*; and in our language, the Chine or Backbones. The neck hath seven, which are lesse then all the rest.

The back hath twelve; five stand also close to the loyns, whereon the last and utmost piece of the back bone is fastened, which is calld the Rump, in Latine *Cauda*, or the Tayl, which is ioyned together of three piece, and is a Gristle or Tendrel.

The foresaid pieces of the backbones are all hollow within, filled with marrow, the which is not much unlike the brains in substance, and yet an off-spring and beginning of all hard sinews.

This substance of the brains may be assimilated to a plentiful fountain, whereof many small brooks and divers streams do flow, which we call Sinews, whereby we have both motion and feeling.

These Sinews are about threescore, which do come all of them (each through his own passage) from the backbone, and spread themselves into all the members of mans body, where they cause both moving and feeling.

From them do the hands and feet, all parts of the face, and the bowels (the instruments of the voyce only excepted) receive their sinews, whereby they do move and are holden together.

Therefore doth it also happen, that whensoever any of these Chinebones, through the which the sinews do passe, are wrenched or bruised, either by falling, striking, or any other way, some parts are thereby lamed, lose their sense and feeling; and otherwhiles deadly diseases are thereby procured, even as it is mentioned in divers places of this book, so that we purpose not to discourse here of any other thing, but of the pain or ache in the back, and of the crookednesse of the same.

Of the pain in the Back. §. 1.

THis pain in the back proceedeth of Rheumes that fall into the sinews of the muscles, or of great labour, and such like occasions, for the which these things following are good.

Take Mugwort, Melilot, and Camomil, of each one handful and a half, Melilot seeds heated in a pan, 4. *M.* the herbs and flowers chopt small, mix them all together in a little bag, and lay them warm upon the back bone, use it often, and that fasting.

Afterwards, anoint the backbone with this salve; Take oyl of Spike, oyl of Lillies, of each half an ounce, oyl of Camomil and Dill, of each one ounce, Saffron, Lavender spike, Madder, and Agrimony, of each one drach. Mastick and Squinant, of each one scruple, Wax as much as is requisite for to make a salve.

Item, see the Nep in your meat, which draweth the noysome and grievous matter out of the neck, it driveth also away all pain in the shoulders and backbones marvellously, if it be stewed in the said broth.

In like manner take Silvermountain seed, see the it in water, and drink thereof twice or thrice a week, every time three or four ounces, for it is very good against all weariness, and pain in the back and reins.

Anoint the backbone with Bears grease: Also the oyl of a Fox is effectual against all pains of the backbone, reins, Kidnies, and Gowt, the which is thus to be prepared.

Uncase or fley off the skin of a young Fox, take out his bowels and cast him in fountain water, and sea water or salt water. Put thereto three pounds of Sallad oyl, Salt three ounces. When it is almost sod, then put unto it Dill and *Thymus*, of each twelve ounces; let it see the together till the flesh fall from the bones, and when all the water is sodden away, then strain it.

The oyl of Bricks, which is described in the first Part, is also passing good for this, either by it self, or when it is tempered with some other things.

Of the pain in the backbone that proceedeth from the Kidneys, of the gravel and other things more, shall be spoken elsewhere.

For pain in the back. *Rx.* of the powder of Agarick one ounce, powder of cleansed *Laudanum* half an ounce, and with honey make a masse of pills; use hereof morning and evening: this is proved good.

Of the crooked Back. §. 2.

THere are three sorts of this: The first doth come before, the second behind, and the third groweth on the left or right side. Children are more subject to this disease then aged folk, by reason that their bones be feebler, easier to be wrested and wrung out of their natural place. This happeneth of inward and outward causes. The outward be falls, blowes, stripes, ill handling of young children, racking and such like bad dealing with young tender children. The inward causes do come of the Cramp, contraction of the sinewes, abundant wind, rheumes, swellings and such like, that settle themselves in the back bone, and do thrust and wrench awry the young weak bones.

The signs of the Cramp, that cometh through great inanition, is manifested and apparant by the consumption and faintnesse of the whole body. The signs of the windiness are, if the Patient that hath the crook back have much griping and contractions in the back. If there be any Impostume approaching, then is there great pain in the back, or in some certain place of the same, with a strong Ague and vehement pulse. But if there be but one of the back bones wrested out of his place, then must it needs follow, that the Ribs which are fastened therein, be also drawn overthwart, whereby the body must be crooked, and the shoulder blades raised, the which maketh an unhandsome breast, and uncomely body, as daily experience teacheth us.

Now to prevent this mischance betimes, it is first counselled for all young folks and children as followeth; so that at all times according to the age (as much as is possible) every one may know how to frame himself thereafter.

Take Cumin, Caraway, Fennel, and Anniseeds, of each two handfuls, Rue seeds three handfuls, Bran six handfuls; make it all together very warm in a pan on the hot ashes,

ashes, put it then all together into a dry bag, and lay it upon the place where the pain is: and when the place is well warmed, then anoint it with this salve following. Take muscilage of Fenegreek and of Linseed, of each one ounce, oyl of white *Camelina*, oyl of sweet Almonds, oyl of blew Flowerdeluce, of each one ounce and a half, Plaister de *Muscilaginibus*, (which in the first Part, the sixth Chapter, and § 7. is described) four ounces; melt this with Wax as much as is needful: Lastly, adde unto them two scrup. of Saffron: do this four dayes together. Afterwards must the crook Back be bounden together with bolsters and other things, as need shall require, and renew the binding every morning: Or else without putting the child to pain, do this six daies one after another; and this being done, return to the laying on of the bag, and anointing with the foresaid salve, which shall be also used four daies together: afterwards lay this plaister following upon the Back bone and shoulder that is wrenched.

Take of the foresaid plaister de *Muscilaginibus* two ounces, *Oxycrocei* plaister one ounce and a half, spread these upon a cloth or leather, and lay this plaister thereon, bind it very carefully as aforesaid, and let it lye so six daies without opening of it. The *Oxycrocei* plaister is also good for this by it self, and profitable, which you may also find alwaies ready at the Apothecaries, like as is here described after three manner of waies.

The plaister of *Oxycroceum* is thus prepared: Take Wax, Pitch, Rosin, Saffron, of each one ounce and a half, Turpentine, *Galbanum*, *Ammoniacum*, Myrrhe, Frankincense, and Mastick, of each half an ounce, Vinegar one ounce, dissolve therein the *Ammoniacum* and *Galbanum*, then seethe them so long untill they become thick, and untill that the Vinegar be sodden away; then melt herewith the Wax, Pitch, and Turpentine, but the Mastick, Frankincense, and Myrrhe shall you temper herewith first beaten small; when this is mingled all together, then strew the Saffron therein, and mingle them all together very well.

Item, take *Ammoniacum*, *Sagapenum*, *Galbanum*, of each half an ounce, Pitch four ounces, Rosin, Wax, of each six ounces, Mastick, Frankincense, and Myrrhe, of each one quarter of an ounce, Turpentine three ounces, and Saffron half an ounce; and make it up as aforesaid.

Oxycroceum Vigonis.

Take eight ounces of Sallad oyl, Hollihock roots, the lesser *Consolida* roots, of each half a handful, Myrrhe, Frankincense, of each one drach. Roses one drach. and a half: you are to cut and seethe the herbs and roots in red wine and water untill half be consumed; strain them hard out, and in this decoction boyl the oyl, put thereto also Bucks suet two ounces; afterwards seethe it again so long untill all the moisture be sodden away, then put thereto three ounces of Lytharge of gold, Bolus, sealed earth, of each two ounces, red Lead one ounce and a quarter, Wax one ounce, and whilest it is hot adde unto it two ounces of Turpentine, Mastick one drach. and lastly, whilest it is soft, put thereto one ounce and a half of pownded Saffron, as is aforesaid. This last is marvellously used of the Chirurgions. They are all of them not only against the crook back, but also for all fractures, and other members which are pained, and they mollifie and consume all hardness.

It is also good for these children sometimes to drink the water of Southernwood, of Hollihocks, of blew Flowerdeluce, of each one ounce tempered, and to use three daies after one scruple of this powder following: Take half an ounce of the seeds of Smalage, one drachme of Cumin, Parsly seeds, Anniseeds, and Licorice mixed, of each two scruples.

And you may give the Patient to eat after meat, a piece of the Confection of *Pistacium* or Cinamom.

And there is to be strewed upon his meat some of this powder following; Take half an ounce of good Cinamom, Licorice, and Hollihock seeds, of each half a scrup. Saffron one scrup. stamp them all together, and mingle them one amongst another.

If this Patient be but ten or twelve years old, then were it very good twice in a week, alwaies before supper, that he swallow one of these pills following; Take prepared Aloe one drach. and a half, *Bdellium* half a drach. Smallage seeds half a scrup. and make seven pills of a drachme.

But if on an aged body there grow a crooked back, then must he use the pills of *Hermadabilis*, *Fenida*, or *Cochia* to purge withal. All the meats that he is to use, must be hot unto

the second, and dry in the first degree, therefore must his Chamber be alwaies kept with a fire of Firre wood, Juniper wood, and such like, that must burn therein, and to fume the same with Bay leaves, white Mints, Pennyroyal, Styrax, *Laudanum*, Cypres wood, *Gallia Muschata*, *Sandaraca*, *Lignum Aloes*, Frankincense, Mastick, and such like, each alone, or tempered together. He must forbear cloudy weather, rain, and dewes, and use no exercise; also he must not sleep much, nor lye much on the same side of the crooked back, and he must refrain lying upon his back, that his breath be not thereby painful to be drawn; watching is also ill for him.

Further, he must forbear all that is made of meal; but Kids flesh, Mutton, Hares, Roe Deer, and young Bears flesh are very bad for him, and especially if the same be drest with garden Mints, wild Mints, wild Thyme, Parsly and Balm.

Of Fowles these be good for him, Hens, Capons, Pullets, young Pigeons, Feasants, Partridges, Turtle Doves, and wild Pigeons, either boyled or roasted, being drest with the foresaid herbs. He may also eat roasted Ducks, and also all field Fowles: but Quails (by reason of their moisture) he shall leave. Fish is not good for him, and especially those that be sodden, except they be drest with the foresaid herbs: but being roasted they are for his disease most meet, except Eeles, Crabs, Muscles, Oysters, the which very seldome are to be used; and he must forbear all Beans.

All herbs of cold natures are hurtful for him, as Lettice, Burrage, Purslain, Spinage, &c.

Of all seeds he may use them that are of a warm nature, as Cumin, Carraway, Anniseeds, Parsley seed, Cardamom, and Greins.

Touching roots, the wild and tame yellow Rapes or Turneps, and also all other Turneps may he use; but he must beware of Onions, Garlick, and Radishes.

No herbs of cold natures are meet for his Sallads, neither yet Capers; but *Rapunculus*, Sperage, Hop springs, may passe well enough, drest rather with wine then with vinegar. Salted or powdered Verjuice, the juyce of Limons, and juyce of Oranges be tolerable: but he must beware of eager vinegar, and Pomgranate wine. He may use all manner of spice (but soberly alwaies in his meat) he must forbear all cold and new fruit, as Apples, Pears, Cherries, Peaches, &c. but in the stead thereof he may eat Raifins, dried Figs, Almonds, and Hasel Nuts.

His drink must be small Beer, or some thin well savouring wine, he may water the wine with some water wherein Cinamom or Licorice hath been decocted. But above all other, it were good for him (if he can come by it) for to use from the middest of September to the middest of March, this drink following, or at leastwise temper his wine therewith.

Take Well water seven quarts, clear Hony four and twenty ounces, Ammy flowers, and Marjoram gentle, of each one drach. Basil seed half a drach. Artichoke roots 3. drach. Rue seeds two scrup. shaving of Licorice and Anniseeds, of each three drach. let the water and Hony see the together till there be about two quarts sodden away, letting it remain still all a night, and in the morning make it hot again, and strain it through a cloth, preserve it being stoped close, for it will do him good.

The learned do give counsel accordingly, that every such Patient must purge twice a year, to wit, in the beginning of Sommer, and beginning of Winter, and that according as a learned Phymian shall advise him.

Further, for this disease of the crooked back are two things to be regarded: first, that it do not increafe: secondly, how to take away the same. For which, this plaister following is to be made.

Take oyl of Camomil, oyl of Lillies, and *Althea* salve, of each one ounce, oyl of Foxes one ounce and a half, oyl of Spike one quarter of an ounce, soft Styrax one quarter of an ounce, Cypres, Sage, Marjoram gentle, Squinant, Stechas, Wormwood, Melilot, and Linseed, of each half a handful, prepared Earthwormes, and Nutmegs, of each one ounce, Hollihocks half an ounce, see the these all together in a pint of Wine unto the half, then strain it through a cloth, and make a hard plaister thereof with Wax and Turpentine.

But before this plaister is to be laid upon it, the crook back must be well fomented with this following; Take Hollihocks two handfuls, Calamus half an ounce, Mallowses, Camomil, Dill, Linseed, and Melilot, of each one handful, Spike, Squinant, Fennel, Cumin, Wormwood, and Stechas, of each half a handful, cut them small, and let them see the well.

And

And it were also very good that he used these pills all the year, take prepared Aloe one ounce, *Opopanacum*, *Sagapenum*, of each half a drach. temper them all with the juice of Roses, take one pill thereof about the fourth day every evening before meat: and if so be that he do take twice a moneth the weight of one drach. of these pills one hour after supper, it is very good for him, and good advice.

These confections following shall also be prepared for him: Take Betony, Stechas, Marjoram gentle, Bdellion, Mastick, Rue seed, and Cinamom, of each one quarter of an ounce, powdered Calamus 3. drachmes, roots of Artichocks one drach. and a half, red and white Behen, Saffron and Nutmegs, of each 3. scruples, Licorice four scruples, Hony of confectioned Ginger twelve ounces, and white Sugar two ounces, whereof take throughout the whole year before meat the quantity of a Nutmeg. And this is a special mean whereby this disease may be holpen. But if the Patient cannot take of it every day, yet is he notwithstanding to use the same every third day, or twice a week.

An especial remedy against the crook back.

Many things commodious for the crook back.

Secondly, all these things following are good for this crook back, Zeduary chewed, or slaid upon the outside, likewise Calamus be it confectioned or otherwise used, Centory is very good for all infirmities of the sinews, howsoever they be.

Gumme *Sagapenum* in manner of a plaister laid thereon, or anointed therewith, is very forcible for it. Muscilage of Fenegreek made with lee, and the shoulders and all the back bone rubbed therewith. Sulphur baths alone have oftentimes brought that to passe, through a hole whereby the vapour may come against the back. The decoction of Sperage being drunken, is very good for this.

A good Salve. Take oyl of Bricks one ounce, oyl of Costus half an ounce, the plaister *Ceroneum Nicolai* 3. ounces, temper them together, and therewith anoint the backbone for the space of one whole moneth when one goeth to bed, then cover it with sheeps wooll.

Betony sodden in all meats is very commodious, or a drach. thereof powdered drunken with hony water. The roots of Bryony sodden, and the decoction thereof used for Clifters, is also very good, and the whole backbone fomented or bathed therewith.

Of the Shoulder blades. §. 3.

The shoulder blades do suffer sometimes great pain, and that through many kinds of causes, like as through many cholerick and flegmatick humours that be mingled with some blood, and fall down into the shoulder blades, and there provoke pain, that spreadeth it self afterwards into other members, which is known by feeling and handling of it. For this, make this salve following: Take oyl of yellow Violets one ounce and a half, of Costus one ounce, burnt Ivory, red and white Saunders, and Roses, of each one drachme, Starch one ounce and a half, Saffron one scrup. yolks of eggs two scrup. stamp all small that are to be stamped, and temper it in a mortar.

Item, take muscilage of Fleawort, Starch, of each one ounce and a half, Saffron one scrup. Roses, seeds of Plantain, Sorrel, and small Endive, of each half a drachme, and the yolks of two eggs, stamp all these small together, and then make them into a salve, and when you will use it, then let the shoulders be first well rubbed, and warm the salve. These things be also very good for all pains of the backbone and of the Kidnies. For this also serveth the salves of *Aragon* and *Marciaton*, oyl of Saffron, oyl of Foxes, and Badgers greafe, of each a like much tempered together.

In like manner also the oyl of *Piretrum*, oyl of *Euphorbium* tempered together, or each apart, do serve well for all old pains, for they are very hot. Further, all that is very commodious which purgeth the head; Cupping, or boxes set on the shoulders, being anointed with this salve following; take unripe Sallad oyl one ounce, oyl of *Euphorbium* half an ounce, parched Salt beaten small one quarter of an ounce, and temper all together. If there come any such pain with any vehemency whereby the sleep is hindered, then take oyl of sweet Almonds, oyl of Camomil, of each half an ounce, oyl of yellow Violets 3. i. 5. Ducks greafe, Badgers greafe, and Saffron, of each one drach. make a salve thereof with Wax. Item, take Camomil, Melilot, Dill seed, *Ameos*, Balm, and Marjoram gentle, of each one ounce, let it see the well, and put it together in a bladder, or (which is more commodious) into a sponge, and so lay it warm upon it.

Or take Colewort leaves, Betony, and Balm, of each three handfuls, Bean meal two ounces, Wheat meal and Linseed meal, of each one ounce and a half, Saffron one drach. and two yolks of Eggs; see the herbs untill they be soft, then stamp them all together, and lay them on all together, as is done with other plaisters.

Of the Ribs. §. 4.

After the said backbone and shoulder blades, there followeth amongst the outward members of the uppermost parts of the body the Ribs, whereof by nature there are twelve on each side, which is together four and twenty. The uppermost fourteen do meet together, whereby they joyn themselves in the backbone and on the breast, and become as it were one bone. The lowermost five of each side are named the short Ribs, and there is not one man amongst a thousand, that hath eleven or thirteen ribs in one side.

When as then the Ribs through any outward cause, shall be thrust or broken out of their naturall places, or else rotten through any long continued impostume, the Chirurgions must be entertained for them, unto whom I commit them; yet notwithstanding, these two remedies following are highly commended. If then any body have broken or sprung a rib, then take Elecampane roots, roasted amongst the ashes, beat them to growt, raw Hony, Butter, Horsegrease and *Althea* salve, of each a like much, let it see the well together: Secondly, use one of the foresaid plaisters of *Oxyrococo*, and lay it over the ribs. Under and about the ribs cometh the most perilous sicknesse *Pleuritis*, which is the Pleurisie, of *Pleura*, whereby the Greeks call the ribs, whereof we will now write.

Of the Pleurisie, Pleuritis, a sicknesse, with great pricking in the side. §. 5.

This sicknesse is described by *Galen* as followeth. *Pleuritis* is a pain of the side or of the ribs, which is spread abroad in the skin that covereth the ribs, even to the shoulders, with Agues, pricking pain, cold, short breath, and cough.

He doth further describe the same sicknesse in another manner, saying; the Pleurisie cometh in the skin that covereth the ribs, with an inflammation of all the muscles thereabouts, with a strong Ague and with such pain, as though the whole ribs were thrust through with bodkins, with shortnesse of breath, slow pulse, which afterwards increaseth, with a vehement cough, sometimes without avoiding any thing, and otherwhiles by casting out of bloody matter.

These manners of Pleurisies the learned do call *Incoltas Pleuritides*, which is, unripe Pleurisies. It seemeth also sometimes that this pain doth stretch it self even to the throat, and is alwayes with a strong ague and pricking in the side, whereby there followeth of necessity a shortnesse of breath. But this Pleurisie bringeth with it no spettle, and there is no other difference between it and the other Pleurisie, the which may be onely differenced thereby, that at the last nothing is coughed up.

All they then that have the Pleurisie without spetting, they will be plagued with a dry cough. Their pulse is faint, and sheweth no inflaming in the breast, and there is no strong ague, nor any combrous breath therewith: when one doth wring the patient in the place of the pain, then will he feel pain; and by reason that there is no humour which may be inflamed in the breast, from the beginning, but in the outward muscles onely, which humor being afterwards ripened, sheweth it self outwardly as an impostume, the which may be opened outwardly. Thus much testifieth *Galen* in this matter, whereby his successors do conclude, that there be two kinds of Pleurisies, to wit, a right, and a bastard Pleurisie. Of the true Pleurisie hath here been spoken: the bastard Pleurisie is called that, which is opened on the outside. But we will in these and more other subtil descriptions not use many circumstances.

First, there are many causes of these Pleurisies. The outward causes may be unnatural heat or cold, much exercise, Northen winds, even as these sicknesses do raige more in winter then sommer, superfluous drinking of cold water or wine, carying of heavy burthens, falling, straining, striking, and after great heat to come suddenly into the cold, as also by drinking much Must. The inward causes proceed by repletion of the whole body, and alwayes most (above all other humours) through *Cholera*, afterwards of blood, thirdly, of *Phlegma*, and very seldom of *Melancholia*.

In like manner, wind may breed this false Pleurisie, the which may hereby be known, to wit, through anguish of the side without coughing, or with some small cough: and if the place be wrung or touched, then will it cause pain, that so swelleth otherwhises and rankleth, that it breaketh outwardly, or that it must be opened on the outside.

The true tokens of the Pleurisie you heard out of *Galens* own words: but that it may be known of what humours it proceedeth, is to be marked by these words following; in that of *Cholera* the urine is yellow and thin, the pulse hard, swift, and continuing, the pain is great and pricking, the whole body yellowish, the spittle mingled with a little rednesse, there is much thirst approaching, with bitternesse of the mouth, and no sleep, with divers other accidents more, which *Cholera* commonly causeth.

But if the Pleurisie do proceed of blood, then is the urine red and thick, the spittle ruddy, the veins full, the pricking pain is not so big, but there is drouth and anguish with it, the mouth is alwayes sweet, the forehead and eyes are alwayes heavy, the patient is young of years and full of blood.

The tokens of *Phlegma* are, when the spittle is white, when the pain is not too great, when there is but little thirst, and much sleep therewith, the urine is bleak, slow pulse, and other signs more that *Phlegma* accustometh to bring with it. The *Melaucholia* causeth the spittle to be a little leaden coloured, wherewith is no sorenesse or continual pain.

In like sort, there are certain tokens of life or death. The signs of death are these: when no remedies will help, and all accidents, as pain, pricking, shortnesse of breath daily increase: and contrariwise, it is a token of life, when all they diminish. Commonly the stitch in the left side is more perillous then that in the right side, for that it is nearer the heart. But to come to the remedies, then will we first take in hand the Pleurisie which proceedeth of heat and blood.

Fry Oats with vinegar and apply them in a bag hot; some mix salt with it.

Rx. of Figs, hogs grease and oyl, stamp them together and apply it for a plaister.

Or make a poultice of Fenegreek, Linseeds, Wheaten meal, and Butter sod in water.

Drink the juice of Rue in white wine. Prob.

Of the Pleurisie of heat and blood. §. 6.

When as any body getteth a pricking pain about the ribs in the side, with a cough and an ague, then must he first use this Clister following: Take 16. ounces of broth wherein a Lambs head or Calves feet be sodden. Put therein one ounce of flight Sugar, the yolk of one Egg, two ounces of Sallad oyl, Salt one drachme and a half, temper them all together. If need be to make a strong Clister, Take Pompeon seed, Cucumber seed, and Gourds of each half a handfull, Purslain seed and Lettice seed powdered together, of each one drachme, Mallowes, Beetes, Violets, and Mercury, of each half a handfull; see the them together in sufficient water even to the half part; then take of this decoction twelxe or sixteen ounces, and temper therein oyl of Violets three ounces, *Electuarium de Pyllo* two ounces, Cassia and Tho. Sugar, of each half an ounce, Salt one quarter of an ounce, and set it warm.

In like manner it is needful to let blood with speed. Therefore is the liver vein to be opened, and that (like as all learned and also *Galen* himself teacheth) in the same side where the pain is: for this helpeth very soon, and the other very slowly. But *Rasis* maketh this difference: If that the patient be full of blood, then first must the vein be opened in the side where there is no pain, and that not onely once, but also oftentimes, even as the sicknesse doth require, and the mallady doth continue, the which may be forty dayes continually. But if there be great weaknesse or any other occasion at hand, that one durst not open the vein, then at the least set cups or boxes under the pain with much pricking, as the cause importeth. And after letting of blood, then anoint the place of the pain or stitch with oyl of Camomil, oyl of Dill, or with this salve following, the which is stronger: Take oyl of sweet Almonds, oyl of Violets, and unsalted Butter, of each one ounce, Althea salve half an ounce, Muscilage of Hollihocks, and of Frankincense, of each half an ounce, Wax as much as is needful: anoint the place therewith where the stitch is, and afterwards lay this plaister theron: Take roasted Hollhock roots 3. 3. Violets and Camomil, of each one quarter of an ounce, Barly meal 3. quarters of an 3. Temper them together with the oyl of Camomil & Violets, as much as is needful for a plaister,

plaister, and lay it warm on the place of the pain: It swageth the pain, and the stitch that proceed of hot Cholera.

Another that is also very good.

TAke dry Violets, red Saunders, Barly meal, the seeds of Mallowes Bran, Camomil, and Melilot of each a like much, pownd all that is to be pownded, and make it with oyl of Camomil, and Wax to a plaister; And if therewith the pain do not cease and swage, then put Bean meal, Fenegreek meal, and Linseed meal unto it, of each one quarter of an ounce, and one Fig or twain: and use this so long, untill the pain (as may seem to the eye) be delayed and swaged, and untill the spettle avoyd more easily.

The Order of Diet.

Albeit that the abstinence from eating and drinking is very highly commended of all old Physitians, who have commanded for the first three or four dayes only Barley water to be used: yet is the custome of our country and nature, not to observe it so strictly: but (according to their command) to keep all possible abstinence, is very good advise, yet in such manner, that nature, aswell through such great abstinence, as by reason of the sicknesse it self, be not overthrown. Others do prescribe as followeth: If the sick body the first or second day do cough up no flegme, then is he to be kept with Barly water onely: But if he hath been purged and let blood, then shall he at noon drink Barly water, or the decoction of red Pease: At night he is to bed fe with the crum of white bread, that is steeped in sugred Almond milk, and after it to drink a good draught or twain of Almond milk. When as he cougheth up much flegme, then may he eat well of a sugred Pomgranat, and so moderate himself three or four dayes. Afterwards, when the flegme beginneth to be white or red, and to come easily, then may one let him sup up a little broth of a Pullet, with a little Saffron, which strengtheneth the heart and ripeneth flegme. Is the matter cold? then let a little Hyssop and Parsly roots be sodden therein. For a cold Pleurisie a little wine may wel be afforded, the which in a hot Pleurisie is not to be permitted. After the seventh day must his meat be the broth of Pullers, Barly pap, stued Raisins, Figs, Prunes that are alwayes drest with a little Saffron, or Parsly roots. Sometimes also are good broyled river fish, and roasted Pullers or Chickens permitted.

And when as the Ague hath clean forsaken the patient, then may he eat measurably Pullers, Partridges, Capons Turtle Doves, Pigeons, Rabets, and Rere eggs, untill he have thoroughly recovered his health. He must also keep himself alwayes warm, and to sweat a morning; he may otherwhiles for pleasure eat Raisins, Figs, Pine apple kernels, and also two or three Dates, yet he must alwayes have regard that he keep a soluble body: and to this end these herbs following are to be drest and used; as Spinage, Orage, Burrage, Lettice, Violets and Mallowes, with Almond milk, the which is good also for all hot coughs: sheeps feet sodden very mellow are passing good for him. His bread must be wheaten or Barly, well baked; fops of bread and Almond milk with Sugar pennets, are very meet for him. Contrarily, he must abstain from Vinegar, Verjuice, and all sowre and salt things; and likewise from eating and drinking too much. Also from smoak, wind, loud crying, wrath and sorrow, and above all, is carnal copulation hurtful. Hereafter have you yet many more potions that serve for such hot Pleurisies. Wine must be for this utterly forborn, and instead thereof he must be cherished with Almond milk, or with sugred Barly water, the which for all Pleurisies is much used and commended. And it is principally to be drest in this manner: Take pilled Barly one pound, wash it very clean, afterwards powre nine pound of water unto it, and let it see the even to the half; then strain it through a cloth. This is good for all infirmities of the breast: it looseth flegme, and withstandeth the Ague.

Some do see the with this Barly waten, Figs, Jujubes, Currans or Licorice, and such like, every one according to his own pleasure. Some do take vine Snails out of their shels, and see the them with the Barly water, which cause the tough slime in the breast to avoyd and drive it out. For dainty folks you may prepare this decoction: Take a Hen or Pullet, see the therewith a good handful of Barly until the flesh go from the bones, strain it and temper it with the foresaid Barly water.

Item.

Item, take white bread crums, bind them in a fine cloth, steep them in Barly water, strain them often through, and put thereto as much Sugar as you please.

Item, take pilled Barly half a handful, Jujubes, Sebestes, of each ten, or in their stead five Figs, one ounce and a half of Raisins, Licorice, and Currans, of each half an ounce; cut all that is to be cut, and see the it by a mild fire in as much water as you think good. Or take Licorice cut smal three quarters of an ounce, Currans two ounces, Sugar-candy one ounce, Barly a good spoonful, and a pint of water or as much as you will, let it see the till about the third part remain and use it as above.

To every such patient is not onely forbidden wine and other the things, but also spices, Mustard, Garlick, hard and old flesh, Eggs Cheefe, Milk, and all that is drest therewith, he must forbear all fruits and herbs, except such as be soluble and do open the body. In fine, all that warmeth and hindereth the ripening of flegme, like as all sowre and cold things do.

Here follow many things against the Pleurisie.

SO soon as the common people find not speedy amendment of the expert Physitians, then will they be incensed therewith and discontented, and will go seek for other counsel: therefore are these things following very well to be used, where there is any great heat approaching: Take Corn roses one quarter of an ounce, stamp them, and wring out the juice and drink it with Violet water in the beginning of the sicknesse; it is a very good remedy.

This following is commended for an especial mastery in the Pleurisie: Take the red skin out of the Hasel nut and their shels, make them up very dry, stamp them, and give them to the patient twice or thrice a day with Carduus Benedictus water, or Endive water. But if you will have it stronger, then use the red skin alone, take out that which is in the shell, and leave the shel, and give him thereof a scruple, which sufficeth at one time.

Some do counsel for to take the water of water Lillies, before the Pleurisie be full possessed, for a preservation of the Pleurisie. But I cannot well agree thereto.

A wonderfull remedy that might be tried.

TAKE a tooth of a wild Boar file from it two scruples, and drink this powder with Scabious water or Well water: And you may also take it with two or three ounces of sweet oyl of Almonds; for the oyl of sweet Almonds (taken with Sugar candy) is a blessed medicine for the Pleurisie. This is also good for it conserve of Violets, and of water Lillies; and both these sirupes, to wit, the sirupes of Endive and Pomgranats, and especially the cold Dragagant losinges which are described in the first part, the 14. Chapter and 2. §. In like manner the confection of *Diapenidion Diapapaver*, and conserve of Roses, and in great distresse and weaknesse Pearl Sugar, which is called *Diamargariton Frigidum*.

These waters following are also very good for this sicknesse, as water of *Carduus Benedictus*, of *Dandelion*, of *Levisticum*, of Cicory, Violets, Burrage, Buglosse, and all that is made with all manner of Sugar candies, Sugar pennets, and Licorice.

And heed must alway be taken, that the patient in the time of this sicknesse have alwayes an open body, the which may alwayes easily be brought to passe, through the common Clifters and suppositories, whereof we have here before mentioned twain, the which may be made stronger or weaker, according as need requireth.

Likewise it is very commodious also to give the patient two ounces of Manna, within 3. ounces of broth, wherein were sodden Jujubes and Violets. And if so be that the sicknesse be not too vehement, and overthroweth the patient not too sore, then may he use these sirupes, to wit, sirupe of Violets one ounce, sirupe of Licorice half ounce, Barly water, wherein Violets or Licorice were sodden three ounces; give him this in the morning early, and use it certain dayes one after another. For this serveth also the sirupe of Poppy heads, although it were but to provoke sleep.

Another; Take Endive, smal Endive, Liverwort, Lettice, and Venus hair, of each a handful, peeled Melon seeds, Gourd seeds, Cotten seeds, Violets, water Lilly flowers, of each one ounce, Sugar twelve ounces, make a sirupe thereof, and use it as is a foresaid; whereupon, take this purgation, to wit, new Cassia two ounces, of the foresaid broth four ounces

ounces, and give it him in the morning early very warm. You may also put thereto half a drach, of Rubarbe, and half a scruple of Spica. But in case that the patient be very narrow in the breast, as it often happeneth in this sicknesse, then take Manna, and new Cassia, of each three quarters of an ounce, and make thereof a drink with the foresaid broth.

For this are also these confections following to be used: Take *Diapenidion* without spices, and two ounces of the conserves of Violets, mix them together, and use it often. Take sirupe of Jujubes, and sirupe of Violets, of each three quarters of an ounce, temper them with the water of Folefoot and of Buglosse, take this also once a day when you please. But of the narrownesse or passions of the breasts, you shall afterwards in this Chapter find many good remedies.

An expedite cure of the Pleurisie.

AS soon as the pain of the Pleurisie is felt, shall boxes be fastened on the place of the pain, for this helpeth marvellously. Then open a vein on the contrary arm, and the next morning in the same side where the grief is. Afterwards thou shalt give him this sirupe following, as you find the sicknesse to be either hot or cold. And when you find that the matter ripeneth or digesteth a little, then apply this plaister following upon the place affected: Take Hollihock roots, Mallowes, Violet leaves, and Camomil, of each one handfull, decoct them in water, and beat them to growt, add as much oyl of Almonds as shall be needfull. But if the flegme will not be raised and spit forth, then set boxes on the place again as before, with picking, and let them draw well. Also add to five ounces of his drink, two ounces of Oxyssel of Squils, for that it breaketh the tough flegme, and casteth it forth with ease.

Of the Pleurisie of Cholera. §. 7.

IF the Pleurisie proceed of *Cholera*, then are soluble medicines to be used at the first, like as hereafter follow: take Endive, small Endive, Lettice, Liverwort, white Diptamus, Venus hair, (all green if they can be gotten) of each a handfull, peeled Melon seed, Pompeon seed, Cucumber seed, Gourd seed, seeds of Hollihocks and Burrage flowers, of each half an ounce, peeled Barly one ounce, Licorice, Cucubus, Jujubes, Sebestes, of each one drachme, Violets and water Lillies of each half an ounce, see the them all together, and with twelve ounces of Sugar make a sirupe thereof, even as we have taught before. And the common sirupe of Jujubes is also good for this. Item, in stead of the foresaid things may you use this following.

Take sirup of Violets three ounces, sirup of Poppy heads, of Venus hair, of each one ounce and a half: mingle these together with sufficient water of Endive, so drink it at twice: afterwards take this purgation: Take Violets, Borage flowers, and Buglosse flowers, of each half an ounce, Prunes, Jujubes and Sebestes, of each ten, Spikenard half a drach. Licorice and Currans, of each five drach. let them all see the well together; then take four ounces of this decoction, and steep therein half or a whole drach. of Rubarb; let it so stand in a warm place all night, and drink it warm. This being done, lay upon the affected place a sponge that is made wet in warm water, wherein Camomil, Violets, and Dill are decocted. But if these herbs be not to be gotten, take warm Well water, and wring out the sponge meetly well; you may do the like with a bladder that is filled with warm milk and Linseed oyl, and so lay it over the place of the pain. Or you may use this; Take a pint of milk, and two pints of hony tempered well together, and laid with tow upon the place.

Item, take Mallowes, and Hollihock roots, of each one handfull, chop them well together, and fry it with butter or Sallad oyl, and so lay it upon the pain. This following is good to expel the blood; Take Bolus and Salt, of each a like much, make them to pap with hony, and bind it on the place where the pain is.

Hereafter follow Plaisters, Salves, and such like.

TAKE crums of white bread about four ounces, fresh Butter or Sallad oyl, three ounces, Hollihock roots two ounces, Fenegreek half an ounce; cut, stamp, and see the it well in Goats milk, mellow to pap; and when it is almost cold, then stir amongst it one drach.

drachme of beaten Saffron, and so lay it warm on the pain. Item, take beaten Hollihock roots, Mallow seed, and Barly meal, of each a like much; let it see the together in Goats milk untill it be thick enough, then put thereto sufficient oyl of Camomil, and spread it on a cloth. You have here before in the fist §. of the pricking of the Pleurisie two plaisters of roasted Hollihock roots, the which are marvellous good for this. This also following is very excellent for the great stich and oppression of the breast: Take half a pound of Cassia taken out of pipes, as is taught in the Preface, temper amongst it one ounce of the salve of Althea, oyl of sweet Almonds, and powned Hollihock roots, of each two ounces, spread them on a cloth, and make thereof a plaister, and lay it on the stich.

Item, take four ounces of white bread crum, soften them one hour in Goats milk, afterwards pownd them well, then put thereto one ounce and a half of Cassie, three whites of eggs, Saffron ten grains, and oyl of Roses as much as is needful for a plaister.

Of the Pleurisie of Phlegma. §. 8.

IF the Pleurisie proceed of Phlegmaticke humours, and that the pain draw downward toward the lowermost rib, then is the patient to take often times half an 3. of the conserve of Hyssop tempered with Carduus Benedictus water, and a little Saffron.

Others do take a sweet Apple, which they make hollow, and fill it with Frankincense, and then stop the hole again with a piece of an apple, cleaved too round about with dow, and so let it rost a while. This Apple is eaten as a preservative against the Pleurisie, that people might not be taken with it, although they be subject to it.

Item, take a sweet apple, cut a peice out of it, and put there in one scrup. of beaten Mastick, close it again with the same piece. Rost this Apple in hot ashes, and so eat it. Take the uppermost crops of Nettles, see the them in Well water, and strain out the juyce through a cloth, give him thereof at two or three times in the beginning of the sicknesse, three ounces at one time. For purging of this flegmack matter, prepare these sirupes following: Take Hyssop and Venus hair, of each two handfils, pilled Melon seeds, Pom-pion seeds, Gourd seeds, Cucumber seeds, Butchers broom seed, Sperage seeds, Linseed and Fenegreek seeds, of each one drachme, good vinegar half an ounce, cut and pownd all that is to be cut and powned, let them see the all together. To this decoction put three ounces of clarified Hony, nine ounces of Sugar, then make thereof a sirupe: this is passing good when the *Phlegma* is thick and tough. But if you will not make a sirupe for it then take common sirupe, to wit, of Venus hair, of Licorice, or Hyssop: but the sirupe of Licorice is marvellously commended for this.

For a purgation: Take Violets, Buglosse flowers, and Burrage flowers, of each one ounce, Licorice, Currans of each two ounces, two or three Figs, Agaricus one drachme and a half, let all these steep and see the together, take four ounces thereof, and temper therewith three drachmes of the confection of *Eleſchoph*, and then drink it at one draught.

When you have purged, then anoint the pain with the oyl of Dill, or oyl of Lillies; afterward see the Camomil and Venus hair in water and vinegar in a bag; strain it out, and then lay it warm upon the pain. Item, take Barly and Pease, of each one ounce and a half, Bran one handful; beat them grosse, and make thereof a bag of a quarter of a yard broad, see the it, and use it as above. Thirdly, take Myly and Salt as much as you will, warm it together in a pan, put it into a bag, and lay it warm thereon, especially if the matter be windy.

Of the Pleurisie of Melancholia. §. 9.

But if this disease proceed of *Melancholia*, (which chanceth seldom) then strain the juyce of one handful of Burrage and Buglosse, and being clarified, give it him with the foresaid sirupe. For purging, take blak Hellebore, Thyme, Epythymus, the roots of Polipody, Sene leaves, and such like, even as in the description of Melancholy, in the first part the twelfth Chapter and eight §. is taught.

When as the sick person beginneth to cough up flegme, then it is necessary that he use to drink for it every day of common Barly water a good draught, of the decoction which here before in the cold Rheume in the second Chapter is expressed, and beginneth thus: Take 20. Jujubes, &c. which cleanseth the breast. And if the great pricking and shooting remain

remain, and he do cough with pain, then is the patient to drink of this potion following three or four mornings together: Take ten fat Figs, fat Dates, Smallage seed, Fennel seed, Venus hair, Licorice, Hyssop, and Mallowses, of each five drachmes, see the them all together in six and thirty ounces of water to the half, and trouble not your self therein, albeit the patient should cough up matter or corruption.

Of the bastard or false Pleurisie. S. 10.

WE have mentioend heretofore of the false Pleurisie in the fifth S. & made her nature known. If the patient have plenty of blood, then is his *Saphea* or liver vein to be opened. Afterwards, set upon the place of the stich, a cup or box or twain with pricking, or according as the humors in that sicknesse do raig, as blood, *Cholera Phlegma*, or *Melancholia* do exceed: and afterwards purge and use stronger Clusters then for the true Pleurisie were prescribed. But in case that the patient feel this stich about the *Diaphragma*, then open the Median, and use the foresaid warming things, that deuide the matter; let the place be often rubbed with a hand or cloth, that thereby the pores may be opened. This being done, then lay this plaister following thereupon: Take two ounces of Fenegreek meal, and Pitch three ounces, Wax one ounce, melt them both, and mingle the meal amongst it, with oyl of Camomil to a plaister, which you may spread on Leather, and cover it with silk, and so lay it on the stich. But if the ague be not too big, then may you use thereto the *Oxyrocenum* plaister. Item, take the ashes of Colworts, tempered with Pullets or Swines grease.

But if the anguish shew it self outwardly, and yet will impostume but slowly, then must the same be opened, be it with an hot Iron or with a Lancet. What doth loose flegme, that shal be set down hereafter in the description of the cough, of the shortnesse of breath, whether it proceed of heat or cold. But if the flegme that at the first shal be coughed up, be black and yellow together one amongst another, and that the Ague end not on the seventh day, then it is a very bad sign, if therewith be any heavy ratling in the throat, with rednesse of the cheeks, lead coloured and dark eyes, then is death at hand.

When the Pleurisie sheweth it self outwardly.

IF the Pleurisie shew it self outwardly, with any rednes, & the party feeleth great pain in the touching of it, then it is a certain token of a false and Bastard Pleurisie, that is settled outwardly on the ribs. For the same, is a cup or box to be set thereon, or to lay a blistering plaister of Figs and Mustard seeds, and let it lye thereon so long, until the place begin to impostumate, and then open it, and heal it like as other impostumes. But if the matter wax hard, then it is to be maturated with this plaister following: Take Hollihock leaves one handfull, Camomil, Melilot, and Violet leaves, of each half a handfull, Fenegreek seed, and Linseed beaten small, of each half an ounce, Bean meal, and Barly meal, of each two handfulls, oyl of sweet Almonds, oyl of Dill, and Violets, of each one ounce, then temper the one with the other, and so lay it on the place. Hereafter follow plaisters and salves that assuage the stich and pain, be it of whatsoever occasion it may be. Take Mallows, and Hollihock roots, of each one handfull, see the them together to pap, and then stamp them together with oyl of Violets, and Barrows grease, and so lay it on the sore: but let it not lye too long thereon, that the matter be not maturated too soon. Item, take oyl of yellow Violets two ounces, of the oyl of sweet Almonds, and oyl of Camomil, of each half an ounce, fresh Butter one ounce, Saffron one drachme and a half, white Wax one ounce and a half, Dill seed, Camomil, Ducks grease, of each half an ounce, and three yolks of Eggs; make thereof a salve or plaister. This poultice following, doth much assuage the pain; take Bran as much as you please, see the it in Wine unto a pap, and put thereto a little Salt.

Another: Take unripe Sallet oyl three ounces, four fesh yolks of Eggs, Saffron one drach. new oyl of Roses one ounce and a half, see the it a while, and set it on warm ashes, and stir well amongst it the beaten yolks of Eggs; put afterwards unto it Starch and Barly meal, of each one drach. and a half, and last of all the Saffron: if you will have it more forcible, then put fresh Butter to it, and *Bdellium*, of each one drach. and see the it with decocted sweet Wine, as thick as you desire it. Or use this following.

Take Camomil, Dill seeds, Venus hair, Hollihock seeds, and Folefoot of each two handfulls

handfuls, Currans three handfuls, six Poppy heads, six ounces of fresh Butter, 36. ounces of sweet sodden Wine, put unto it (when all is well sodden and brayed) one drach. of Saffron.

A good Salve. Take *Althæa* salve, and Butter, anoint the place therewith where the pain is, and strew thereon beaten Cumin, and lay a warm Colewort leafe thereon.

When the Pleurisie taketh a woman with Child. §. 12.

IF it then chance that a woman be in doubt of bearing the space of two moneths, were brought a bed before her time, and brought a dead child into the world, or were much inclined to the same, and so be taken with the Pleurisie, she must not be let blood, but she must have cups set on her buttocks, and be picked well, whereby to draw the blood downward. But women that are wont to miscarry in hast, they may well be let blood, yet alwaies taking good heed to their strength. But for a general rule, all women (albeit they miscarry or not, or that they have conceived) are to have the liver vein opened. But if it be not the right Pleurisie, then make a bag with warm Millet and Bran, and lay it where the stitch is felt, and anoint the back with *Althæa* salve.

But they that are not with child and have the Pleurisie, it is much counselled, that their Terms be provoked as much as is possible, whereof in the fifth part is very largely discoursed. And the other (even as is already said) are to be holpen (according as they be of strength) by other medicines.

Rules for such as are recovered of the Pleurisie; that they fall not into it again. §. 13.

First, all they that be subject to this sicknesse, are to shun all dwellings (and principally in winter season) that are situate in the North and West, and near the water. They must also forbear all tough slimy meats, and all that is made of dough, Cheese, Milk, and such like: also from vinegar, fowr and sharp, and all kind of tart things: Capers and Sallad oyl are also enemies unto him.

Item, from all portage, except of red and white Pease, and Bean broth, which be good for him; and dresse Hens, Pullets, Veal, and Pigeons with it. All cold fruits, as Apples, Peares, Chesnuts, &c. are hurtful for him; but Figs and Raisins are very meet; sodden Coleworts, and all sorts of Rapes and roots, as Parsneps, Parsley roots, and such like, are very good for him; and all Barley paps also.

His drink must be thin, white, and sweet wine, or common Beer, which is very clear. To drink water, is for this streightly forbidden; but if the Patient desire to water his wine, he may do it; yet with water that is decocted with Cinamom or Licorice. After his meal tide is he to keep himself quiet one or two houres. Watching is very hurtful for him; but to sleep long is very good and needful.

In eating, he must also beware of swallowing down meat not well chewed, and of overcharging his stomach with meat and drink, that there follow no harm to the stomach. He must look well to all these, and that he be alwaies merry and of a light heart.

Secondly, he must take good heed for to have alwaies an open body; and before he use these pills following, he must first use these potions: Take of the water of Fole-foot five ounces: Sugar one ounce, drink it every morning fasting at one time. The pills are thus to be made; Take prepared Aloe one quarter of an ounce, *Opopanacum*, *Bdellium*, and Coloquint, of each one scrup. make pills thereof with sirup of Roses fire of a drach. then take every four dayes one or twain, according as you are bound, and in the evening one before supper.

A Salve.

Take *Asarabacca*, Hyssop, Mallowes, and Rosemary, of each three quarters of an ounce, *Sandaraca* 3. drach. *Spica nardi* one quarter of an ounce, Dragons blood, and the juyce of Sloes, of each one drach. Starch five drach. pound each apart as small as may be, then temper it with Malmsey, and keep this stopped tight: Herewith are you to rub the back bone and shoulders softly, and afterwards a Foxe case bound thereon. And the Patient must have his vein opened on the right hand besides the little finger, and let it bleed 4. or 5. ounces of blood.

These

These are the most principal means, whereby these perillous sicknesses may be prevented; but we will adde somewhat more to the rest.

Certain several remedies against the cold Pleurisie. §. 14.

FOr the true Pleurisie do serve these compounded Confections and Losinges; which are prepared two manner of waies, *Diapassium, Diabysopum, Diaireos Solomonis, & Loch de Pino.*

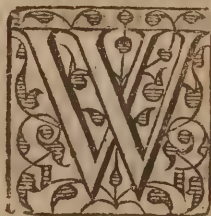
Item, all that is prepared against the cold cough, as confectioned Elecampane roots, Treacle, Mithridate, sweet sirup of Pomgranates, and Parsley roots sodden in wine, tempered with a little vinegar, and thereof drunken often. Also *M. Tristrans* water, and other more *Aque Composita*. But by reason of the Ague, some cooling things must alwaies be tempered amongst it.

For the common drink you have here before in the sixth Section a special Barley water: mollifie crums of white bread therein bounden in a clout, strain it often out, and mingle some white wine amongst it. Hony water quencheth thirst, it provoketh also the tough humours and flegmes to avoid, and it is good for all coughes. Thin wine tempered with water is tolerable for this, if the Ague be not too strong.

Item, take *Cicera*, Venus hair, as much as you please; let it seethe with a little Licorice. For common things, these following are very good for the cold Pleurisie; as *Assa fetida*, Nettles with their seed, Balsom wood, with their fruits, Ireos, Myrrhe, the right Acorns, for which some do take Calamus, or great Galangal and Starch.

The fifth Chapter.

Of the Lights or Lungs.



WE have hitherto spoken of the outward parts of the Breast, and discoursed of their infirmities: now we will write of the inner parts, and will begin with the Lights, for that they are made as a separation between the pipes of the Lungs and the Heart; also as an instrument of the breath, ordained of God for the use of the body, thereby to draw in the outward ayr, thereby to cool and quicken the heart and all inward parts, wherewith to form also and effect the voyce and speech in all that hath received life. Therefore hath nature made the substance of the Lights light, and like a sponge, formed with many pipes, whereby they might be the more meet to draw the breath out and in. Some ancient Physitians are of opinion, that they were without blood; but it is not so, they have their blood too, and are full of it: but as soon as it cometh out of the Breasts, the body is void thereof. What great difference is between the Lights of men and of Beasts, is not here needful to be written. In like manner, that the smaller the Lights be in ones body, the more swiftly can they endeavour and bestir themselves.

This noble and necessary member is subject to many grievous and deadly sicknesses, whereof we will speak hereafter: But first of all we will begin with the Cough.

Of the Cough. §. 1.

FOrasmuch as the Cough is a messenger of all the diseases of the Lights and of the Breast, and that through the grossnesse, drouth, moisture, spittle, and other excrements; whereby men may easily adjudge how the Breast and Lights are made within: therefore it is advised first of all to write thereof. The ancient Physitians do write thus of the Cough: The Cough is a natural motion of the Lights, the which by the ayr and moving vertue of the muscles that are within the Breast, is meet and made for to cough up all that which hurteth the Lights. The moving and breathing in the breast is appropriated by nature; as the needling for the brains, and the digesture for the stomach. But before we go any further, we will speak first of the Rheume, the which provoketh the cough most of all.

Of the Rheume or Catarrhe which falleth upon the Lights. §. 2.

Here before in the second part, the first Chapter, and §. 4. and afterwards in the description of the Squinancy, there are written many things of this Rheume of the Lights, which may as well be understood of the Rheume in the lungs, as of the Squinancy. For the perill of stifling is even as much, whether the lights were stoppt, or the throat were shut up. Such things happen oftentimes through a tough slimie matter, which falleth out of the head upon the lights, and into the breast, the which is very ill to be gotten out, and there resteth and abideth. We will therefore first shew by what means all such stoppings of the lights are to be remedied and cured. And for that these Rheumes are more incident to children, by reason of their moisture, therefore we will expresse certain necessarie things that are requisite for the said young children:

Take Linseed which is beaten, mollifie it in cleare honie, give it to the child to lick thereof: it driveth out the slime, it separateth it, openeth the breast, and purgeth mildly, whereof give him five or sixe times, according as it purgeth much or little: but if so be that the child will not eate any thing at all, there is there no hope of health to ensue. But then roast an Onion in warm ashes, wring out the iuyce, put thereto as much Hens and Capons grease as there is iuyce, and temper it by a soft fire, and anoint the childs breast therewith. Item, take Mastick, Frankincense, and Citron pilles, of each a like much, and make thereof a powder, and rub the Child softly therewith above upon the future of the Scull. Also you may let him lick Oyl of sweet Almonds, tempered with Sugar candie, for it mollifieth the breast, and looseth it. These lousinges following are not onely very good for children, but for aged people, whether the same be used in lousinges, or in form of any confection, *R. Agarici albi ℥. 18. Spec. Diambra. ℥. 5. Diatreos Solomonis, drach. 1. Spec. Diatragacanthi, scrup. 4. Polypodii quercini, ℥. 1. Omnia in pulverem redacta, cum Saccaro incorporentur ad placitum.*

But with men in years it hath another respect. They that be sixteen or eighteen years old, who are infected with this disease, they shall rule themselves according to this regimen following.

Concerning the order of dyet, you have here before in the first Chapter and 4. §. and good advice and instructions afterwards. Also it is very good that the Liver vein be opened, and five ounces of blood letten out. Afterwards two scruples or one scruple of of the pils *Cochia* to be taken, and to sleep one hour after them, and five hours after that to drink a draught of sugred Barly water, and then to eat somewhat. This so done, he must use this Potion following warm in the morning: Take sirupe of Endive, Honie of Roses, and sirpu of Stechas, of each half an ounce, water of Licorie, and of Endive, of each one ounce and a half, tempered together.

But for this accident are Clisters more profitable, like as these be following, which are recited and put for an example. Take Poppie heads, small Housleek, Mallowes, and Bran, of each half a handfull, *Asarabacca*, and Betonie, of each half so much, seeth all together in sufficient water, then wring it out well, and take of this decoction twelve or 16 ounces, oyl of Violets and of Saffron, of each one ounce and a half, *Hiera Picra*, and S. Thomas Sugar, of each 3 quarters of an ounce, Salt one quarter of an ounce: these Clisters are you to use before noon. He may lay roasted Millet, with Salt and Camomil upon his head, and to set oftentimes cups or boxes upon his shoulders and buttocks (without picking) is highly commended. Or if that the partie be full of blood, then ought they to be picked. Also if by nature he be subiect to the Piles, then ought they to be opened by rubbing with rough clothes or Fig leaves; so also is the Ox gall very good for them. Afterwards must he be washed every day with sharp Lee, and therefore use convenient Sope, and let him be well dried, continuing this ten dayes together, but in the meane time shall he take the pils *Assaiaret*, and refrain the cold ayr, and keep his head well covered.

This Salve following is very commodious, if the shorn head be annointed therewith, it raiseth many blisters, and thereby draweth out all the moisture from the braines, and strengtheneth the head exceedingly.

Take one ounce of Nep, Bean meal, and Pease meal, of each three ounces, stamped roots of *Costus* and Mace, of each half an ounce, Mustard seed one drach. Pigeons dung two ounces, Marjoram gentle stamped 3 quarters of an ounce, seeth these together in suffi-

cient water to pap, and use it as is said; for this purpose serveth also oyl of Mastick. Item, take oyl of sweet Almonds, and Hens grease, of each half an ounce, Saffron one scrup. and therewith anoint the throat and the breast. To this end may also this sirup following be prepared.

Take five Poppy heads with the seeds of *panis Divi Johannis* cleaned from the kernels, one ounce and a half, Myrtle seeds half a drach. prepared Licorice one ounce and a half, seethe them in a pint of water, unto two parts, wring it out and strain it, and put afterwards thereto Sugar candy, and Sugar pennets, of each two ounces, seethe it as thick as hony. And if the rheume fall vehemently on the breast, that it seemeth to strangle one, then take half an ounce of *Agaricus*, letting it steep 24. hours long in six ounces of the water of Venus hair, afterwards wring it out, and put as much Sugar unto it as you please. And seethe it to the thicknesse of hony for your daily use; whereof is to be taken half an ounce at a time.

If this Rheume come with heat, then make these pills following, and keep them one day and a night in your mouth. Take white Poppy seed, Purslain seed, and Lettice seed, Sugar candy and Sugar pennets, of each one drach. Saffron one scrup. and make them all to pills with dissolved Dragagant.

But if the Rheume be with cold and a great cough, then take red Styrax, Cipres nuts, Frankincense, *Laudanum*, juyce of Licorice, and Amber, of each one drachme, Raisins (the stones taken out) one drach. and a half, Sugar candy three drachmes, make pills thereof with sirupe of Hyssope, and use them as before.

This powder following is approved for staying of the Rheume: Take *Spica* of the Indies one quarter of an ounce, Cinamom one quarter of an ounce, of the skul of a man that dyed through violence, three quarters of an ounce: take every time it commeth one drach. after meat in Wine, or any decoction. You may also make this in losinges with Sugar, or to a powder. Further, you may take and receive a fomentation for this Rheume, as in the first part, the third Chapter, and §. 2. Item, take Frankincense and *Sandaraca* (which are very requisite for this,) the water of *Consolida regalis* is also very meet for this use. Certain ancient Physitians do highly commend Barley water mixt with Julep of Violets. Item, take cleare and well washed Turpentine one quarter of an ounce, beaten Licorice one drachme: put thereto seething hot flesh broth, stirre it still about untill the Turpentine be dissolved, and drinke it when you go to bed. Others do take also washed Turpentine, tempered with Hony, and beaten Licorice: both these are marvellous good, and specially if the patient therewith be troubled with the infirmity of gravel. Item, Hony and Vinegar wherein *Agaricus* hath been steeped, taketh away all danger of choaking. Likewise for this is very good the sirupe of green Nut shels, which is described in the first part of the thirteenth Chapter, and §. 4. look for it there. It is also here before oftentimes mentioned, that as men will go to bed, they are to swallow three or foure grains of Frankincense, for that they do strengthen much the brains, and do dry and stay cold Rheumes.

If so be that through this Rheume the Pleurisie is feared, the which is thereby oftentimes caused, then take four ounces of new made Oyl of Almonds, and small filed bones of a Bore ten grains, tempered together, and so given the patient to drink.

And if so be that through all the aforesaid remedies the Rheume be not removed, then doe the learned give counsell for the last mean, which is to cauterize on the seam of the skull, the which any may do very well, if one be afraid that the Patient be in danger of stifling.

What is commedious for the obstructed Lights. §. 3.

FOR the obstruction of the Lights (which provoketh the cough, the shortnesse of breath, and many other diseases) is all that highly commended which causeth to rid much phlegme, like as hereafter more amply (where we shall speak of the Cough) you shall see: yet are these things following used against this present stopping, to wit, conserve of Fumitorie, and all that is made of that herb: it openeth the obstructions of all parts. In like manner, Conserves of Marjoram gentle, Sage, oyl of bitter and sweet Almonds, oyl of Wormwood, sirup of Violets, of Vinegar, and *Acetosus compositus*, which do separate and loose these Rheumes that are impacted in the light. In like sort *Oxymel* of Squils, and *Agaricus*, have especially operation for to loose all rough phlegme from the lights, for which this confection following is highly commended: Take Frankincense, Myrrhe,

Myrrhe, Licorice, Saffron, and Cassia wood, of each one drachme, beaten small together, and Hony (sodden with Malmsey somewhat thick) four ounces, tempered all together. This confection is speciall good for this maladie.

But every one ought to know whether this Rheume do proceed either of heat or of cold, thereby to rule and direct himself, and may make choice of medicines that may be commodious as well for the one as the other.

Remedies for the Cough. §. 4.

VHat the Cough is, and how it is described of the learned, is declared before in §. 1. But as much as concerneth the inconvenience of the Cough, we will divide it into two sorts; to wit, a dry and cold sort, both proceeding either of inward or outward causes. The outward are, when as any thing cometh into the throat, be it powder, dust, any pestilent ayr, or any other bad ayr, dry, moist, or hot ayr, where-with the Lights be infected.

In like manner smoke, sharp meats drest with Pepper or much Salt, Medlars, Vinegar, Verjuyce, Limons, or such like, which passeth through the throat, be it through meat or drink, which doe slide into the unright throat (as the common people use to say.) The inward causes are rough slime, and rheumes, (whereof before hath been written) that fall into the breast and the stomach. And when any vapor comes into the Lights, be it of an infirmity of the stomach, Milt, Liver, Mother, and such like: the which infirmities bring with them their owne signes, and shew whereof they spring and sprout, which would be too long to be rehearsed at this present.

But to come to the remedies of both these sorts of the Cough, it is to be marked, whether the Cough be dry or no; for when it is so, then cometh it of heat: And if so be that the patient be full of blood and red in the face, then according to the permission of his age, of the country, of the time, he is to be let blood without delay, especially if the party be dry and lean. But if it last long, it is to be feared that it will come to a consumption (which is *Phthisis*.) For this are good all cooling and moist things, as conserve of Violets, strewed Barly (which is *Ptisana*) and such like things.

Against all dry Coughs. §. 5.

THat which at the first of the stewed Barly and other things hath been said, the same is also good for this dry Cough, whereas little or nothing at all is coughed up; But this drink is especially commended for it. Take sirupe of Violets, sirupe of Poppy heads, and sirupe of Jujubes, of each a like much, water wherein Barly, Violets, Licorice, Raisins, and Sebestes be sodden, as much as you think good, tempered with Sugar. Purg- ing is not onely commodious, but also needful, the which is thus to be effected: Take of the said decoction, seethe therein Prunes of Damask, and sowre Dates, of each half an ounce, piled Melon seed, Pompion seed, Cucumber seed, Gourd seed, and Venus hair, of each one quarter of an ounce; take four ounces thereof, and temper therein one ounce and a half of Cassie, for it cooleth and openeth. The ancient Physitians do praise pil- led Beans; it is possible indeed, for that it will make the water thick. In like manner do they commend fresh Butter wherein Almonds and Sugar are mixed, strewed Gourds, Jujubes, Spinage, Endive, Lettice, Purslain, oyl of sweet Almonds, Kids flesh, Pullets, and such like.

It is also good that the patient alwayes keep somewhat in his mouth, sometimes one thing, and otherwhiles another, to wit, losinges of Dragagant. Sugar pennets, Licorice, the juice of Licorice, Sugar candy, or such like; and for this you may prepare this con- fection following: *R. Specierum, Diapapaveri unciam unam, Diatrageanthi frigidi, Diap- nidionis sine Speciebus. ana drachmam unam, Sacchari violarum uncias duas, Species Diatri- uunciam unam, fiat mixtura.* Or take that which followeth: Take Poppy seed beaten smal one ounce and a quarter, Starch, Dragagant, and Gum, of each half an ounce, piled seeds of Gourds and of Quinces, of each three drachmes; then make thereof a powder. Item, take Sugar pennets sixteen ounces, seethe it with water of Folefoot unto the thick- nesse of hony, or somewhat stiffer, and take thereof oftentimes in the mouth. Item, take a little pan, and fry Currans therein, stirring them still about, that they burn not; and eat thereof every morning a full sponfull.

Item, take half an ounce of Manna, dissolve it in fresh oyl of sweet Almonds, if there be any drest therein, strain them thorough oftentimes. For this also is meet a bath of fair water, wherein are decocted Violets, Mallows, and Hollihock roots.

Because that this kind of dry Cough hath need of moisture and mellowing potions, for which these things are noted down: Take of the black lozenges, and temper them with the sirupe of Violets, and with the foresaid decoction, and drink thereof as often as you will, it is marvellous good. And you may also use it with the sirup alone. Item, take new milke, temper it with sweet butter and sugar, and drink when you goe to sleep, it easeth the Cough above all measure. Or take four pints of water, and the fourth part of a pint of hony, sixe Figs cut small, one ounce of Licorice, seeth them together unto a pint, scum it well, and drink thereof every morning a good warme draught, and delay also the patients wine therewith. This is also marvellous good against all hoarsnesse.

Another: Temper faire Well water with any of these sirupes following, and drink thereof, to wit, with sirupe of Violets, of Poppy heads, or of water Lillies. Item, take Barley water one pint, seeth therein four or five Crabs, according as they be big, or in their stead hedge Snails, for they are specially good against dry Coughes.

This potion following is called at the Apothecaries *Decoction pectoralis*, and is much used and had in all the Apothecaries shops at *Ansborough*, and also very commodious: for it scoureth the stomach, melloweth the Cough, cleanseth the tough slime in the breast, and moisteneth also the same. Take new Figs half an ounce, Dates and Jujubes, of each one quarter of an ounce, Mallows, Hyssope, Currans, sliced Licorice, Annis seed, Fennel seeds, and Barley, of each one quarter of an ounce; seeth them altogether in three pints of Barley water unto the second part: but if there be much flegmatick slime with it, then let there be sodden therewith one ounce or twain of Hony. The like remedy have you also here before in the second Chapter, and the second §.

Of that which may be used outwardly.

Take Camomils alone, or with Roses and Thyme sodden together, and receive the vapour or fume thereof into your nose.

Hereafter follow divers Salves, and such like.

Take the muscilage of Dragagant, and of Gumme, of each one quarter of an ounce, oyl of sweet Almonds, and of Violets of each one ounce, Hens grease and Calves marrow, of each half an ounce, Wax as much as is needful to make a salve. Or take oyl of Violets four ounces, as much white wax as will make it thick, spread thereof upon a cloth, and then lay it upon the breast. Item, take the muscilage of Linseed, and of Hollihock roots, oyl of Lillies, and Goosegrease, of each half an ounce, Saffron ten grains, and a little molten Wax: a make a soft salve of them, and therewith anoint the whole breast. This is speciall good for young children, and not unprofitable for people in yeares. The things hereafter following are exceeding good to anoint therewith the breast, if so be it be used alone, or tempered with other things, like as the oyl of Camomils, oyl of yellow and blew Violets, oyl of Lillies, and Poppy heads. Item, all fat of Hens and Ducks, of which two fats take one ounce of Saffron one scruple tempered together, and the breasts annointed therewith.

There are at the Apothecaries two kinds of breast salves, which are called *Vnguenta Pectoralia*: Take muscilage of Fleawort, Dragagant, Gumme, Linseed, and Fenegreek seed, of each one drachme, Hens grease, marrow of Calves bones, fresh Butter three quarters of an ounce washed together with the water of Violets, oyl of sweet Almonds, and of Violets, of each half an ounce, Wax as much as need requireth, and so tempered altogether into a salve.

This swageth not onely the Cough, but also the pains of the breast. Another. Take oyl of Violets two ounces, oyl of sweet Almonds one ounce and a half, fresh Butter two ounces, Ducks grease one ounce, Muscilage of Hollihock roots, Linseed and Fenegreek, of each half an ounce, let these seeth all together untill that the muscilage be consumed. Take molten white Wax as much as is needfull for a salve, but stirre it well about untill it be cold: this hath the same operation with the other.

A Plaister for the Breast to stay Rheumes.

℞. of Laudanum ʒ. 2. Wax ʒ. ʒ. Turpentine ʒ. ʒ. melt the Laudanum and Wax with a little hogs lard, then put the Turpentine into it for a plaister, apply it spread upon leather; you may adde the powder of Saffron unto it.

Of a moist and cold Cough. §. 6.

When the Cough cometh with much slime and moisture, and will not be removed, and that therewith be no Ague nor Lask, then are these Lofinges following to be given him, with water wherein Venus hair and Hyssop is sodden. Take Fennel seed, Smallage, juice of Licorice, Venus hair, and peeled Almonds, of each a like much, make trochiscs or losinges thereof with the musilage of Linseed. You are also to prepare these Sirups following, which are passing good.

Take Ireos and Elecampane roots, of each one ounce and a half, Hyssop and Venus hair, of each two handfuls, white Mints, Pimpernel, Mallows, Marjoram, of each half a handful, fryed Linseed one ounce, raw Barley one ounce and a half, Licorice and Currans, of each two ounces, Hony and Sugar, of each six ounces, make of them a sirup.

For this is also meet the usual sirup of Licorice, also *Stechados*, *Oxymel* of Squills, and sirup of Venus hair three or four daies one after another, with water of Venus hair or Scabious drunken. When as then the matter is prepared with the foresaid things, then purge the Patient with pills *Cochia* and *Aurea*, of each half a drach. Or take one ounce of Cassia, Agaricus one drach and a half, *Turbit* also one drach. *Sal-gemma* and Ginger, of each three grains; give it him with 4. ounces of water, wherein are sodden Venus hair, Hyssop, Scabious, Licorice, and Violets.

After purging, some do give Mithridate and Treacle for old coughes, thereby to consume the matter. Also for old Coughes the Treacle *Diateffaron* is to be used, but take what you please giving him a drach. at one time, according as the person is young or old, with a little Barley water. The Breast is also to be kept warm, and the same to be anointed, whereto this following serveth: Take Musilage of Fenegreek, and Linseed, of each two ounces, fresh butter one quarter of an ounce, oyl of sweet Almonds one ounce and a half, Wax as much as is needful. For this is special good the salve *Alibaa*, and when you have rubbed the breast warm therewith, then cover it with carded sheeps wooll.

Further, these things may be used outwardly, to wit, that in the morning there be laid on his head a bag of parched Millets and salt, or a bag with Pennyroyal, Marjoram, and Mints laid upon the head: Or in the stead thereof, Styra, wild Mints, Myrrhe, and *Sandaraca*, of each a like much beaten to powder, and cast upon the fire, and the vapour or fume thereof received into the nose and mouth. For this is also good *Nigella* seed, or *Sandaraca*, each alone.

Item, take Rosemary, Pennyroyal, Camomil, white Mints, and Sage, of each a like quantity: let them see the together, and receive the vapour or fume. You may make also of these things following a cap, and wear the same continually on the head; it is very commodious for old folk. Take *Stechas*, *Amaranthus*, Camomil, Melilot, *Agnus castus*, and Rue, of each a handful and a half, Anniseed, Fennel, Cumin, prepared Coriander, of each half an ounce: then lay this Cap upon a hot stone, which is sprinkled with Wine, and so set it warm on his head.

The Patient is also to hold Myrrhe a long time in his mouth, and afterwards swallow it down, for it hath a marvellous operation in all cold Coughes. A bath to wash the feet is also very commodious for this; take for the same Thyme, Roses, Camomils, and Salt, of each one handful: let them see the together, and put the feet therein even to the knees. This may he use three daies long, and then renew the same. See the Hyssope, and old figs in wine, and drink of it daily.

Other things more that are very requisite for this purpose.

For this is also good all that warmeth the breast, whereof there are many sorts, as two kinds of *Diaireos*, the which in the first Part, the 14. Chapter. §. 1. are described: Likewise *Diatragacanthum solidum*, which is also there described in the 2. §. Meade is

also very good against the cold Cough, and all diseases of the Lights, which is taught to be prepared diversily in the eight part. What pectoral potions the Apothecaries have in use, the same is shewed in the second part, the second Chapter, and 2. §. Elecampane Wine taketh away all cold diseases of the breast. The same doth also oyl of Lillies, of sweet Almonds, oyl of Poppy heads, trochiscs of *Diapenidion*, *Looch de Pino*, which is a confection of Pine apple kernels, *Looch sanum*, and chiefly *Looch de Seylla*, toasted Figs, Dates, the decoction of an old Cock, with wild Saffron seed wherein Hyssop, Ireos, Raisins or Nettle seeds is decocted. Elecampane, Saffron, and all that is prescribed for the cold rheume. And because that these losinges, *Looch*, or confections are many times rehearsed in this our book of Physick, therefore it cannot be misadvised that we describe them, and other such like here, and begin first with *Diapenidion*, which is made thus. Take Sugar pennets two ounces, sweet and bitter Almonds, and white Poppy seed, of each three drachmes and one scruple, Cinamom, Clôves, Ginger, juice of Licorice, Dragagant, Starch, Gum, seeds of Melons, of Gourds, and Cucumbers, all pilled, of each one drach. and a half, Camphire seven grains, make thereof small powder being all beaten and chopt, and with an ounce of this powder, 12. ounces of Sugar, and seethe it away with water of Folefoot unto losinges, and then let it melt in your mouth. This Sugar is very good for all old coughs, for hoarshesse, for digestion, and coughing up of flegme.

Looch de Pino is thus prepared; Take fresh Pingels sixteen drachmes, steep them all a night in the water of Folefoot, sweet Almonds, parched Haselnuts, Dragagant, Gum, Licorice, Starch, Venus hair, and Ireos, of each one quarter of an ounce, 17. or 18. Dates, one ounce and a half of bitter Almonds; Honey, of Roses, fresh Butter, and white Sugar, of each one quarter of ounce, 18. ounces and three quarters of clarified Hony, cut and pownd all that is to be cut and pownded, and then temper them together with the said Honey; this is passing good for all coughs.

There is also another *Looch* or confection, the which is called *Sanum & expertum*, which is hail and approved. Take Cinamom, Hyssop, and Licorice, of each one quarter of an ounce Jujubes and Sebestes, of each sixteen, Currans, Figs, and Dates, of each one ounce, Fenegreek two ounces and a half, Venus hair half a handful, Annis seed, Fennel, Ireos, Linseed, and white Mints, of each one quarter of an ounce, seethe them together in 24. ounces of water unto the half part, then strain it out, and put to this decoction 12. ounces of Sugar pennets, seethe this together again untill it be through thick, afterwards mingle the other things therein cut and beaten small, prepared Pingels, one ounce and a quarter, as is before said, peeled Almonds, juice of Licorice, Dragagant, Gum, and Starch, of each one quarter of an ounce, roots of Violets one drachme, stir them well together untill it be white. It is very good against the Cough, and hoarshesse that cometh of cold: it melloweth and emptieth the breast of all flegmatick matter.

Looch de Seylla which is of Squills, is very forcible to cleanse the Cough, slime, and flegme out of the breasts, and to separate the same: it asswageth all pain and smart of the breast, and it may be thus prepared: Take the very best and purest part of a Squil parted asunder with a wooden knife, stamp it with a wooden pestel, and wring out the juice; take so much Hony as there is juice, and seethe it together untill it be thick enough.

Of an old Cough. §. 7.

IF the Cough be waxen old, and so fierce that it will not let one sleep, then doth *Rasis* ordain to take Myrrhe, Styrax, and *Opium*, of each a like quantity, and to make pills thereof, and take one or two of them. It is often shewed before how hurtfull the *Opium* is, whereby every man may know how to deal therewith, this following is safer: Take sirupe of Poppy heads half an ounce or more, or eat a little Poppy seed with Sugar, both of them make the Rheume thick, and to stay the same that falleth into the breast. Item, take a handfull of Hysop, cut Licorice, and Currans, of each three ounces, Fenegreek and Linseed, of each one ounce and a half, beat them and seethe in two pints of water untill two parts remain, cover the pot with a funnel, and recive the vapour or reke at the mouth.

And for that the Cough is a very common disease, therefore will it not be amisse briefly to comprehend what things are commodious for this Cough. First, if it proceed of heat, then are good for it the Violets and *Sebestes*, Dragagant, Gum of Arabia, Starch, white Poppy seeds, Jujubes, Mulberries, Muscilage of Barly, of Fleawort, of Quince seeds, peeled

peeled Melon seeds, Gourd seeds, Cucumbers seeds, Purslain, Endive, Lettice, Melons, Almonds, Sugar pennets, oyl of Violets, of water Lillies, and such like. Conserves of water Lillies do cool and moysten the breasts, the throat and the tongue, and chiefly the sirup of sweet Pomgranates.

If the Cough proceedeth of cold (and if it be grown old) then are these things following very profitable, hasef Nuts, with hony, do ripen the Cough, Smallage, Hyssop, Venus hair, Mallowses, Scabious, Betony, wild Thyme, white Mints, Marjoram, great and small water Mints, and *Chamedrios*; Of Roots, Licorice, Ireos, Squills, Lillies, Elecampane, the roots of blew Flowerdeluce, Garlick boyled, Calamus, Sefeli, Pease, Fenegreek seeds, Nettle seed, Anniseed, and Fennel seed, Linseed, seeds of *Verbascum* peeled, and seeds of Hollihocks, which are both good in heat and cold. Of Fruits, Figs, Dates, Bayberries, Raisins, sweet and bitter Almonds prepared with Starch, are special good for all Coughes, sweet oyl, Pingles, sweet Pomgranates, and Jujubes. Of all Spices is very commodious Pepper, Cinamom, Saffron, and Cardamom. Further also of Gums, *Bdellium*, *Assa foetida*, *Myrrha*, *Galbanum*, *Mastix*, *Sagapenum*, *Sarcocolla*: Likewise Sulphur, Hony, Sugar, and all that is sweet, Sugar pennets, Sugar candy, *Agaricus*, Hony combs, swallowed down or mixed with salves, and fine Bolus. Of Compositions, are Lofinges, Barly water, many confections, Sirups, and *Manus Christi*, whereof one that hath understanding and knowledge, is to make choice of such as he shall see to be requisite for the cause.

In like manner is highly commended for this the Conserves of Rosemary; all *Oxymels* are good for the Cough; specially they that have *Agaricus* in them; notwithstanding in grievous Coughes is to be used the advice of a learned Physitian. For the Cough in children Bathing is hurtful: the drink of their Nurfses shall be water and Sugar. Also it is very good for to put alwaies Sugar, or the powder of Licorice in their pap.

All sower things are ill, and contrary to the Cough, as Vinegar, Verjuice, all sower drinks and meats, and all that is cold of nature, or in any wise sharp, are streightly forbidden.

What ordinance or government of life is to be observed (be it in cold or hot Agues) you may see above in the second part; the second Chapter, and §. 2. where it is at length described. But this is onely yet to be therewith annexed, that in all moist phlegmatick Coughes, whether they proceed of heat or cold, reasonable walking, standing, and watching is most meet, by reason that the matter which causeth the Cough, doth alwaies fall more into the breast sleeping then waking.

What is good for coughing up of Phlegme. §. 8.

Albeit we have told here before what raiseth the Phlegme, and is commodious for the loosening thereof, yet can it not be but expedient to rehearse here again certain of the forementioned things, and to adde other remedies more thereto, whereby the phlegme might be furthered and brought up. The Sirup of Licorice is one of the most precious remedies for the Cough; after that the sirup of Horehound, *De Prassio*, and of Hyssope, *De Hyssopo*. If there be much tough phlegme at hand, then is *Oxymel* to be tempered and drunken with Barley waters. Waters of Folefoot and Elecampane are passing good and forcible to loose the flegme; likewise *Manna*, and Sugar pennets.

Will you then have good Tabulates for this? then take Starch, peeled Melon seed, Gourd seed, Cucumber seed, and Pompeon seed, of each (being all peeled) half an ounce, Dragagant and Gumme, of each three quarters of an ounce, Licorice one quarter of an ounce, Sugar pennets two ounces, Saffron 4. grains, Sugar candy two ounces, Violets one quarter of an ounce, seeds of white *Sesamum* half an ounce, of the sirup of Violets 12. ounces, dissolve the Sugar therein untill that you (with other things therein tempered) may cast Tabulates. If you will make a confection thereof, (like as it will best frame unto it) then seethe not the Sugar too hard.

And you are to anoint the breast with these things following; Take Ducks greafe one ounce, fresh Butter half an ounce, oyl of *Sesamum* and of Violets, one ounce and a half, Saffron one scruple, Grayes greafe and Wax, of each three quarters of an ounce; melt them together, and wash it twice with Barley water wherein some Saffron is foddren, then mingle Saffron amongst it, which is then put amongst it, because it is special good for the breast, for all manner of Coughes and heavy breath, therefore is it to be used at all times in their meat.

Will you have the salve more maturating? then temper amongst it the muscilage of *Sesamum* and Fenegreek, of each one ounce, with a little molten Wax. And if so be that the belly, the fundament, the privities, and all parts round about them be anointed with it, then will all Rheumes be stayed therewith. Item, the breast anointed with the salve *Althea*, ripeneth Phlegme, and riddeth it very much. The like doth also the pectoral unguent described in the end of §. 5. In like manner also a stomachical powder, which is expressed in the first Part, Chap. 13. and §. 1. of the Memory, the which is also good for the Cough, and for the Lights. Item, *M. Tristrans* water, and many other remedies that are also discovered before in §. 6.

And for that there is written much of the Rheume or Catarrhe before, whereof the said Cough is moved, and there is likewise much hereafter to be said also of the shortnesse of breath, the which infirmities are to have one and the self same kind of remedies: therefore we will proceed now and speak of other maladies which the Breasts and Lights are subject unto, and how they are best to be cured.

Of a short panting Breath. §. 9:

OF this heavy and panting breath hath been mentioned before; that the Lights are by nature ordained an instrument, dwelling place, and distributors of the breath, therefore (albeit they be subject to many diseases) yet can there not a more dangerous accident happen unto any, then that the breath be hindered, or cannot be drawn or yeeld forth again, for that whensoever this chanceth, then will the affected party be quickly choaked. Yet doth it come to passe oftentimes, that if any do get a short panting breath, of which if he be not soon rid, death must needs ensue; therefore are all Physitians full of care and trouble in the cure of the same.

And whereas this malady proceedeth of many kinds of causes, therefore have the Physitians given it many kinds of names, and specially the Grecians, which difference we are also (as much as is possible) for to imitate and follow.

That we may therefore first speak of the purfivenesse or shortnesse of the breath, and whence the same proceedeth, we will indeed first of all describe three sorts of purfivenesse, as *Dyspnaa*, *Asthma*, and *Orthopnaa*.

Dyspnaa is, when the breath is drawn painfully and out of course, and therefore all that are so affected be called *Dyspnaici*, who do draw their breath with great labour through the narrownesse of the breast and of the lights, and are more troubled in drawing it in, then in letting the same out again.

Asthma is an uneasie drawing of breath, where there is more grief in letting out the breath, then in taking of it in, so that this happeneth with a strong wheasling and noise, yea with such narrownesse of the breast, that it seemeth that the party would thereby yeeld up the ghost, and depart this world.

Orthopnaa hath both these accidents, that cometh commonly so strong, that the sick person (if he be as feeble as he may) must yet notwithstanding be alwaies upright for fear of stifling: and these persons do find indeed, that when they are upright, then they draw their breath in, and let it out the easier: so that *Dyspnaa* is caused onely through the feebleness of the drawing in of the breath; *Asthma*, for lack of this force that ought to drive out the superfluous vapours out of the lights, and *Orthopnaa*, where that there wanteth vigour to draw the breath in, and again to let it out.

But these three infirmities of the Lights are very nigh of condition the one to the other, yet have they their several signs from what humours they proceed, which are chiefly caused of blood and flegme, but lesse of *Cholera*, and very seldom of *Melancholia*. The cause of this purfivenesse may proceed as well of outward cold, as of unnatural heat, as also of falling, thrusting, and striking, whereby any of the inward parts of the throat be tainted or pained, as Sinews, Arteries, Muscles, Neck, and such like, joyntly or particularly, whereby the breath is hindred, even as the same may be provoked by some sudden strong stirring of the body, pestilent ayr, vapour or damp of Quicksilver. The inward causes are flegmatick matter throughout the whole body, or in any part thereof, the which for the most part infecteth the head and the lights, long and continual use of any choaking and binding things.

Item,

Item, if there were any impostume in any part about the breast, as in the throat, pipe of the lights, as in the Squinancy, pain of the stomach, suffocation of the mother, and such like. Also when as any Rheume falleth into the lights, which is comprehended under the foresaid parts.

The outward causes must be understood by the Patient himself, to wit, whether he have led an unruly life, whether he have eaten much fruit, much Swines flesh, much Beef, or have been fed with much Verjuice, Vinegar, Medlars, or Chestnuts, all which do breed a short breath: but if this shortnesse of breath do come of the Squinancy, look for the signs of the same, and likewise for other incident sicknesses, as for the signs of the Pleurisie, inflammation of the lights, suffocation of the mother, superfluity of flegme, even as of either of them is sufficiently spoken in his place.

Concerning the remedies for these sicknesses, we will first of all shew in what manner the Patient is to behave himself, for that helpeth much, and chiefly, for that these diseases do many times so mooter and plague people (for the space of many years) that they can neither live nor dye.

Because then this purfivenesse, coughes, and shortnesse of breath are caused of all humours of a mans body, which is blood, *Cholera*, *Phlegma*, and *Melancholia*: therefore we will for brevity sake, declare no certain rule of living, to the end that every one of discretion might know to rule himself according to the nature of every Patient, and other circumstances, as also by many other instructions that are described here and there in this book.

Notwithstanding to frame an introduction thereto, this is the beginning. If in case that this purfivenesse proceed of tough flegme that obstructeth the breast, you shall know it by this, to wit, if the Patient be plagued with a grievous and pinching shortnesse of breath, and that most at all times when as this tough slime shall be removed, to wit, two houres after midnight, even untill the morning.

And if that he through want of sleep, can scant come to himself through weaknesse of wit, with a strange pleasant taste of his mouth, and casting out of salt flegme, whereby that the foot and the eyes wax bleak, the breast is without heat, or with very little: yet the breast being burthened with a grievous Cough and short breath; thereto cometh also a heavy freighted head, litheresse of the whole body, a flow, feeble, and sometimes also a still pulse. And if the matter which is impacted in the breast be stirred, then trembleth the Patient: yet with these other signes more are many alterations, which are incident unto them, according to the importance of the Ague, as it cometh to passe.

Of the six unnatural things, which are called Res non naturales; whereto is also added a rule of dyet for the Purfivenesse. § 10.

IN the Introduction of this book of Physick, in the eleventh Chapter, is a brief discourse of these six unnatural things, the which the learned call *Non naturales*, whereof we then promised to speak more at large.

And to the end this may be orderly effected, therefore are we to speak somewhat thereof at large; and to that end, because the same is very commodious for many sicknesses already mentioned, and others that are yet to be described hereafter. But these are not therefore called unnatural, because they are contrary or besides nature; for sleeping, watching, &c. are not contrary unto nature, but only by reason they have not received their natural off-spring of blood, *Cholera*, *Phlegma*, and *Melancholia*, wherewith the nature of man is united and joyned together: and when they agree orderly together, nature will be supported by them, especially for that they are but accidental things, that are not nature her self, but be the furtherers and preservers of the same: and by reason thereof have gotten these names, as followeth.

The *Ayr* is of the learned decreed for the first, wherein they that have a short breath are to observe this rule, to wit, that men are for the same to chuse a subtile, warm, and dry *Ayr*.

Contrariwise, men are to shun the cold and moist, and chiefly the South wind, for

for that oftentimes is an occasion of a narrow breast or pursiveness: But if you cannot get such an Ayre, then make fire in your chamber of Juniper Wood, and of a Bay tree, Cypress wood, Beechen wood, Oaken wood, and such like.

Item, make a fume with Myrrhe, *Laudanum*, *Ambra*, Musk, and red Stryax, three ounces; temper them all together in Sage, wild Thyme, Pennyroyal, and all manner of odoriferous herbs. Or if one be kept in a Stove, the same must be made but meetly warm. All places next to the earth, and all vaulted chambers must be refrain. The windows of his chamber must stand towards the East and North, the which in the heat of the morning untill noon are to be kept open, and afterwards shut up; and when the Sun be ginneth to go down, then to open the same again, thereby to refresh the ayre.

All dwellings that stand beside still standing pooles, are to be avoided. In like manner also all dark, cloudy, thick, and stinking ayre. And when you are to go abroad, then is the Pomander following to be carried in your hand, and smelt to continually. Take *Spica* of Indi, Galangal, and Mace, of each one drach. *Laudanum* half an ounce, Frankincense, *Sandaraca*, of each half a drach. Musk and *Ambra*, of each two scruples, make thereof a Pomander with Malmsey. Look also that the chamber of his dwelling be strewed with herbs of hot natures: but from Rue and Smallage let him beware, for that they hurt the brains. Or sprinkle often the chamber with Wine wherein the same herbs are sodden.

Motion.

Motion: *Motus* is accounted the second unnatural thing; touching this is commanded in the straightnesse of the breast, that whensoever any such do rise in the morning, that he shall go forthwith and ease himself. and beware how he wear any clothes that are narrow about the neck and breast: yet must he wear clothes well lyned, but no lyning of any Beasts that frequent the water, or of Wolves. He must also not wear any heavy thing on his head; yet must he see that his head be well covered alway, and defended from the cold, with a light Cap or Hat. He must also give himself to meetly stout walking, or to ride upon an easie trotting horse, or to shoot in a handbow, or use such like exercises.

In the evening one hour before, and one hour after meat, shall he exercise himself, yet not above his ability, so that the short breath be not moved too much, wherewith Venerie is also comprehended, for that it is a deadly poyson to a full stomach, by reason that the same ought to be done six hours after meals. But if these exercises cannot be atchieved by reason of great feeblenesse and other occasions, then instead of them the patient is to be well rubbed with hot clothes over all his outward or utmost parts, even as the same is sufficiently taught in the second part of the first Chapter, and §. 3. and in other places. This rubbing may be also well effected with oyl of Camomil, Dill, or with Salad oyl, and in such manner, that if the shortnesse of breath be extream, then in the beginning is he to be fushed, and rubbed mightily, and afterwards very mildly: and this is all to be done in such sort as the patient may well abide and suffer it.

If there be great weaknesse approaching, then let the clothes be fumed with Musk, Amber, Cinamom, Lignum Aloes, Gallia Muscata, and such like; or lay on those parts certain clothes which have been wetted in Malmsey, or any other kind of Wine, wherein Cloves, Galangal, Mace, *Spica*, &c. are decocted.

Sleep.

Sleep and watching are said to be the third unnatural thing. And for this sickness is commanded that men give not themselves to sleep at any hand, be it at noon or evening, but onely two hours after meat: but it is better that one utterly forbear sleeping a dayes: seven or eight hours long is the fittest time for sleeping, yet the same may be diminished or augmented according to the custome of the sick body, or his dyet. First they are to lye high with their head, and on the right side, untill the digesture of the stomach be consummated: and afterward a while on the left side, and then again on the right side, and to lye upon the belly is commodious for digesture, but it is not good for the eyes. To lye upon the back is most perillous, and a cause of all diseases of the brains, the Sinewes, the Palsie, the Frenzy, and such like, because that thereby all superfluity of the humours do fall down backwards: contrariwise, measurable watching strengtheneth much, yet according to the importance and custome of nature, and power of natural humidities; for if one take not heed thereto, then cometh none other thereof, then all mishap. How that all excessive watching shall be withstood, is to be seen in the first part, the 12. Chapter, and 6. §.

Repletion and inanition are the fourth unnatural things, which the Latinists do call *Repletionem*.

Repletionem, and Inanitionem. You must have an especial care that the body be kept free from all superfluous humours, for thence do grow many and sundry infirmities, wherefore it is necessary that they be expelled in the morning through going to the stool, through the urine and sweating, and by all other such like means. And if so be that nature cause not all this of it self, then ought it to be compassed through the help of stronger means: and first to begin with the easiest remedies, that is, with meat and drink, but if the same cannot be perfected, then must other things be used according to the quality of the disease: but what serveth best for the grief in the breast (whereof we here do treat) shall be shewed hereafter.

The fifth part of the foresaid unnatural things is called of the learned *Accidentia animi*, which are things that concern the mind, as anger, rage, weeping, frightednesse, fear, heaviness of the mind, sorrow, and such like, whereof also proceed great sicknesses, and thereby this disease of the breast is especially increased, for that thereby are the tough flegmes in the breast drawn, and the bringing of them up hindred, therefore are all such sick folks to be alwayes merry and of good chear.

The sixth and last part and unnatural thing is meat and drink, of which is to be chosen that is good, and to forbear all that is hurtful. For that is a general rule, that those so infected are never to be overladen with meat and drink. Also it is better that such do moderate themselves, taking at three times but a little, then at one time or two times the meat unchewed. Thirdly, they that have a grief in their breast, are to forbear eating of all that is cold, moist, slimy, and astringent of nature, as unleavened bread, sodden fish, beef, inwards, and feet of all beasts; also Milk, Cheese and all that is drest with Milk, Lettice, Purslain, Beetes, Spinage, &c. may he not eat. Meats that be good for him, are well raised white bread which is not above three dayes old, and bread wherein Annis seed, Licorice, Saffron, Cinamom, and Fennel is baked.

Of flesh is to be chosen good Mutton, Veal, Lamb, Kids, Hares, Conies, Roe Bucks, and the lungs of a Fox. Of Fowls these are very commodious, Hens, Pullets, Capons, young Pigeons, Pheasants, Partridges, Blackbirds, wild Ducks rather boyled then roasted. Also three be good for him broths, Coleworts, Parsly, Fennel, Mints, Sage, and Hyssop, which are to be used often, but Turneps and Spinage very seldom; dry Figs, Raisins, and Currans eaten before dinner and supper are much commended. And his meat is to be drest with Fennel seeds, Annis seed, Comin, Carawayes, Pepper, and such like things more. Pease porridge and Bean broth is also good for him to use: likewise Raisins decocted in Almond Milk, or Goats milk. To have his meat drest with Sugar and Hony is very good, Vinegar or Verjuice tempered with any kind of Spice, as Saffron, Ginger, Nutmegs, Cloves, Cinamom, or Cardamom. In stead of Sallad oyl is fresh butter, Barrowes grease, and Goose grease good for him. Further all they that he grieved in the breast, shall occupie much these herbs in their drink and otherwise, as Venus hair, Hyssop, Horehound, Elecampane, and Saffron.

For his drink, Wine is not utterly forbidden, but he may drink some small draughts, and that the oftener. Sweet and pleasant Wine is most wholesome for him, tempered in the Sommer with Well water, and in Winter with decocted water, notwithstanding that good sweetred Wine were as good. But if the patient will not gladly drink Wine, then is this mead following to be prepared for him; Take three quarts of the water of Cinamom and Saffron, of each one drachme and a half, Hyssop one drachme, seethe it so long untill the fourth part be sodden away; then put thereto twelve ounces of hony, and seethe it again till the third part be sodden away: scum it, and then let it run through a cloth. Of all Wines the Rhenish Wine is most commended, brued a little with water, for it fumeth not into the head, but hasteneth towards the bladder, and caryeth the matter with it. Sweet Lemons, Pomgranats and Quince pears, being well sugred, are also permitted for the appetite; but Marmalad strengtheneth much the breast and lights.

This is then the order to be observed in this sickness, chiefly when as it proceedeth of flegme, and not for any short time, but the same is still to be continued; for as we have already shewed, this sickness is of long continuance, and perillous, so that if one do his very best therein, yet it is in young persons very hard, and in old folks almost impossible to be cured. And although there be many sicknesses of the beasts (like as is already rehearsed, and shall be yet again spoken of hereafter) yet is there no evident means for to know

know whether the Lights be infected or fraughted, then through the Cough, and by that which is cast up in the coughing. It is also to be noted, whether the breathing be uneasie, flow and wheasing, &c. For the troublesomnesse of the pain, and of the fetching up of the flegme, do bewray the matter which causeth the disease and ulcerations of the Lights, therefore must all Physitians look diligently unto it; for when the matter is known, then it is easily to be discerned, whereof this grief in the breast is caused. This may suffice for this present.

Of the breast oppressed with Phlegme. S. II.

VWhen any such sicknesses do light upon men, then must they be known and discerned (as is already recited) therefore we will write first of *Phlegma*, as of the most common infection of the breast. In this sickness is first the *Basilica* to be opened in the right arm, letting out four or five ounces of blood, and afterwards this drink following to be used.

Take ten or twelve Figs, Dates, Smallage seeds, Fennel seeds, *Venus* hair, Hyssop and Horehound; of each five drachmes, seethe them together unto about the half, take about three ounces thereof, and temper therewith this Confection following, and take such once in every three dayes, or one ounce in every four, five or six dayes, for it exceeding expelleth the superfluous matter from the breast.

Take the juice of Licorice, Hyssop and *Venus* hair, of each ten drachmes, Pepper, bitter Almonds, Aristologie, Cresses seeds, and Nettle seed, of each three drachmes, Hony as much as is needful for to make a confection; the hony must be boyled and clarified. But above all it is to be advised, that after letting blood he take one drachme, or four \mathfrak{z} . of *Pillula de Agarico*, which are much commended for this sickness. Or use these pills following: *Pillula de Hiera Composita*, *Aurearum*, of each two scruples, make thereof seven or nine pills with sirupe of Roses, and take thereof twain early in the morning; and five hours after that take a draught of lean Hen broth; and then one hour afterwards break your fast. The next day, take in the morning this preparative Sirupe; *de Bizantiis*, *de Calamintha*, *de Glycirrhiza*, of each half an ounce, water of Cicory, of Violets and Balm, of each one ounce, temper them all together, and drink thereof eight dayes long fasting. When this is done, then take this purgation following: Take *Electuarii Indi*, two drach. *De Psyllio* half an ounce; temper them all together in a little warm wine, and drink it in the morning early. Some do counsel also, that after purging heed be taken that one vomit with beaten Mustard seed and Hony; for that doth vehemently expell the matter off the stomach. And if that you perceive the matter to be cast up, then take the water of blew Flower-deluce, Hyssop and Marjoram, of each one ounce, water of Folefoot two ounces, Sugar half an ounce; temper them and use them every morning for the space of one whole week; afterwards take three ounces of new Cassie, and water of Folefoot wherein two scruples of *Rhapontica*, and Spica half a scruple were steeped, drink it warm, and fast six hours after it.

This unguent following may also be used every day, anointing the belly warm therewith, covering it with a piece of warm fur; Take oyl of Saffron, oyl of Camomil, of each three quarters of an ounce, Ducks and Badgers grease, of each one quarter of an ounce, Saffron half a scrup. white Pepper, Ireos, and Rue, of each one quarter of an ounce, white Wax as much as is needful, thereof to make an unguent or salve.

Here is also to be noted, that all sowre and eager things, and all that is drest therewith, as sowre Pomgranats, Orenge, Lemons, and such like are very hurtful: In like manner is also grosse sowre wine and Sallad oyl very hurtfull. These pills following are to be prepared: Take good pot Aloe, three drachmes, *Agaricus* and the root of Polypody, of each one quarter of an ounce, Coloquint one drach. *Spica*, Ginger, and Indie salt, of each half a scruple; beat them all together, and steep them in the juice of Roses and of Endive, of each two ounces. keep it in a warm place, stir it about till it wax dry, then afterwards powre thereon again two ounces of the juice of Marjoram gentle, and let it dry also. Thirdly, temper therewith two ounces of the juice of small Endive, and half a scruple of Saffron: when it is dry, then take the weight of a drach. thereof, make pills of it; of which take alwayes one every fifth day before supper, and one more two hours after. This may every such patient use all his life long in all countries. The like also when he useth the preparative potions, if he be bound in his body, he may freely take one of them in the evening before meat.

These

These pills have great force to preserve health, for they cleanse the breast, the stomach, and the liver. He must eat every week a piece of green Ginger, and fast at least four hours after it.

In winter time must he strew upon his head twice a week, this powder following: Take *Lignum Aloes* one drachme, Mace one quarter of an ounce, *Stechas*, *Marjoram* gentle, and grosse *Marjoram*, of each one scruple, *Roses*, *Ivory*, and *Sandaraca*, of each one drachme and a half, beat all small and temper them together. For a confection, take *Spec. Aromatici Rosati*, *Trochiscos de Rosis & de Spica*, of each half a drach. six ounces of white Sugar, make thereof *Tabulates*, and eat thereof after meat. If you use not green Ginger, is then also good for you, the *Tabulates* of *Diantheos Salomonis*, and more confections that serve for this end, even as it is described in the discovery of *Asthma*. There is a fume also to be made for this patient, with *Myrrhe*, *Costus* roots, *Saffron*, *Cassia* wood, *Aristologie*, or *Galbanum*, which liketh him best, each alone, or mixt together. Also he is every evening to wash his feet, even to beneath the knees in warm fresh water, wherein *Roses* and *Violets*, of each two handfuls, *Mints*, *Marjoram*, and *Stechas*, of each one handful, have been sodden.

Of the right purgatione with a fore old Cough through tough Phlegma in the breast, which is called With one word, *Asthma*. §. 12.

BY this name *Asthma*, some later Physicians comprehend the three foresaid species of purgatione, to wit, *Dispnaa*, *Asthma* and *Orthopnea*, for that the breath in these three sorts is hardly drawn, which is peradventure because all the diseases of the breast and the Lights have a natural participation together, that they are very hardly to be discerned, even as may be well observed out of these descriptions following, where the lights and breast commonly are comprehended together: nevertheless they have partly their difference, whereof we (as far as is possible) shall give good instructions.

It hepneth also oftentimes, that these flegmatick humours do fall out of the head into the lights and breast, that they fill them full, and if then that nature be not so strong that she can avoyd or consume the tough slime, then will it corrupt there, and convert into that, whereof then (if it be not looked to) the *Hectica* or *Phthisis*, which is the consumption, is wont to follow, as hereafter shall appear. Therefore is this *Asthma* to be alwayes prevented; for when it beginneth to be confirmed, then is there no more help.

As much as then concerneth the order of living in this sicknesse, he must (as much as is possible) rule himself according to these foresaid ordinances; for which all they that are vexed with *Asthma*, are to have twice a week cups fastned on the their buttocks without picking; what is further fit, as to open the breast, and to bring up flegme, you have good remedies in the second Chapter of the cough, and yet more not long before in the 8. §. that may stand also in some stead for this purpose.

Now follow divers confections and other medicines that are good for *Asthma*: Take *Sage*, *Venus* hair, *Folefoot* leaves, *Lingwort*, *Violet* leaves, and *Hyssop*, of each a handful, *Pennroyal* and *Thyme*, of each half an handful, flowers of *Buglosse*, *Violets*, *Burage*, and *Cicory*, of each half so much, *Annis* seed, and *Fennel* seed, and seeds of *Malowes*, of each half an ounce, *Elecampane* and *Licorice*, of each three quarters of an ounce, *Parfly* and *Polypody* roots, of each half an ounce, ten or twelve *Figs*, *Currans* four ounces, prepared *Agarick* three drachmes, *Spica*, *Squinant*, *Galangal*, and *Cinamom*, of each half a drachme, *Ginger* and grains: see the this all together, with a mild fire in sufficient water, untill there do remain about a pint, wring and strain it well out, then put as much Sugar unto it as you think good, and let it see the to the thicknesse of Hony, use this *Lambative*, and lick thereof as much and as often as you please.

The confection of *Currans*, which are used of all Apothecaries is thus prepared: Take *Piony* roots half an ounce, dried *Hyssop*, *Baulme*, and *Harts tongue*, of each half a handful, *Licorice* cut small half an ounce; see the these all together in sufficient rain water, wring it hard out, and strain it through a cloth: put in this decoction washt *Currans* that be well poundd; see the it once again with the decoction, and strain it through a cloth or hairn searce, put thereto a pound of Sugar, and let it see the into a confection: it is special good to open the breast, to swage the Cough, and to maturate the flegme.

Another;

Another; Take washt Currans, or Raisins five ounces, see the them softly untill they do swell, powre them into a sieve and presse them through, put thereto twelve ounces of Sugar, and then see the them together into a confection.

This confection following is good for the common people, take Colewort leaves with the red stalks, cut the stalks and ribs, stamp them in a wooden mortar, and strain out the juice: let it see the, and take as much Hony as there is juice; see the it all together unto the thicknesse of hony, stirring it alway about. If you will have it stronger, then temper some Saffron amongst it. Another; Take Hollihock roots one ounce, Elecampane half an ounce, let them see the together in water of Violets; stamp them to pap, temper therewith one drachme of Cheruil seed, and make thereof a confection with sodden Sugar, let them see the together untill they be thick.

Or take one drachme of Rubarbe, oyl of fresh Almonds three ounces and two ounces of the cream of Milk, temper them together boyled on warm ashes, and use thereof often, for it is very good. Some put thereto one drachme of Rubarb more, which is not to be discommended.

Young children may have this kind of powder prepared; Take Mastick, Frankincense, and Citron pils, of each a like much, beat it small together, wherewith rub the child softly in the seam of his scull. Afterwards give him hereof to lick; take fresh oyl of sweet Almonds, temper therein white Sugar beaten; but if the obstruction of the breast be much, then temper amongst it *Trochiscos de Agarico*, or give him the powder thereof to drink; in like manner also Rubarb with Spica of Indie, with Cinamom, or Squinant, according to the importance of the cause. Old folks may use this as well as young children.

How commodious the Cassia is for all sore Coughs, is sufficiently declared in our Introduction. But for the pain in the breast, it is needfull that it be tempered with Agarick, or some other thing, according to the quality of the sicknesse. But for this is especial heed to be taken for women with child, that it be not given them without great cause, because it maketh pain or ach in the belly.

Item, take Sulphur vive two grains, temper it with a little Hony, and so take it in, for it is marvellous good.

There is also to be had ready at some Apothecaries a costly compound *Trochiscus de Sulphure*, or called *Adulphi*, and is thus prepared; Take losinges of Cole, Dragagant, and Sugar pennets of each half an ounce, Ginger two scruples, Licorice three drachmes, Ireos one scruple, Hyssop, Nettle seed, Rosemary flowers, Saffron and Sulphur vive, of each seven grains, mix it with *Loochsanum*, and form trochiscs thereof, take a little of it, letting it melt alone in the mouth, and use it often.

They make also a confection of Brimstone; take Sulphur vive one scruple, mix it with fresh Butter, and Muscilage of Linseed, or Elacampane one ounce, take thereof often, and a little at once.

The Confection of Fox lights, that is, *Looch de plumone Vulpis*, is above all other remedies, for the Asthma (which is a shortnesse of breath) very much commended; for it is not onely good for a sore Cough and short breath, but it healeth and cleanseth all ulcers of the breast and Lights. And for the consumption it excelleth all other remedies, and is made thus; Take prepared Fox lights, the juice of Licorice, Annis seed, Fennel seed, and Venus hair, of each half an ounce, clarified Sugar seven ounces and a half; beat these together, and decocted with Sugar in the water of Folefeet leaves, temper it into a confection.

Hereafter follow some good Potions for this shortnesse of breath; Take Sebestes, Figs, and Dates, of each four, Venus hair, Violets, Currans, and Licorice, of each one quarter of an ounce, white Poppy seeds one ounce, Cinamom one quarter of an ounce, Annis seed, Fennel, Agrimony, Hyssop, of each one ounce, twenty Jujubes, Sugar or Hony five ounces, three or four pints of water; let this see the together untill the third part be sodden away, strain the liquor through a cloth, and put the Sugar thereto or Hony, and let it see the again untill it be clear.

Item, take three quarters of an ounce of Figs, Dates, Horehound, Smallage seed, Fennel, Roses, Venus hair, Hyssop and Licorice, of each five drachmes; see the them as before, or to the half.

The common people may see the water with hony and Hyssop; and as the shortnesse of breath beginneth to lessen, he must lay one drachme of Agaricus in the water of Betony and

and Hyssop to steep, and temper amongst it some hony of Roses, and so drink it together. Also the common Mead, and Sugar water is good to drink.

Another Potion; Take a pint and an half of white wine, steep therein one handfull of Horehound; let it see the together untill the third part, strain it and put thereto six ounces of clarified Hony; let it see the a little together, and scum it diligently, whereof the patient is to drink every day two or three ounces. Some do take three ounces of honey, and do melt therein half an ounce of Turpentine washt, or as much *Oxymel*: both are good and sure.

A marvellous good medicine which is highly esteemed in Turkey. Take the liver of a Wolf, the Milt, Lights, and brains; salt well the brains, and take of these four of each a like much, let them be dried well that they may be pounded: Give the patient thereof one quarter of an ounce with a little fresh broth three dayes one after another in the morning fasting, and let him fast afterwards five or six hours. The sick party must take his drink through the Wolfs throat; and when this is so done, they report that they (which use the same) be from henceforth freed of it all the year following; but if it return not within twelve moneths, that then it will never come again. And if the have this sicknesse any more afterwards, they advise that one should make a lace of the Wolfs maw, wear the same all his life time on his naked body, for thereby should he be certainly freed of this sicknesse. But to try these things is the best way.

Water distilled of Elecampane, or broth wherein it is decocted, is very good, and chiefly if it be mingled therewith.

Hereafter are some things described, which the diseased may hold under his tongue without chewing as big as a bean, and swallow it down by little and little.

Take *Looch de Pino* one ounce and a half, Sugar pennets half an ounce, pownd them together.

Item, take *Looch de Farfaria* (called *ad Asthma*) as much as you think meet, and as much powdered Hollihock roots, make a hard confection thereof with prepared hony or Sugar. And if any do resist these weak things, then shall he in the stead thereof use *Dia-penidion* described in this Chapter and 6. §. And if it happen (as it wonteth often) that the sick person by reason of this cough cannot sleep, then is he once or twice a week to take this potion when he goeth to bed.

Take placent of Ireos one drachme, the confection of *Philonium Romanum* half a scruple, temper it with one ounce and a half of Hyssop water, and at the same time strew on the top of the patients head this powder following; Take *Sandaraca* one quarter of an ounce, Cloves one drachme, Mace two scruples, Roses, water Lillies, Violets, and Poppy heads, of each half a drachme Lignum Aloes one scruple, stamp each apart and temper them together.

Plaisters or Unguents for this Asthma.

Take fat Dates and Figs, of each one ounce, Mallowes, Hollihock leaves, of each three handfulls, roots of Mallowes and of Hollihocks, of each half an ounce, cut them to pieces, and boyl them together into a pap, mix Pigeon dung amongst it, Turpentine, and Rosin, of each one ounce, the Muscilage of Linseed, and of Fenegreek as much as is needfull for to make a mild plaister, lay it warm upon the breast; the same doth also the fat sheeps wooll.

Item, Take Camfry roots, broad and narrow Plantain, Purslain, and Henbane, chop them smal and see the them together in the water of Plantain and purslain untill it be thick, beaten well and mixt with Pomgranat pils, Acorn cups, Galles, and Myrtle seed (which have been steeped eight hours in warm water:) then strained out hard, and powred to the rest and boyled unto a little; afterwards mingle it with fine Bolus, the meal of Lupines, and Barly meal, of each half an ounce, Gummi Helenii one quarter of an ounce, Wax and Turpentine as much as is needfull for to make a meetly thick plaister, then spread it on leather and lay it upon the breast. The unguent Althea is very good to anoint the breasts withall, as the same is often here before commanded to be used.

Item, anoint the breasts with the oyl of Wall flowers, of Bayes and Dill tempered together or each apart. Or take oyl of Violets and of sweet Almonds, of each one ounce, Ducks grease and butter, of each four ounces, Saffron two scruples, white Wax as much as needeth for to make a soft Unguent.

Certain

Certain excellent things in general. §. 13.

THese things following are much commended for all diseases of the breast, and for all coughs in general. First, the gum *Ammoniacum* dissolved in Barly water and hony, and taken: Aristology, bitter Almonds, and oyl of sweet Almonds drest with all meats, boyled Sothernwood, Balsam wood, and the fruits of the same; prepared Coliquint is worderfull good for this, being used in pills: Cypres decocted in wine, confected Elecampane roots, Galbanum, the roots of blew Flower deluce, Myrrhe put into pills Agaricus, Coriander and Spikenard seed, rere eggs supt up, or Cawdles made thereof, Leeks with Barly water and hony, Nettles and their seed with Barly water and Hony, Woodbind, Sandaraca, green Rue boyled in Vinegar, Squils are specially good roasted, or howsoever you will use them; for that they be commended and esteemed above all other medicines. Saffron tempered in the broth of a Cock, wild Saffron seed, the gum *Sagapenum* given in with Rue water, Sefely seed, Fox lungs prepared one drachme only, Hyssop and all that is prepared with this herb, is good for the lights and the whole breast, confected roots of the Star thistle *Eryngion*, conserve of Rosemary, and all that is made of Rosemary, Betony, Gilliflowers, and all that is made thereof; Nutmegs that are confected, do consume all superfluous humours, not onely of the lights, but also of all the inward parts, albeit that some suppose, that they are hurtfull for the Lights; Walnuts that are confected in Sugar or Hony, do warm the Lights and all inward parts, for which this thing following is very good. Take a sweet Pomgranat, cut it in four parts, Strew the pieces with Sugar candy, and bind them together again, binding or wrapping them in a moist cloth, and let them rost leisurably, then take out the coar, and eat it for a medicine. Conserves of Eyebright openeth all inward members, and all obstruction of the Lights, like as doth also the wine which is described in the first part against the diminishing of the sight.

Calamus which is confected, hath a special power for the oppilation of the Lights, and to open all inward obstructions.

Comin doth also the same, Caraway and Fennel confected, or eaten raw; likewise Fennel is good for all coughs, roughnesse of the throat, and hoarsnesse. Treacle and Mithridate or also very good for this. All losinges of *Diapenidion*, of dragagant, juice and sirupe of Licorice, and all kinds of *Oxymel* (as is already said) are altogether marvellous good for this disease. *Siliqua* roasted in in ashes are also good also against all shortnesse of breath, and all kinds of coughs: M. Tristrams water: In like manner both the sirupes of vinegar *Simplex* and *Compositus* are also special good for this purpose. Also all the forementioned Potions for the Cough and the breast, even as they are set down in the second Chapter §. 2. In like manner also a costly stomachical powder, which is described in the first part, the 12. Chap. §. 1. that may be also used for *Asthma*.

Of shortnesse of breath through Cholera. §. 14.

IN the beginning of the description of this shortnesse of breath we have shewed, that the same is caused very seldom of Cholera; and if the same should be caused thereby, then is the same yet to be cured through the same means, as in all places are expressed hereafter and before.

Therefore is here no special matter to treat of, but onely the signs that are of this sickness through Cholera, and afterwards to see wherewith to delay the heat.

As concerning the signs thereof, it commeth with great drought, heat, and gnawing about the breast, and the same rather in the right than in the left side, with a yellow colour all over the breast, wherewith cometh also a roughnesse of the tongue and of the throat, and especially about the time when the Cholera accustometh to move and stir, which is from three a clock untill nine in the day time, whereby the patient will also cast up small store of flegme, and that is yellowish: In his sleep appeareth yellow things, and fiery fantasies, as lighting, and such like. The pulse is hard, quick, and continual, except the patient had lost most part of his natural strength; the urine is thick, yellow and ruddy, but in the bottom clear and subtile; yet do these signs alter with every mutation of an accident, according to the which every expert person may know to direct himself. These things following do cool the heat of the breast in general, and the inflammation of

of the Lights, as Cassia, new Conserves of Roses, Julep of Roses, sirupe of Roses, and such like; conserves of Burrage, Buglosse, and their wine, if they be not exprelly forbidden for some reason.

In like manner the Cherry wine, which is of a temperate nature. Item, Conserve of Violets and Julep: conserves of Cicorie do cleanse all inward members of Cholera, driveth it out through the stool, and doth withstand all Agues of Cholera. Peaches confectioned in Sugar are also a special comforative for all hot diseases; for that they cool all inward members, like as doth also the conserves of water Lillies.

Take the juyce of Chickweed, and Vervein, or the water wherein they are decocted (if you please) it is very good for all Coughs. Sirupe of the right Endive is special good for hot Lights, and for all inward hot parts. Likewise also Manna of himself and his confection, *Electuarium de Manna*, which is ready to be had at all Apothecaries.

Of the shortnesse of breath through Melancholia. §. 15.

EVEN so it is also with *Asthma* through *Melancholia*, which is the through the heavy blood, that happeneth very seldom, wherof these are the signes; a right leaden colour of the face and the breast. running eyes, with great heavinesse of the spirits, wherewith is also a fearfulnessse, faintnesse of heart, desire to be solitary, especially from nine of the clock in the day time, untill two or three in the night: he complaineth also of more abatement or lack of breath in the left than on the right side, and of little sleep; he his also vexed with many heavy fantasies, he cougheth up much thin spittle, and that with much ado: his water is thin, white and clear, his going to stool is lead coloured and hard.

There is heard much rumbling and wind in his breast and in all the body. Yet do these signs alter through divers occasions, so that you must note the meat and drink that the patient hath accustomed himself to use before time.

How this disease is to be remedied and cured, you shall find in the first part, the 12. Chapter, §. 8. of Madnesse, of *Melancholia*, and all that is said in the third part, of the foul melancholike blood.

Of the shortnesse of breathing or Purfivenessse through wind. §. 16.

VHEREAS there is any short breath, or heavinesse in the breast through wind, the same will be alwayes augmented through meats and medicines that ingender wind, as may well be noted through the rumbling and course of the wind in the breast and other places more.

For this must be used, Rue, and Penniroyal, of each one ounce and a half, *Serapium*, *Opopanax*, of each one drachme, Comin one ounce and a half; all this being beaten together, make thereof a salve with molten Wax, and anoint the breast therewith very warm. This salve is also very good for heavy breathing that proceedeth of grosse tough matter, and that is impacted into the Lights: for it separateth and consumeth the same. What further might be done for this, that may you sufficiently perceive by all the forementioned Treatise, wherein hath been spoken of this sicknesse. For this short and fore breath through wind cannot be alone by it self; but there must be with it either Cholera, Phlegma, or Melancholia, or blood: of all which there is sufficiently written.

Of the spetting of blood through some disease of the Lights. §. 17.

THE spetting of blood may come of many occasions of the brains, which are wont to be eased through bleeding at the nose, wherof is written in the first part the eighth Chapter, 7. §.

Secondly, through any hurting or brusing of the throat or the mouth, for which you are to look in the first part the 13. Chapter.

Thirdly, through hurting of the gums, wherof we have sufficiently mentioned in the first part; also the same is sometimes caused of the Lights, breast and stomach, also the Liver and of the mother, &c. This spetting of blood do the *Greeks* call *Hemoptoin*, whereof we will write at this present.

The cause of this bleeding may happen through falling, thrusting, and such like outward occasions of the breast, or of any Horseleech drunken, through great heat, or great cold, strong coughs to cry loud, to vomit much and vehemently, through long use of hot peppered meats, or through use of Onions and Garlick, through much subtil blood, through neglect of accustomed letting blood, and through some disease of the lights: or when a vein chanceth to break, whereof hereafter we will discourse in particular.

The signs of this spetting of blood that cometh out of the breast, or out of the lights are, that when the same proceedeth out of the breast, then will there be felt great pain in the same; and contrariwise, when it proceedeth out of the lungs, there will be felt very little pain, the spetting blood out of the breast is not so perilous as that from the Lights. But when there is a vein broken open, then runneth it most abundantly. If it be caused of any other inconvenience, as of impostumations, bruises, or hurts, then cometh up but a little blood, and that full of scum.

When as then a sick man through haking without coughing fetcheth up blood, it cometh from some little veines about the throat, where you may easily come by it with any kind of remedies; but the patient for this disease must forbear to eat excessive meat and drink, by reason that thereby much blood is engendred, whereby through the superabounding in the veins the throat openeth: but if he be provoked to such bleeding through vomiting, then it is a sign that it cometh from the stomach; the which is not much to be feared, for that the same is to be easily prevented through letting blood, setting boxing cups, opening the mother vein, or opening their termes or flowers: in like sort by taking some astrigent things, as the seeds of Sumach, sowre grapes, and such like. Item, through this potion following: Take fine Bolus, Gum, Dragons blood, Pomgranat blossoms, & Frankincense, of each a like much; pownd them together to powder, and take thereof three drachmes, and temper it with sodden juice of Quince pears. For meat is very good, Starch, peeled Beans, Lentils, Pease, unleavened bread, turtle Doves, and common Pigeons. Of fruits, all that bind, as Medlars, Services, Quince pears, Prunes, Pears, and such like. For drink, milk wherein are quenched glowing pibble stones, steeled water, thick red Wine a little now and then, sirupe of Poppy heads tempered with water, wherein Quince kernels and Myrtle seeds are decocted. It hapneth oftentimes that such spetting of blood cometh of it self, without any cause at all, whereby the patient is neither hindred nor harmed at all, and is to have his course; but if the same do chance through coughing, which is a sign that the same ascendeth from the lights and the breast, then is it to be feared, that it will be *Phthisis*, that is, the consumption which then ensueth, because one cannot come to this place with necessary remedies. Then for this sickness it is best to let blood immediately at the first, and that in the Liver vein, whereby the blood may be derived from the Lights. Others do first of all open the Saphæa on the feet, that the blood might be drawn downwards, and alwayes on the same side that it is adjudged the disease to be. The third sort counsel for this disease, to set boxing cups on their buttocks. This being all done, the patient is to be laid in a cool chamber, where he may be as quiet as may be, without much stirring of himself, and must keep from him all that might inflame his blood, as anger, crying, copulation, laughing, hot coverings, hot and sale meats and drinks, bathing and such like. There are also no red colours to be brought in his sight. Above all this, binding is one of the principallest remedies against abundant bleeding, therefore is that here also to be used, as in other places is sufficiently taught.

There are ordained many more remedies against this spetting of blood, even as hereafter followeth, whereof you may choose that which liketh you best.

Take Frankincense and Dragons blood, of each three drachmes and one scruple, of yellow Amberlone drach. prepared Bloodstone and sealed earth, of each ten drach. Alom two drach. and a half, flowers of Pomgranats three drachmes, *Opium* 2. 3. Rubarb one quarter of an ounce, make thereof 18. trochiscs with sirupe of Poppy heads, then temper every day one in Purslain water, and so drink it. And if this spetting of blood be too violent, then may the patient take one more at night.

These things following are more certain, because of the *Opium*: Take Mumia, Mastick, fine Bolus, and Dragons blood, of each alike much, being all beaten small together, make trochiscs there of with Purslain water; for this is also good *Trochisci de Carabe*, and of *Terra Sigillata*.

Now follow certain confections and such like, wherewith the cause of this spetting of blood will be taken away, for the which this following is a certain remedy. Take a drachme

a drachme of Egghels beaten small, and temper it with half an ounce of the sirupe of Poppy heads, or sirupe of Iujubes: temper also with it the confection of *Philonium Romanum*, Half a scruple, and so take it: if you had rather drink it, then mixe it with some Purslaine water. Item, take conserves of Roses and Violets of each one ounce, the confection of *Triasandalon* three ounces, prepared red Corall, Purslaine seed, and broad Plantaine seed, of each one quarter of an ounce, temper them together with Rose water. Or take the spices of cold Dragagant cakes half an ounce, yellow Amber, prepared red Corall, Bloodstone, fine Bolus, Plantaine seeds, and Housleek, of each one drachme and half, Gumme, broad Plantaine seed, of each half a drachme, Mastick, Frankincense, of each three graines, Raisins one ounce, white Sugar as much as is needfull, Purslain water and Rose water, of each two ounces, seeth therewith the Sugar, untill it be as thick as Honey, and temper the rest being beaten small amongst it. Item, take Pingles one ounce, Currans one ounce and a half, beaten Licorice half an ounce, Ginger one drach. Cinnamome two drach. as much Sugar as the rest: seeth them with the water of Plantain, and temper the rest, being chopt and beaten amongst it.

Take Henbane seeds ten grains, prepared Coral one scruple, two or three ounces of Plantaine water, temper them together, and give it him to drink: put also thereto the tabulats of *Diatragacanthum*, the confection of *Diacodion*, *Looch de Portulaca*, each alone, or tempered to a confection with the sirupe of Myrtles: the red losinges are also to be holden in the mouth that stand described with other. Treacle or Mithridate do marvelously withstand the spetting of blood, if there be taken of them one drachme and a half, tempered with Vineger and Purslain water. The confection of Foxe lights described here before in the 12. §. are also highly commended aboue all other remedies.

Against all clodded blood in the breast, be it of any wounds or otherwise, you are to drink this: take field Cypers, stampe it small, and lay it 24. houres to steep in Scabious water, wring it well out, and drink oftentimes thereof warme.

Item, take the herbe Horsetaile, beate it to powder and drink thereof every time one drachme with Plantain water twice a day. This powder may you also cast upon the meat and a little Bloudstone mixed amongst it. Item, take prepared Bloudstone, mixe it with water or juice of Purslaine, and swallow it downe; for this stone hath a speciall force to stanch blood, like as experience bringeth with it. Or take two scruples of prepared Bloudstones, and temper it with the renning of a young Deer, and make pils thereof, and hold them a while in your mouth.

Item, take Jujubes, Sebestes, Dragagant, Gum, of each one quarter of an ounce Annis seed, and seeds of Hollihockes, of each one drach. one quart of steeled water: seeth these together to the third part, whereof the patient is to drink foure times a day. Item, take sirupe of Poppie seeds, of Jujubes and Myrtle seed, temper them together, or take each alone; make a drink thereof with water wherein Quince or Myrtle seed is boyled.

Another, Take Myrtle seed, broad Plantaine seed, both beaten small, of each one drachme, temper them with Purslaine water, and drink it treatably. Or use this following in this manner also, take beaten Lupins one quarter of an ounce, prepared Bloudstone one drachme, tempered with Purslaine water, and drink it as is said. Betonie laid in Wine is also many times approved in the spetting of blood.

There may also salve be used outwardly upon the breast; yet here is to be noted, that it is very commodious for the spetting of blood, but for the cough very hurtfull, therefore this following is rather to be used; take oyl of Roses, or Myrtles, of sweet Almonds, and juyce of Prunes, of each a like much, and make thereof a salve with molten waxe. Item, take beaten Frankincense, temper it with the white of an Egge, and lay it on the breast. Or take the juyce of Sloes, *Hyppocistis*, Dragons blood, blossomes of Pomegranats, Gals, Mastick, and Roses, of each foure scruples, Turbeth, fine Bolus, of each one drachme, oyl of Roses, of Myrtles, of Mastick, of each half an ounce, the white of an Egge wel beaten, and waxe as much as is needfull for a salve. The black Tabulats, described in the second part, the second Chapter, and 2. §. shall the patient hold under his tongue. And if this be desired to be more forcible, then is it to be prepared as hereafter followeth: take Dragagant, Plantaine seeds a little parched, and Gumme, of each half an ounce, Bloudstone, the yellow seeds of Roses, fine Bolus, sealed earth, Amber, and red Corall, of each one drach. muscilage of Fleawort seed tempered with Purslain water, as much as is needfull for to forme therewith these trochiscs, use them as is said.

It is also needfull that the body be purged. For which this sirup following may be used:

used: Take Myrtle seed and the seed of Butchers broom, Roses, blossoms of Pomgranats, the yellow seeds of Roses, Acorn cups, Galls, of Sloes, and *Hippocystis*, of each half an ounce, white Saunders, Quinces and burnt Ivory, of each one quarter of an ounce, Dragagant, Gum, fine L. and Dragons blood, of each one drachme and a half, sealed earth and Mastick, of each three drach. Frankincense, white Poppy seed, of each two drach. and a half, prepared Bloodstone half a drach. the juice of Plantain, and juice of Quinces, of each six ounces. You must strain and scum the juice, then powre thereto as much rain water as will serve to seethe it together, and make thereof a sirupe with Sugar, whereof give one ounce and a half tempered with three ounces of Purslain water during certain dayes early in the morning.

This sirupe doth not loose, but stoppeth much rather, and stancheth blood. For the purging use these pills, *de Agarico* two scrup. *Cochia*, one scrup. make thereof seven pills. Or make these sirupe of Roses laxative with Rubarbe in an astrigent decoction, and Purslain water, wherein the shels of yellow Mirobalanes be decocted, and this is a soluble and good purgation, it cleanseth well the blood. But if the cough be with it, then against night give him a pill of Cynoglossa, and let him hold one in his mouth by day.

For a broken Vein in the Lights or breast. §. 18.

THe signs of a broken vein in the Lights are (as is already said) if the blood be suddenly spet out or powred out by heaps, and that clear, clean blood, and not clodded, then is present remedy to be looked for before it turn to an impostume, or that the blood be congealed and turned into matter. For if so be that there be neglect thereof, then is there danger of never more to be holpen. And if so be that such forcible blood will not be staid, then are you to open out of hand the Liver vein in the arm of the same side, where you think that the vein of the Lights is broken, and then to let no more but two or 3. ounces of blood. And if you perceive that there is any Cholera run out with it, then is the bleeding of the nose not bad for the same. But if this will not help, then is the head vein to be opened between the thumb and the first finger, and let out about two ounces of blood. There is good for this to purge choler with Cassia, sowre Dates, Manna, and such like.

To draw the blood downward, the patient is to be rubbed softly with warm clothes in the outward members, also to set great boxing cups unpickt on the top of the buttocks; and if the pills could be made bleed, that will do it much good.

Salves.

TAke beaten Gals, Acorns, Butchers broom seeds, and the juice of Sloes, of each half an ounce, Myrtle seed, seeds of Plantain and of Purslain, of each three drach. Dragagant, Gum, Isinglas, Glew of each five drachmes, Barly meal one ounce and a half, Starch, Mildust, of each one ounce, Saffron one drachme, seethe it in red wine, which is somewhat mild, and make pap thereof, and lay it upon the breast, and renew it once every four and twenty hours. And in case that the pap cleave hard on the breast, then must you lay a fresh thereon.

Item, take Sorrel water, water of Balme, Cicory and Rose water, of each six ounces, *Trochiscos de Spodio, de Rosis*, of each two scrup. red and white Behen, *Doronicum*, Harts bones, and Pearls, of each one scrup. Malmsey half an ounce, temper it together and seeth it a little, then dip a four square wollen cloth in it, and lay it luke-warm over the left breast in like manner one more on the same side of the backbone, and refresh it every day once.

For stanching of blood there are many sundry remedies described in the first part, the eight Chapter, in the 7. §. where we have spoken of the bleeding of the nose, yet is there here commanded to be used (if need require) these things following.

Take Henbane seed and white Poppy seeds, of each five drachmes, sealed earth and red Coral, of each two drach. and a half, prepared Bloodstone one drach. and conserve of Roses four ounces, temper them all together and make a confection thereof. Use a little thereof, and that with great heed. For this also may be taken the oyl of Rosin distilled with Ireos and prepared Sulphur two ounces, Ireos one drach. beat it together very small, and use thereof every day 3. or 4. grains. Yet it is to be understood, that this is not to be done, but after all the foresaid things, as letting of blood, and such like.

After-

Afterwards it is very good once in eight dayes to take one quarter of an ounce of Turpentine, with a little Ireos rowled with powder of Licorice.

This following is to be laid under the tongue: Take cold Dragagant tabulats two ounces, prepared Bloodstone, Amber, Glew, red Coral, and Pearles of each one drach. temper them all together with *Looch de Papavere*, as much as all the rest, and hold at all times thereof in the mouth the bignesse of a Bean.

Order for meat and drink.

IT is very needfull in this disease to observe a certain order in eating and drinking; therefore he is to be fed with that which cooleth measurably, which thickeneth the matter, & draweth it together. From the first day to the fourth, the sick body is to be kept soberly: afterwards is his meat to be drest and sod with one of these things following, as Dragagant, Gum, or a little clean Glew, or a pap of Starch, of Mildust, or at the leastwise other meat strewed therewith. Pap of Goats milk that is prepared with pibble stones or Steele is good for him. Soddan Calves or Lambs feet, Pullets broth, or Capon broth drest with Isinglas are very commodious for him. There may also sometimes a piece of a Tench or an Eele, with other intrails of fish be soddan in other meats: for it is certain that those things for this sicknesse are very commodious. In like manner are the Lentils soddan with Wheat, and drest for this sicknesse very meet; for this is also fit Jujubes, Dates, Barly, thick milk, fresh Cheese, all kind of flesh wherein is little blood, as Wood-Pigeons, turtle Doves, and partridges prepared with binding things, as with Quinces, Barberries, Raspes, and such like.

If this spetting of blood be caused through heat, then dresse his meat most with Lettice, Purflain, Gourds, Melons, Daifies, Shepherds purse, and such like.

For his drink this following is very good: Take twelve ounces of very good Hony, four pints of water that is twice steeled with steel, being well soddan together, temper amongst it Dragagant and Gum, of each one drach. and a half, Saffron one scrup. let it seethe again untill the third part be soddan away. But if one will not drink thereof alone, then is good red Wine to be tempered amongst it. But let him drink what he will, if Isinglas be soddan in all his drinks or the powder thereof be mingled amongst his drink, it is the better. He may also otherwhiles take a draught of Rose water, or Purflain water. Rain water is commended above all other sorts of drinks, if a vein be broken in the breast, and chiefly if there be a little fine Bolus or burnt Ivory tempered amongst it.

This following is praised for a precious and an approved powder; Take the seeds of Plantain, Butchers broom seeds, and the juice of Sloes, of each one drachme, prepared Pearls, red Coral, Amber, Bloodstone, and Dragons blood, of each one quarter of an ounce, fine Bolus three quarters of an ounce, Dragagant, Gum, and Frankincense, of each three drach. temper and beat it together.

You are to take one scruple of this powder with Purflain water four times a day one hour before breakfast, one hour before supper, and likewise two hours after,

For congealed blood. §. 19.

WHEN it is thought that (after the vein is stopt in the breast) there is yet still a little clotted blood behind, then are these things to be used thereto. For which is fine Treacle highly commended, if thereof be taken one drachme, or a drachme and a half, with three ounces of water wherein Licorice and Venus hair have been soddan. Or take old Treacle one drachme, one ounce of Vineger, two ounces of Rose water, temper it together and give it him. For this is also good the water of Larks spurs, billet coles one quarter of an ounce beaten small, and given to drink in Vinegar, is a general medicine for all clotted or bruised blood. So is likewise the renning of ally young beasts especially good for all clotted or bruised blood. If then any body hath caught a great fall, or is hard stricken or thrust, and afraid of any clotted blood, then give him every morning and evening (each times) two or three ounces of the juice of Chervil. Item, take Chervil water and Lovage water, of each one ounce and a half, or two ounces, and drink it at a draught. Or take of Rubarbe half an ounce, Lacca one quarter of an ounce, fine Bolus, and sealed earth, of each one drachme, Rubarbe half a drach. if you put thereto some burnt Sponges, it will be so much the better, make a powder thereof

and use it as is aforesaid. Another: Take fine Bolus half an ounce, sealed earth one drachme, Dragons blood and Spermaceti, of each half a drachme, make a powder thereof, and give him a drachme of it with white wine. This plaister following may also be made: Take Goats milk and hony, let them be well warmed together, then temper amongst it as much fine Bolus, untill it be as thick as a plaister, and so lay it upon the breast; it wasteth the clotted blood.

If any be afraid that through falling or thrusting he have broken any thing in his body, or fear to have any clotted blood within him, then is he to drink one drachme of this following with warm wine or beer. Take four ounces of the roots of red Buglosse, cut them in pieces; and let them seethe in a pot of red wine untill they be soft, then take them out and beat it to pap, put thereto two ounces of Spermaceti, and one pound of fresh Butter, let them melt together with a small fire, and therewith anoint the place, where the pain is greatest, and chiefly about the breast.

Lastly, in the middle of the spetting of blood, take one ounce of the juice of Plantain, temper therein two or three grains of *Opium*, and give it to the patient. Or make these conserves following; Take white Pepper and Henbane seed, of each five drachmes, sealed earth and *Opium*, of each one quarter of an ounce, peeled Hemp seed and Saffron, of each four scruples, Beavercod, Spica, Euphorbium, Piretrum, Pearls, Amber, Zeduary and Doronicum, of each one scruple, Camphir six grains, sodden Hony as much as is needful, give of this half or a whole drachme, with one ounce and a half of Plantain water, tempered with half an ounce of wine.

Comfortable things in and after the spetting of Blood. §. 20.

FOR to keep nature by her might and power, these confections following are to be used. Take the flesh of Capons that are sodden with Dragagantin in steeled water six ounces, white and red Coral, Dragagant. Gum (both a little tosted) of each one drach. and a half, fine Bolus, Amber, sealed earth, *Mumia*; and Bloodstone, of each one drach. Purslain seed and Plantain seed, of each three drachmes, Almonds steeped in the juice of Quinces, three drachmes, Jujubes, Sebestes (so drest also) of each one ounce, *Specierum Electuarii Regum*, one quarter of an ounce, *Species* of the cold Dragagant Tabulats four ounces, white Sugar and Sugar candy, of each one pound and a half, or so much as you please, seethe the Sugar with Pullet broth, and mix all the rest amongst it, and make of them morsels.

Another.

TAKE *Species de Gemmis*, which are set forth in the description of the heart, one drach. and give it with sirupes of Apples; this strengtheneth the heart and the lights, it is very good for those that after spetting much blood, be so faint hearted, that they seem to have no more pulse.

For conclusion; for this spetting of blood we will here present some particular things to be used for the same, where there is neither Physitian, nor Apothecary neer hand; bitter Almonds with Starch are passing good for this, and also for all cold coughs: *Agaricus* one quarter of an ounce, steeped in six ounces of Purslain water, and wring it well out, and so in one day at two times taken. Flowers of Pomgranats, *Hippocistis*, and prepared Coral, of each one drachme, with the white of an egg and Gum tempered together to Trochiscs, and so holden under the tongue.

The juice of Quinces, Centory, burnt and washed Harts horn, prepared Amber, *Lycium*, sealed earth, fine Bolus, Myrtle seed, Myrrhe, or a little of all of them, three or four grains at one time taken with wine is passing good. Likewise the juice of Mints, or of Purslain is highly commended for this disease. For this is also good the white Henbane seed, but not above three grains at once to be taken.

The yellow seed of Roses, white Bryer, and many other things more that are above rehearsed, amongst other compounds (which are to be used alone) are very good.

*Of the infection of the Lights, which is called
Peripneumonia. §. 21.*

THis name is as much to say in Greek as *Phlegma*, which is flegme, ilime, or corruption of the Lights, which matter infecteth the Lights, maketh them swell, and bringeth an hot Ague with it. This is caused chiefly of *Cholera*, or of *Phlegma*, the which falleth through the veins, or out of the head into the Lights, and may be caused of the matter that provoketh the Pleurisie, or Squinancy, and falleth into the Lights. And although the *Peripneumonia*, as an impostume of the Lights, happeneth to break out, whereby the lights are wounded; yet it is notwithstanding therein severed from the *Phthisis*, that this infection of the lights is rather placed between the small skin which covereth the lights, then in the substance of them where it can procure an exulceration; where contrariwise the *Phthisis* which is the right consumption, harmeth, impostumeth, and rotteth the very substance of the lights.

The signs of this *Peripneumonia*, or malady of the lights are these, namely, a troublesome breath, as if one would choak, whereby the sick body is compelled to lift up himself, his breath is alwayes hot, so that he doth alwayes call for cold ayr. This flegme is somewhat brown, and otherwhiles pure red, and sometimes green and black and scummy. They do feel a wringing and pain in the breast, that reacheth from the ribs to the backbone. There is also a strong Ague commonly therewith, the tongue is red, and will be in time slimy and black, so that when one toucheth it with the finger, it cleaveth thereto. They cannot lye neither on the back nor side, but must sit alway upright: the cheeks are alwayes so red, as if they were painted.

If then these signs all or in part do appear, then is it most certain that there is an impostume in the lights, the which otherwhiles causeth such a strangling, and *Apnea*, that the patient can get no more breath, and that it cannot be thought otherwise, but that the patient must stifle, and all this without any great stich or feeling of great heat, which neverthelesse is very great over the whole body.

The remedies for this sicknesse are, that the head vein be opened, and afterwards the means be used which here before in the fifth Chapter in the §. §.

Is ordained for the Pleurisie, be it of what cause soever that they proceed; but good heed must be taken, for that this impostume sticketh deeplier in the body then the Pleurisie: so that whatsoever one layeth outwardly upon the body, must be stronger and alwayes tempered with such things, that may convey the medicine to the lights, and make the flegme to be loosed the sooner: that which is to be laid on the outside, must not be laid on the side, but above over the breast; and if that the patient be not let blood, then is he to be let blood in the Liver vein in the arm.

*Of the anguish of the Lights which is called
Empyema. §. 22.*

THis disease of the Lights is altogether like the foresaid *Peripneumonia*, and proceedeth commonly of these causes following, to wit, when one is thrust hard upon the breast, or hath fallen, whereby afterwards there flow bad humours to it, that at length alter into matter. Also, this sicknesse can be caused of a continual use of some certain vaporish meats and drinks, or through a Rheume that falleth out of the head upon the lights, and cannot be coughed up by any means, so that there it doth putrifie, and must needs turn to matter: or that inwardly within the breast some impostume happen to break, whereby the matter runneth into the hollownesse of the breast, like as of the Squinancy, of the Pleurisie, and *Peripneumonia* commonly chanceth.

In fine, *Empyema* is an anguish or impostume wherein much matter gathereth together, the which is burthened with all the foresaid matter with it.

When as then any such anguish cometh into the lights, then is it very hard or impossible to be holpen, for that there be no other means for to cleanse the same then through the cough, the which still exulcerateth more, and consumeth the Lights.

The signs of the impostume in the Lights, are oppression of the breast, a painful breath, to cough up corruption, with a dry and Salt Cough, to speak snappishly, a disordered pulse, with a small Ague, which is rather preceived by night then by day, whereby there is but a little sleep.

And to know in what place of the Breast that this impostume is, these are therefore the signs, namely, if it be in the right side, and the patient do lye upon the left side, then hath he much more pain and grief.

Item, make a cloth wet in water wherein fine Bolus is dissolved, bind the same round about the breast, and upon the place; where the same cloth is first of all dry, there is the grief: if it dry on both sides, then are both the sides therewith infected.

This sicknesse, be it as perillous and incurable as it will, notwithstanding are there no other remedies to help it, then that they are ordained for the pain in the Breast, for the Pleurisie, and chiefly for the Cough; So that there must be used for the same now and then sirupes, and otherwhiles Plaisters, Confections, Pills, Tabulates, Gargarismes, and such like, now one, and then another.

Forasmuch then as we have notified in all the foresaid places, and in the ensuing *Prohibition* or Consumption, many remedies, therefore it is needlesse to reckon them here again, but onely to remember, if the amendment come slowly, that then it should not be discontinued and left off, for that this disease accustometh commonly to tarry forty dayes and longer; and if so be that the sicknesse be not cured in forty dayes, then commeth thereof the consumption. And whereas it often hapneth, that neither inward nor outward remedies do help for this sicknesse, then doth the last refuge and necessity constrain, that other remedies be sought for: to wit, that lastly the breast must be opened, be it with a hot iron, corsie, or incision, that thereby the filth and matter be let run out, whereby the breast is to be cleansed, the patient cured, and old age atchieved, therefore we will not pretermitt to make known, what the ancient Physicians have taught thereof.

First, all such Plaisters are to be laid therein, that do discusse matter and maturate it; as these following: Take Fenegreek, and Linseed meal, of each three ounces, eight or ten fat Figs, six or seven Dates, two ounces of Pease meal, Camomil one ounce and a half, pownd them all together and see the them in wine, and temper therewith two ounces of Turpentine, and Linseed meal one ounce and a half, oyl of Camomil one ounce, then make a plaister thereof, and lay it on the breast where the pain is.

And if you suppose that this swelling proceed out of a cold cause, then put thereto two ounces of Pigeons dung, Saltpeter one ounce, and oyl of Lillies as much as is needfull: Treacle or Mithridate (if there be no Ague) taken inwardly or laid thereon outwardly are very good. And that this impostume might the sooner break out, the patient must provoke himself as much as is possible, to lye on his side where it is, not to forbear coughing, but to provoke himself much rather to cough up the same, as much as he can, thereby to break the same the sooner.

But if the anguish will not of it self incline to any breaking, then must the place where the same is, be opened on the outside, with an hot iron, Corsie or incision. When as the matter is all run out, and the impostume mundified, then it is like other impostumes to be cured. And if so be that through riddance of much filth, be it through coughing it up, or any other issue, that nature doth begin to be weak, and requireth strengthening; then is the patient to be well provided for, with good light bread, and sweet white wine, and broths of Hens, and use all foules that haunt the high countries. Goats milk is very good for him to use; also rere Eggs, sodden Barly, Coleworts broth, drest with Hyssop, Parsly, and with oyl of sweet Almonds. Lastly, all his meats are to be tempered with Hyssop and Saffron, by reason that they have both a special congruity or affinity with the Lights and the Breast.

Also there may be used a confection of the flesh of Capons, described of late in the 19. S. for a strengthening.

With these foresaid things we will add some other things, that are not onely commodious for the impostume of the Lights, but also for the *Asthma*, and all other diseases of the Lights; but chiefly some Potions, as wine of Marjoram and *Asarabacca*, like as both of them in the end of this book are described.

Item, take Fenegreek, Linseed, Hollihock roots, Mallowes, and wild Saffron, of each one handfull, dried Hyssop, and Venus hair, of each one handfull, eight or ten fat Figs, Currans two ounces, Sugar pennets, Licorice, of each one ounce, Fennel seed one drach. *Turbith* half an ounce, Ginger one scruple, *Salgemme* half a drachme; see the these all together in three quarts of water, unto two quarts, and every day give the patient thereof six ounces.

He may also use this Cock water following, the which is thus to be prepared; when as the

the greatest extremity is past, and when the patient beginneth to recover, then give him a good Cruce full of this broth following, for certain days continually. Take a Cock of three or four years old, course him so long untill he lye still; afterwards kill him, and stuffe him with Currans, Figs, Licorice, wild Saffron, Venus hair, white Mints, Penniroyall, Fenegreek; if you cannot get all of them, take the most part of them, of each a like much; let them see the in a great kettle that you need to powre no water upon it, drink of this as is said. But the third day, take six ounces of this Potion, and see the therein two cut Figs, unto three ounces: then put thereto a drachme of Treacle or Mithridate, *Philonium Romanum* half a scruple, washt Turpentine one drach. and a half, and then take it all at one time.

This order must he observe certain dayes together, albeit that it should last one whole year, which would be the better. Likewise there is good for this sicknesse, Turpentine taken with hony, and prepared Fox Lights, for it openeth the Breast, cleanse the same and healeth the Lights.

Another Cock water; Dresse the Cock as he ought to be, and stuffe him with Hyssop, Licorice, and Venus hair, of each half a handfull, Currans half an ounce; let them see the well together, and lastly put a drachme of *Thymus* unto it, use this broth, as is afore-said.

Item, melt a drop of *Ammoniacum* in a spoonfull of the water of life, and drink it fasting.

Of the consumption Phthisis; a disease of the Lights. §. 23.

THis *Phthisis*, (the which by reason of her nature is called the consumption, and of the Latinists *Tabes*) is an ulcer of the Lights, of the Breast, of the throat, or of the mouth of the stomach, wherewith is alwayes a Cough or a small Ague, whereby the whole body consumeth away, and waxeth impotent. Or *Phthisis* is an exsiccation and weakning of the body, whereby the whole body will be consumed, even as the Greek name sheweth.

Item, *Phthisis* is a sicknesse of the lights, that drieth away and consumeth the flesh, marrow, and all other powers of the body. In fine, *Phthisis* is all that harmeth the lights, or devoureth them. This disease is also of such nature and quality, that it seldom infecteth the very young, the very old and aged persons, but most of all, as *Hippocrates* testifieth, those that are between eighteen and 35. years of age; and this is the cause that the eager and sharpe matter in this age, be it through natural or accidental causes, doth as then raig most of all in these kinds of bodies.

First, this consumption can proceed of many causes, as of a sore Cough, whereby any vein doth break in the Lights, or of any eager brackish rheume that falleth upon the lights, and there through his eagerneffe doth arrode some vein of the lights, as a drop of water through continual falling pierceth a hole into a hard stone.

Secondly, this can also be caused thorough an impostume of the throat; the which breaking falleth into the breast, and there annoyeth the same.

Thirdly, of an impostume in the breast which after the Pleurisie, inflammation of the lights, or spetting of blood, is not well cleansed and taken away. Like as of *Empyema* (which is the infection of the lights) hath been said.

Fourthly, such can also be caused through some obstruction of any accustomed course of womens flowers, or course of the Hemorrhoides, which being closed up, by their vapors do endamage the lights.

Fifthly, it cometh through extream outward heat, or cold raw winds, and especially in the falling of the leafe. Also of strains, wounds, pestilent ayr, through long use of many hot spices, Onions, Garlick, and other things more, which do engender much and subtle blood, whereby a vein quickly cometh to break, whereby afterwards the blood putrifieth there, and turneth to an impostume.

These sicknessees can also be well provoked through long conversing in quicksilver, the vapour whereof harmeth and putrifieth the lights.

These also are the commonest signs of this sicknesse, to wit, when the sick mans nose waxeth small and sharpe when the temples of the head fall down, their arm-pits do stretch out like wings, whereto cometh afterwards a small hot Ague, Cough after meat, oppression of the breast, grievous breathing, mattery spittle, the which is alwayes a little died with

with blood, which if it be cast over hot coals, yeeldeth a stench; or if one cast it in a kettle of water, doth sink to the bottom. The cheeks of the patient are alwayes ruddy, the nails on the hands and feet will be crooked, he is sometimes hot, and otherwhiles cold. In fine, they that are oppressed with this wretched sicknesse, are alwayes very raging and impatient, so that no body can do enough for them, &c. When as then besides all these signs, the blood beginneth to consume, to dry away, and the hair to fall off, then is he very far spent.

Now for to come to the means whereby all such sicknessees are to be holpen, then is there first an old saying, that the old and ripe Consumption is not to be cured; The cause is, that all such ulcers of the breast do corrode too deep.

Secondly, because the lights must be in continual motion, where notwithstanding all cures have need of quietnesse.

Thirdly, through continual motion doth raze and eat in the deeper.

Fourthly, for that this disease lyeth so deep in the body, that Physick can hardly or slowly come to it.

Fifthly, if hot remedies be to be used for it, then increaseth the Ague: if cold remedies, then have they but small force to pierce to the place infected: Or if there be drying medicines used thereto, then do the same oppresse and putrifie there.

These sicknessees may be settled a long time in children and old folks, in corpulent and fat folks, and specially in women; but if the sicknesse do draw to an end, and that besides all the said signs the stomach faileth, and the laske approacheth with it, then is there small hope more at hand, notwithstanding, although this sicknesse (as is said) is very dangerous, and long continuing, yet are the due remedies that serve for the same not to be despised nor objected. And before all, as much as concerneth this disease, the eyes are to be fixed on seven kind of things. First, to see that the Rheume be stayed, for the which you may here before find divers remedies in the Squinancy in the twelfth Chapter and 2. §. Also in the fifth Chapter 2. §. Secondly, heed must be taken to the ulceration of the Lights, for which in this present description of the lights very many remedies are prescribed, more shall be hereafter specified.

Thirdly, to drive away the Ague, and for that to this sicknesse many kinds of Agues are incident, as may appear in the sixth part of this book.

Fourthly, care must be taken to diminish this Cough, neverthelesse to beware not to hinder altogether the coughing up of the flegme, for the which look here before the 4. and 5. §. and also afterwards.

Fifthly, the patient must observe a good rule of living, whereof hereafter followeth a good instruction.

Sixthly, means must be made to take away the spetting of blood, whereof is at large discoursed in the 17. §.

Seventhly and lastly, care is to be had to lengthen the sick bodies short breath; for this, look into the 12. §. of *Asthma*: what is further needfull for this sicknesse shall follow hereafter.

First there are here expressed four principal things, as well fitting the patient for food, as for remedy, to wit, Hony, conserve of Roses, Crabs that are taken in fresh waters, Figs, and certain other fruits.

As much as concerneth the hony of Roses, it is alway more forcible then the common Hony, because that it expelleth flegme and matter, pierceth and cleanseth, therefore is Hony accompted a safe conductor of all other medicines which are commodious for this sicknesse. But if so be that there be with it a vehement heat, and putrifying Ague; then in the stead of the same, is Hony water to be used: for which cause some say that the Hony is not to be used in this sicknesse alone without scumming, for if the same be not scummed, and do not see the, it is hurtfull, and causeth the laske.

The second is the conserve of Roses, through which onely some preserve themselves, and prolong their life; and if through use of this the body chanceth to be stopt, then is sirupe of Hyssop to be used, and if the same be too hot, then are *Trochiscus de Camphora* and cold Tabulates of Dragagant to be used.

Thirdly, are the Crabs, which must be thus prepared; Take fresh water Crevets as many as you will, see the them so long in well water untill they may be pluckt in picces, then cut off the feet and skins, take off all the shels and wash them well in lee that is made of Vine ashes, afterwards see the them very mellow in Barly water: the patient must eat the Crabs, and drink the water.

Fourthly

Fourthly, there are good for this disease in stead of Physick, Raisins, Figs, Pingles, Pistacia, Currans, Sebestes, and Jujubes.

But for this we will discover more other remedies, amongst which is chiefly commend- ed Asses milk, and if the same cannot be gotten, Goats milk is to be taken in the stead thereof; also bread fopped therein is to be eaten, and if that may be, he is to use no other drink sugred: but if that cannot be, then is he to use therewith some sugred beer, yet is it no counsel to use the Milk, if therewith be any putrid Ague. Here is also to be noted, that womans milk surpasseth all other milk; but be it what milk that it may be, yet must the same be drunken new milked, for all milk very quickly taketh an alteration and corruption. But if all manner of milk be lothsome to the party, then prepare him this potion; Take Ireos one quarter of an ounce, of Hyssop and green Venus hair (if it may be gotten) of each one handfull, peeled Barly three ounces, Melon seed, Cucumber seed, Gourd seed, Pompeon seed, seeds of *Verbascum*, Fenegreek, Jujubes, and Sebestes, of each half an ounce, Licorice and Raisins, of each one ounce, white Sugar nine ounces, Hony three ounces, seethe it all together except the Sugar and the Hony in a sufficient quantity of rain water, according as you will have it strong, let it seethe to the second part: when it is strained, then put the Sugar & Hony unto it, let it seeth a while and clarifie it.

And if so be that after the use of milk, there follow a small Ague, then shall he in stead of Milk, use barley water, or a thin Barly pap, for that cleanseth the breast, and cooleth the same, and expelleth flegme, but as soon as the Ague goeth away, then may you return to the use of the milk.

The rule of living.

First, they that have the consumption are to chuse all such dwelling places, where it is alwayes cold and moist, and chiefly where he is troubled with an Ague, situated to the Northeast and on the water. But if he cannot get the same, then must his chamber be often sprinkled with fair water; and if he be of ability, then is the chamber to be sprinkled in the place of common water, with stilled water of Violets, water Lillies, Cucumbers, Gourds, Pompeons, mingled, or each by themselves; or strew the chamber with Violet leaves, water Lillies, Vine leaves, and with other cold herbs. The chamber may also be fumed with these fumigations following, which are made of water Lillie flowers, Lettice seeds, and Purslain seeds beaten together. He must not cover his head too warm.

Secondly, almost all exercise and travel is hurtful, principally when as yet his head is full of humours; therefore shall he refrain all labour, and be still and take his rest.

Thirdly, he must beware that he do not over eat himself, and it is more commodious to eat oftentimes, and a little at once, then for to eat once or twice a day very much; and so it is also with his drink. He must also beware and refrain to eat with hunger, and that which he eateth must he chew very well, whereon many do think but little, that do either hate or smally esteem their own lives. In like sort must he eat to expel all the superfluity of the stomach or bowels. If there be any such thing in the stomach, then must it be taken away by stooles, for vomiting is very hurtful for this disease, but Manna or Cassia are to be used herein. But if the going to the stool be hardned in the Bowes, then must this Clyster be ministred: Take Mallows, Beetes, Violet leaves, and small Woodbind, of each a handfull; seethe them together in sufficient water, take thereof twelve or sixteen ounces, oyl of Violets, and of white *Sesamum*, of each one ounce and a half, fresh Butter three quarters of an ounce, *Sal gemma* four scruples, or one quarter of an ounce of common Salt, minister it onely in the morning.

Fourthly, his sleep must be seven or eight hours long, and not at all but at the least one hour after supper; he must shun sleep a day times, and is to sleep half sitting, and not to lye upon his back nor on his face.

Fifthly, he must beware of anger, of calling a loud, and of all that will impact the flegme in the breast, as of sorrow, fear, fright, and above all things of Venery, for there is nothing that more abateth the nourishment of the body then the same, but he must by all means possible indeavour himself to be merry and of good chear.

As much as concerneth the sixth, to wit, meat and drink, for that you have this common rule, as, that his bread be of good white Wheat, and baked well, rising; also if the same be drest with the water of Folefoot, it were very commodious. Of fleshes are good
for

for him, fat Pullets, Hens, Capons, and all field fowls, as Pheasants, Partridges, &c. Also young Kids, Calves, Hares, roasted Pigs, Fox lights, and the sewer of all these beasts. All water Fowls, wilde Pigeons, and Geese are forbidden him. But this meat is specially commended, take Almond milk when he hath a strong Ague, and where there is no ague take Goats milk, and see the crums of white bread to a thin pap, and let him eat thereof and such like paps made with Wheat meal, Barley meal, or Millet meal, sweetned with Sugar or Sugar pennets : amongst which one may temper some white Poppy seeds.

All fish are permitted for this sicknesse, and chiefly all river fish : Crabs have also a special property, vertue, and secret operation against this malady. And if one cannot get Crabs, then take in the stead of them garden Snails, and let them with their houses boyl with Hyssop and Fennel, then take them out, and bestrew them with Sugar, or frye them with Butter, as it liketh the Patient best, for they cause the flegme to arise, and moisten the body : all herbs that moisten and cool are good for this disease ; yea it behoveth that all the Patients meat be drest with the same, as namely with Beets, Lettice, Spinage, Burrage, Purslain, Melons, and Shepherds purse, which have a special operation for this sicknesse in cooling and moistening. But Coleworts, and Turneps must he forbear : Rice sod in water, wherein 24. hours before wheaten Bran hath been steeped, may he well feed upon, for through the Bran doth the water get a cooling & moistening operation. So is there also good for this sicknesse, red and white Pease, notwithstanding that they be warm & dry in the first degree, which warmth & drouth is taken away by dressing. For amongst all kind of pottage, there is nothing more requisite than this for the Lights. But the ancient Phisitians do much commend stued Barley, *Prisnam*, of all other pottages, for it is light of digestion, slippery, and looseth the phlegme very well ; it altereth also the bad, dry, and aguish complexion. And albeit that Barley is hot and dry in the first degree, yet all such drouth is taken away through the moisture wherewith it is boyled, whether it be sodden and drest in water, Almond milk, or some fresh broth : for it is familiar to the stomach, cleanseth the same, quenbeth thirst, putrifieth not in the stomach : for these vertues is Barley commended of all ancient and later Physitians that are expert in physick. So do they also commend Oatmeal, which hath almost the same vertue, and is like to the barley, but is not so common in use, yet are the right Oatmeal paps very good, so are paps also of bean meal, of Lentils, of rough bearded Wheat, of Starch drest with Almond milk, or the broth of Hens, as occasion shall serve.

Above the foresaid fruits the Hasel nuts are tollerated and allowed of, yet but a few, lest they spoil the stomach : unsalted Cheese is very good for him, but old Cheese is highly forbidden, and albeit (even as is said) milk is for meat tollerated, yet is not butter, nor hogs grease, neither Sallad oyl commendable for this disease : neither yet any meats which are drest with much fat. Oyl of sweet Almonds, and oyl of Walnuts are accompted for the best, because that the other stuff the head : all salted fish and flesh are hurtful, like as be vinegar, verjuice, and such like, and especially if there be salt in it : but if any of these be used, then delay the sharpnesse with Sugar ; but sweet Pomegranats and Citrons well Sugred may he use well enough. Hony is not good in his meat, although the same used after another manner be good and profitable, even as is here before expressed.

He must beware of all spice, unlesse they be drest with some other cooling herbs, as with Violet leaves, Purslain, Spinage, Lettice, Endive, and such like. But Saffron is much commended for this disease, for it strengtheneth the heart, the breast, and cleanseth the lungs. White Wine is good for his drink, if it be clear and somewhat sweet : but the fowr and hard wine harmeth him : if so be that the Wine do not fume into the head, then let him drink it by it self, but if it be heady, then temper it with sodden water, or the water wherein Licorice, Buglosse, Elecampane, Folefoot leaves, and such like are decocted, this must be his drink at meals, but if he drink between meals, then is he to drink sugred Barley water. Here have you now the second time a description of the six unnatural things, the which the Physitians do call *Res non naturales*, like as the same are before set down in the description of *Asthma*.

Here do follow many remedies for this disease.

TAKE the tails of fresh water Crabs six ounces, prepare and dresse them as is before instructed, the seeds of Endive, of Sorrel, of small Endive, and of Lettice one drachme

drachme and a half, Pingles that have been steeped one night in Folefoot water two ounces, stamp and chop them all together, and seeth them with four ounces of Sugar and Hony to a Confection. There is also another Confection made of Crabs, called *Looch de Cancris*, as followeth: Take the tails of good fat fresh water Crabs four ounces, Raisins the stones taken out two ounces: 30. Jujubes, Licorice two ounces, Venus hair, Tassel leaves, Hounds tongue, and Dill, of each one quarter of an ounce; seethe this all together in sufficient water to the half part, then wring it out, and put thereto sirup of Poppy heads, and white Sugar, of each four ounces, and when it is well clarified, and decocted to the thicknesse of Hony, then put unto it sirup of Licorice, Almonds chopt small, and Gourd seed, of each half an ounce, seeds of Mallows and Quinces, of each one quarter of an ounce, Purslain and white Poppy seed, Dragagant, Gum and Starch, of each one drachme, pownd all these small together, *Species Diamoschu*, and *Diambra*, of each one drachme, temper them all well together. Item, this *Looch* ensuing may also be prepared for this, the which is very good for the Consumption, the drought and heat of the throat: Take Licorice sliced, Raisens without stones, of each one ounce, Jujubes, and Sebestes ten or twelve, seethe them all together in two quarts of water, that there remain not above the eighth part, then strain it through a cloth, and put thereto five ounces of sodden wine, Sugar pennets two ounces, and so let it seethe thick together, whereof the Patient is to take twice or thrice a day, and likewise in the night tereatably, a small spoonful at once, for this are also good *Looch de Pino*, *De Farfaria*, and *Looch de Papaveri*.

To these foresaid confections is this following highly commended: Take the juice of Pimpernel, of Bistorta, or powders of the same, of each half an ounce, conserve of Roses, one ounce and a half, temper them well together, and let them seethe over a small fire; or if it be hot weather, set it in the Sun until it be thick. About the *Bistorta* is a great debate amongst the learned, every one may therefore look unto it that will.

Item, the confection of Fox Lungs described before in the twelfth §. is special good for all such as have the Consumption taking daily the quantity of a Nutmeg. The operations that Treacle and Mithridate have in this disease, are declared in many other places of the book. The warm and cold Dragagant tabulats are also special good for the consumption, and that according to the importance of the same.

Item, take eight ounces of Hens flesh which is sodden in Barly water, and as much Almonds, beat them all small together, and temper therewith one ounce and a half of Starch, and the whites of five eggs well beaten, with four ounces of beaten Sugar, temper them all together with Rose water, and let them seethe well without the Almonds and the Hens flesh: when it beginneth to be thick, then stir the Almonds and the Hens flesh amongst it, and make morsels or small cakes thereof, and let them dry in an oven. The confected Almonds are special good for such as consume away, for they give good nourishment; in like sort the confected Pingles, if they be steeped first 24. hours in Rose-water.

This following is a costly powder: Take white Poppy seed one ounce and a quarter, Starch and Dragagant, ana. 3. 3. peeled Melon seed, Pompeon seed, Cucumber seed, and peeled Gourd seeds, ana. 3. 7. seeds of Purslain and Mallows, ana. 3. 5. burnt Ivory, and the juice of Licorice, ana. 3. 3. Sugar pennets as much as of all the rest, make a powder thereof, and give every morning thereof one quarter of an ounce, with the sirup of Poppy heads, or sirup of Jujubes: this is good against all ulcerations of the Lights, and against all Coughes, for that it is of wonderful operation, yea also in them that do Cough up pieces of their Lights. If you will have a powder of it for to strew upon your meat, then put as much more Sugar unto it.

Item, take Lungwoort, and prepared Fox lights of each half an ounce, and two ounces of Sugar, and make thereof a powder. And you may make these pills following for to lay under the tongue, which are very good against the Cough, and against the Ague: Take peeled Melon seed, Gourd seed, Cucumber seed, and peeled Pompeon seed, ana. 3. 5. white Poppy seed, Purslain seed, ana. 3. 7. Sugar pennets as much as all the rest weigh, muscilage of Quinces as much as needeth for to make pills therewith.

Item, conserves of Betony, and conserves of Gilloflowers being both of one operation) are passing good against the Consumption: the conserve of water Lillies cooleth marvellous well, and the wine thereof. In like manner Rosemary wine, and of Clary, are also good for this, even as in the last part of this book their operations are discovered.

Here

Here followeth also precious Capon water which much strengtheneth the heart, and restoreth all weaknesse: Take an old Capon, chop it small, and put unto him Buglosse water, the water of Burrage and Dandelion, of Endive, and *Carduus Benedictus*, of each eight or ten ounces, grosse beaten Cinamome, and Pionie seed, of each half an ounce, Saffron and Nutmegs, of each one scrup. Roses, Mints, Sage, and Flowers of Burrage cut small, of each one handfull, Buglosse the roote and herbe one ounce, Harts tongue, Violets and Rosemary flowers, of each half a handfull, Misselden of the Oke half an ounce, let all this digest in a Stiller, and afterwards distill it like other water, this is specially good for children.

These cold remedies following are very meet for a consuming body, which is hot and dry, to wit, conserve of Roses, sirupe of Poppie heads, Roses and Violets, Purslaine, cold Dragagant, tabulats, and the confection of *Diarrhodion* which is very temperate. Or warming remedies if the patient be not too hot, like as in *Asthma*, these following are good, *Diacuminum*, *Diaireos Solomonis*, *Dia Hyssopa*, *Dia Calamintha*, *Dia prassiam*. In like manner, the sirupe of all these aforesaid, also the sirupe of Licorice, Jujubes, and Venus haire, but chiefly the last of them, which is not too hot. This patient ought alwaies as well before as after meat to sit in a warme bath water, and to sit therein so long untill the veines begin to swell and grow big.

Plaisters and Unguents have also good operation in this disease, to wit, such as hereafter insue: take prepared Crabs tayles (as is taught before) twelve ounces, seeds of Endive and of small Endive, of Sorrell, of Lettice, of each one drachme and a half, Mace one quarter of an ounce, peeled Melon seed, Gourd seed, Cucumber seed, and peeled Pompeon seed of each three drachmes: Pingles two ounces, beaten Sugar four ounces, and Hony of Violets as much as needeth for to make a plaister, and so lay it warme upon the breast.

Lixivium of the ashes of cake doth much open the oppilations of the body, and doth dissolve and open the humours.

Or make a confection of Figs and mustard seeds, and eat of it every night to bedward.

Or see the seeds powned, and the figs sliced in wine and drink of it every night, and eat the figs after it.

Or make very fine powder of the cuttle bone, and drink it with water, this is very good.

Rx. of Laudanum 3. 6. Angelico roots 3. 1. Dittanie roots 3. 1. 9. 1. Saffron 3. 1. 8. the 4. greater cold seeds, powder them and with honey make an electuary; take of this first and last, and in the afternoon every day. *Prob.* You may adde unto it the powder of sweet Cubebs 3. 8. with this I have done much good in Consumptions.

Rx. of Castoreum 3. 8. Angelico roots, powdered very small and with honey make a thick electuary. I gave this to one at Riga in Leifeland that had received all the help of other Physitians in that Town, he lay as dead 4. houres, I put the said electuary 3. 8. into a spoon with white wine, and let it remain in his mouth as he lay flat on his back, at the last some of it went down his throat; after this within half an hour I did wash his head with my Lixivium made of the powder of Pepper, coloquintida seeds, and strong lee made of ashes: this revived him in a short time; and after that he had the rest of that electuary; and then he had an opening decoction; and so he was cured.

A good Oynment.

TAke the fat of a white Cat, Harts suet, Barrowes greafe, the marrow of Harts bones Dogs greafe, and Badgers greafe, of each one ounce, Hony two ounces; melt all these together on a mild fire: afterward put thereto Bevercod and *Euphorbium*, of each half an ounce, long Pepper four scruples; beat that small which is to be beaten small, and make thereof with sufficient Wax and oyl of Camomil an oynment. Some have not without cause dried Betonie and field Cipers, stamping of each half an ounce, with three drachmes of Turpentine put unto it: and as this unguent is somewhat hot, so is this following temperate. Take one ounce and a half of the oyl of Violets, fresh butter three quarters of an ounce: melt them and powr them into a mortar, and put thereto one ounce and a half of womans milke that hath a daughter sucking on her, stir it together untill it be well tempered, and annoint the breast therewith, it is good against heate, it swageth and

and looseth flegme: therefore it is also good in *Asthma* and *Hectica*. Item, take the whole purtenance with heart, lights and liver as it hangeth together of a blacke Calf, chop it together very small, and distill it in a glasse helme in seething water; you may take thereof as much as you will, and temper amongst it as much Nettle water as of the former, and rub therewith the withered members.

If so be then the marrow in the bones do also wither away (as is admonished at the first) then take a Fole of a yeare old, let it be killed, fleyed and all the bones cut in peeces: take the marrow out: then take washt Turpentine, Hounds grease, and Harts suet, of each half an ounce; cut and melt the marrow, but the skin that sticketh to the bottom preserve that alone: for being powdered it is good for all sores; the molten marrow keep still in the pan, and temper one with another as long as an egg may be sod and let it cool: you may take thereof the bignesse of a Walnut, and annoint your self twice a day therewith, on the hands and side, and else-where if it be needfull.

It is also to be noted, that there is another sort of Consumption called *Febris Hectica*, which proceedeth also of this contagion of the Lights, but we will speak further thereof in the sixt part, where we do treat of all other sorts of Agues, as also of other witherings of the members, of lamenesse, and the Poxe, in the fourth Chapter of this book.

Of the stinking breath in Phthisis, or the Consumption. §. 24.

OF all the former diseases and putrifactions of the Lights, it is easily to be understood, from whence the breath hath this beginning and whence it stinketh, and that it cannot be amended, if the disease whereby it is corrupted be not taken away and cured, whereof is spoken more at large in the first part, the 13. Chapter, and §. 3. therefore we will speak more briefly of it: for which Master Tristrams water is very good. Likewise the juyce of Wormwood tempered with Vinegar, and the mouth washt therewith. Confected Calamus, Elecampane and Citron pils, are also very good with their sirups. In the first part the twelfth Chapter, and §. 1. is a powder set downe which beginneth thus, Take Sene, &c Annis and Fennel seeds confected, and such like, do also take away the stinking breath: the which also do sweet and bitter Almonds, be they confected or no.

But heed must be taken for the Consumption, that no laske or fluxe happen with it: and if such do happen, then is this powder following to be used. Take Gum of Araby, burnt Ivory, fine Bolus, and Myrtle seed, of each a like much, make thereof a powder, and minister thereof every day as long as very needfull, three drachmes at a time, with sirupe of Poppie heads and Myrtles.

For to conclude this Chapter of the Lights, we will add hereunto certaine needfull and necessarie things: to wit, the medicines which by nature voluntarily ease the Lights, as Ireos, Hyssope, Licorice, Raisins, Venus haire, Squils, Saunders, Pingles, Fox Lights, Horehound, Hony, Sugar, Dragagant, Fenegreek, Barley, Saffron, Ameos, Colewort broth, the broth of an old stued Cock, Cherries, *Lignum Aloes*, Hasell nuts, *Opopanacum*, *Serapinum*, *Myrrha*, Radishes, Daffodill roots, Lilly roots, Frankincense.

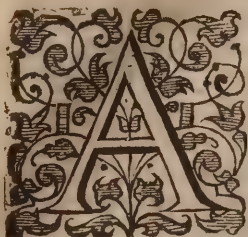
These things following doe cleanse the Lights and the Breast; as *Agaricus*, Hyssope, Wood-binde, *Sarcocolla*, Cassia, Ireos, Coloquint, the confection of *Diasena*, and the pils *Cochin*.

These things following doe strengthen and warme the breast and the Lights, as Hyssope, Horehound, Ireos, Elecampane roots, Cammomill, Hollihocke roots, Currans, Squils, Balsam wood, *Myrrha*, *Serapinum*, Lilly roots, Venus haire, Licorice, Indie *Spica*: and amongst the compounded things are *Diacalamintum*, *Diaprasium*, *Diahyssopum*, Ireos tabulats, the confection of Pingles and *Loech de Pino*. For the cooling of the breast these things, Jujubes, Sebestes, Dragagant, Gum of Araby, Starch, and white Poppie seed, sweet Almonds, Violets, Sugarcandy, Mulberries, Saunders, Sugar, &c. Of the compounded things, the confection *Diapapavere*, cold Dragagant, Sallads, Sugar pennets, and other things more: that with many more are described before.

We must note further, that although the disease of Children, which is called the infection of the heart be a malady of the Lights, and a kind of Consumption, yet for some causes it is described in this Chapter following.

The sixth Chapter.

Of the Heart; the most precious part of mans body.



LI they that are expert in natural things, or in Philosophie do write, that the Heart is the first member that is found in all living bodies; and in like manner the last that dyeth of all other parts of a living body; the which is very well to be believed, for that it is a perfect fountain and off-spring of life, and of all natural heat; and is also it self hotter then any other member: therefore in all beasts it is set in the midst of their bodies, that it might warm the blood, spread the same abroad over all the whole body, and thereby preserve life right in the middle of the breast. (which is contained in this second part of this book.) The Heart hath his place in mens bodies, but with his picked end tendeth towards the left side, and left nipple: therefore do the common people suppose that the heart lyeth in the left side.

Out of this springeth first the vitall spirits, *Spiritus vitales*, which with a continuall stirring and moving preserve it, and that with such force, that the same being out of the body, yet it forcibly stirreth and goeth up and down, even as one may specially see by the hearts of the Salmon and Sturgeon. Through which continuall stirring from this place, it doth communicate his motion through all the Arteries, and also the life it self unto the whole body, the which is to be known by this, that when the same is infected with any impostume, or with any weapon never so little pierced that forth with the vitall spirits, yea life it self must depart out of the body; like as is daylie seene by the like experience of the hearts of all beasts which are killed: whereas the heart being sound, so soone as the same is never so little touched or stirred, that then all warmth and helpe is taken from all other members, whereupon immediatly death ensueth; and is none otherwise but as if ones heart be not before harmed.

Item, this heart is also the dwelling place of all inclinations of the mind, as mirth, vexation, sorrow, fear, care, hope, love, hate, anger, malice, mercy, sufferance, or forbearance, and such like.

Fourthly, appear in the Heart such diversities of affections, with such a force and vertue, that if the one do raigne above the other, the same draweth such an humor unto it, as is most acceptable for it: As anger draweth unto it *Cholera*, mirth discusseth the blood over the whole body, and through fear and fright hasteneth it towards the hart: in great sorrow and vexation it draweth the melancholike blood unto it, &c. How were it then possible to expresse all the causes of these and of other more wonderfull passions of the hart; yet have many renowned and learned men written very amply thereof, whose books may be read and perused.

Also it is certaine, that all bodies, which hath great hearts, are fearful, and faint-hearted, for that they have not so much heat as is needfull for them. Contrariwise all small hearts, which draw the heat the better together are stout and valiant: This may well be understood of great and spongy hearts, which are not so wide, nor filled with so many vital spirits: like as are other great and compacted hearts, that be hot, and filled with vitall spirits, then can they not otherwise but shew themselves manly and courageous, like as the common proverb sayth, He hath a great heart.

The heart hath some fatnesse on the top, yet in leane bodies very little, but in fat bodies somewhat more, the which is ordained by nature therewith to moisten the Heart, that through his continuall stirring it should not be it fore dried. Likewise it hath otherwhiles a thicke fleshie skin which lyeth round about the heart, and sometimes waxeth almost as hard as a bone, the which the Grecians call *Pericardion*, and we, the closet of the heart, and hath such moisture in it, like as it were urine, yea otherwhiles like as it were with a sweet dew. And when as this moisture commeth to drie up, like as it happeneth in them that consume or live in great sorrow, then must death follow after it. Like as to the contrarie doth come to passe, when there is too much of this foresaid moisture, that thereby is caused the panting of the Heart, and destemperature of the vitall spirits. It were here too long to rehearse all the signes of a hot, cold, drie and moist Heart, or of a cold & drie, hot and moist, cold and moist, or hot and drie: all the which are intemperatures or *Intemperies*.

peries; of which is spoken in the first part and 1. §. We will also touching this, recommend the Reader to *Galen*, who hath at large discoursed of these *Intemperies*.

But must adjoyn thereto three things which concern the heart, whereof the heart of them that dyed of *Cardiaca* or swooning, or their hearts that dyed through poyson, cannot be burnt.

Secondly, the foolish fantasie of the Egyptians, that were of opinion, that mens hearts do every year augment one quarter of an ounce, and that during fifty years, and that afterwards from year to year it abate as much again, which was the cause that men could not live above one hundred years.

Thirdly, that the heathen of their offered beasts (and also *Iulianus* the Emperor that fell from Christ) do marvellously seduce people and perswade, that all things to come may thereby be known, whereof we will speak no more at this present. We will now proceed thereby how the same are to be holpen and cured. And albeit touching this there be many maladies and accidents described by the learned, yet we will neverthelesse briefly rehearse onely of the faintnesse of the heart, of whatsoever cause that it may proceed, as swooning, quaking and panting, be it through heat or cold; amongst which may be contained all accidents and maladies which are incident unto the heart, and lastly add thereto of the malady which is commonly called, the griping of the heart.

Of the fainting of the heart in general. §. I.

EVEN as the heart is the most principal and precious part of the body, so doth the same declare that there is the more care and providence to be had, for to avoid and take away his maladies, for to cure all that which hurteth it, and to prefer all that helpeth; and too brain the same, thus do the learned write these common rules hereafter following.

First, that with expedition some good means and counsel be used and had against all that might happen unto the heart, for to expel the matter which is cause thereof, for that there is no part of the body which may tolerate lesse delay of help.

Secondly, for other members which have any disease, there one thing is commanded, another forbidden, so that thereby no hurt might happen, which nevertherlesse is not so duly observed, as whensoever is given to one that hath the Ague, Wine, or Flesh, which notwithstanding is clearly forbidden: but this must be more strictly observed in the infirmities of the heart, by reason that it is much more needful for to strengthen the same as can be best, and to comfort it.

Thirdly, if any member be by nature hot, and yet there striketh more heat unto it, then must a great cooling be used: but one may not do so to the heart, whereto lesse or smaller things be used, neither yet to delay it so long, before you seek remedy to cure it, as shall be hereafter declared in the eight and ninth instruction.

Fourthly, the parts that are helpers of the motions and actions of the whole body must not at any hand be touched with any strong purgation, so that thereby the same parts, and consequently the whole body be not overweakened, the which must so be observed in the heart, by reason that the same doth procure all actions of the whole body.

Fifthly, for that the diseases of the heart are caused for the most of blood and wind, therefore is Phlebotomy much better for it then purging: but if the malady proceed of blood, then must the Liver vein be opened on the right side; if of wind, then is the Liver vein on the left side to be opened.

Sixthly, if that purging medicines must needs be used, then is there alwaies to be put thereto that which may comfort the heart, as hereafter shall be taught, thereby to strengthen the same, and to preserve it, by reason that all purging medicines are not a little contrary to the heart.

Seventhly, it must be narrowly looked unto what part of mans body doth send these humors towards the heart, and causeth this malady, for to make ready the purgation accordingly, and to add the cordial things unto it, as hath been said.

Eightly, that if the Heart have gotten a bad hot complexion, that the same must be cooled, then is to be tempered amongst the cooling medicines some warming things: for if nothing but onely cold things were used, then might perchance the natural heat be quenched, and the patient be killed.

T

Ninthly,

Ninthly, the cause of this mixture of cold and warm things is, for that cold things are commonly of no force or power without the help of warm things, to penetrate to the heart. As for example, the Saffron is therefore added to the *Trochiscos de Camphora*.

For that all which shall here afterwards be written of the malady of the Heart, is no other thing but a faintnesse, where the one is greater and the other lesser than another, like as *Lipothymia* and *Syncope*, it is needful to write of their differences.

Lipothymia is a swooning or defect of the mind, which sometimes is but small and sometimes great, and is soon ended; contrarywise *Syncope* cometh suddenly upon one, and that with such vehemency, that he can neither feel, see, nor hear, so that between death and him there is no difference, then that as yet he hath some breath.

Notwithstanding is the *Lipothymia* not so little to be regarded, but that speedily help must be had for it, for that it may quickly turn into *Syncope*.

But before all things, shall every one know, that both these tremblings of the heart, have so great acquaintance with the panting of the heart, that many Physitians have comprehended them under one title, as the remedies described every where do testify the same; but that they have made many necessary differences between hot and cold swoonings, and first to write of the foresaid small swooning, or defect of mind, which taketh one unawares, therefore are these things following to be used which do strengthen and warm the heart, as Balm, Burrage, Rosemary, Basil, Penniroyal, Marjoram, Wormwood, and specially marriish Mints. Of roots, Cipres roots, Zeduary, Costus, Ginger, Elecampane roots, both the Beetes roots, and Doronicum. Of seeds, Ameos, Smallage seed, Annis seed: Of Spices, Cardamom, Nutmegs, Lignum Aloe, Saffron, cucubes, Cloves.

Item, take Muscus, Ambra, Harts bones, Citron pils, Mastick, Myrrhe, Blattæ Byzantiæ, good and pleasant tasting Wine.

Item, take these warming confections following, as Diamargariton Calidum, Diacynamomum. Diaploris, Lætificans, Dia Moschu, Diambra, Aramaticum Rosatum, which is of a temperate nature; Treacle, Mithridate, confection Citron pils, confection Elecampane roots, and other things more that do follow afterwards.

These things are of a temperate nature, Jacint, Smaragdes, Saphires, Rubies, Pearls, Coral, Gold, Silver, Amber, Mirolalanes Bellerici, Buglosse, silk Worms nests, burnt Ivory, Barberries, Tormentil, Harts bones, and Saffron. To cool the heart take, Melon seed, Pompeon seed, Cucumber seed, Gourd seed, the seeds of Fleawort, Sorrel seed, prepared Coriander, Pomgranats, Lemons, Citrons, and their juice, Quinces, sowre Apples, Pears, Raspes, new and dry Prunes, and all pleasant favouring fruits, water Lillie flowers, the juice of the Vine, Vinegar, Roses, Violets, shaven and burnt Ivory, all kind of Saunders, Amber, and sealed earth. Of compounds, is the confection of Diarrhodon Abbatiss, Triafantalon, Manus Christi with Pearls, Diamargariton frigidum, Trochisci de Camphora, conserve of Roses, of Violets. Sirupe of Raspes, Lemons, Violets, Roses, water Lillies, Vinegar, and Oxyfacchara, and all that you shall find written hereafter. Moreover, there are hereafter set down divers confections, that comfort the heart in heat and cold.

The order of Life or Diet for this faintnesse of the Heart.

A Bad stomach is otherwhiles no small cause for this swooning, for it procureth before the swooning come a heat over the whole body. As soon as this shall be perceived, it is not amisse to use for it confection Balsam wood, but in the stead thereof take Tabulates of Xyloaloe, which are very requisite for this.

Secondly, he is to take every morning one drach. of fine Treacle, which must be twelve years old, with Rosewater, of the confection of Muscu, Diamoschu dulcis, he is to drink of it oftentimes with Basil water one quarter of an ounce at a time, but that which concerneth the stomach shall follow hereafter. Fourthly, this patient is to have hanging about his neck a good Smaragde stone, or at the least selected Coral. Fifthly, take one drach. and a half of Rose buds which are not fully blwon, Vine leaves, red and white Beben, flowers and seeds of Basil, Bark of Frankincense, Marjoram gentle, of each one drachme, Balm one drach. and a half, Camphire one scruple, Amber half a scruple, Musk two grains, each beaten by it self, and being bounden in a piece of silk, or to be smelt unto oftentimes; but if the faintnesse be not holpen thereby, and that it be feared that he will be more fainter, then must those things be used against the swooning that are described hereafter.

But

But for the first, you are to use these cordial waters and plaisters following; Take Balm water twelve ounces, Rose water, Violet water, the water of Willow leaves, and of wild Vine leaves, of each six ounces, burnt Ivory, Roses, red and white Saunders, Harts bones, seeds and leaves of Basil, of each two scrup. Musk two grains, Amber five grains; Muscadell two ounces, let all these seethe together about one quarter of an hour (except the Musk and Amber) make then a piece of red Scarlet cloth wet therein, one quarter of a yard squar: wring it warm out, and lay it four or five times in an hour upon the heart. A sponge may also be laid in this water, and smelt unto oftentimes; for both of them do marvellously comfort the Heart.

If so be that the swooning doth not yet cease, then take two ounces of this foresaid powder, and temper amongst it as much Barly meal, one scruple of Saffron, and seethe it with good old wine untill it be reasonable thick, temper it well in a mortar with four leaves of beaten gold, and one drach. of prepared Pearls, spread these upon a piece of red Scarlet cloth, and then lay it on the left breast. This is approved to be marvellous good, and to have sometimes holpen such a grief within one quarter of an hour, and sustained the sick person by his strength.

Of Syncope the great Swooning. §. 2.

THe second and forest swooning of the Heart is called *Syncope*, and is thus described: *Syncope* is a distraction of all feeling and stirring of the whole body, with extream faintnesse. Amongst many other inward causes whereof, are these; receiving of any pestilent or other stinking air, whether it be in time of the Plague, or of the stench of any hollow caves, or of the byting of any venomous beasts, as of Scorpions, mad dogs, and venomous fumes of mettals, like as in the melting often happeneth: of great fear and frightening, of former diseases, as of the dead Palsey, the Pleurisie, inflammation of the lights, suffocation of the mother, of worms, of overwatchings, of many laskes, of much bleeding, of great hunger, of much smarting, of great pain, yea also of great joy, and other strong motions of the mind. So that this great swooning hath great familiarity with the dead palsey; albeit there be a difference, whereof we are to speak. If any get the palsey, then remaineth his face by good semblance: but in this swooning it is like to a dead body. For in this swooning, all the blood runneth towards the Heart, so that the patient remaineth without any feeling, and in such an estate, that no man can tell whether he be dead or living: so that there is a common proverb of it, That such dead men ought not to be buried in three dayes.

Secondly, they are like one to the other, in that neither breath nor pulse is perceived.

Thirdly, in the palsey the patient feeleth before a heavinesse in the head, but not in the *Syncope*; neverthelesse they accord in this, that the affected party lyeth as though he were dead.

But in this swooning it is certain, if it come after a long panting of the heart, and continueth long, then it is a Messenger of death, and chiefly if there be Ellebor blown into the patients nose, and it doth not stir and move him at all.

The signs of the swooning to come, of what cause soever it be provoked, are sweating and panting of the heart, a slow and feeble pulse, bleaknesse of the lips and face, chilnesse of the outward members, numnesse of the sense of feeling and moving; where these signs appear, there a strong swooning draweth near, & there is need of good counsel.

First, and with speed, when the swooning approacheth or is extant, then is the patient to be spouted in the face with Rose water, or (if that be not ready to be had) with cold Well water, and it will be the better if there be a little Musk tempered amongst it; for thereby will the natural heat be driven inwardly, and the vital spirits revived. Stop also his nose and his mouth a little while: for if the breath find no vent, then turneth it back, and thereby quickneth the natural heat.

Secondly, his arms are to be bound hard, and then made loose, and bound hard again. The palmes of the hands and plants of the feet are well to be rubbed with raw cloths, salt, and vinegar, to the end that the matter may be drawn from the heart.

Thirdly, his stomach and about the mouth of the stomach is also to be well rubbed, whereby the natural heat may be quickned. All fragrant herbs, which are hot of nature, are to be holden before his nose, as all kind of Spice, Musk and Amber, if so be that the cause of this matter be cold.

But for women that do fall into swooning through the suffocation of the Mother, it is another case, as shall be shewed elsewhere, for that all odoriferous things are hurtful to be holden before their noses. A grain of Musk dissolved in Wine and then given, is passing good. And if the patient have vehemently closed his mouth, then is the same to be broken open with a wooden stick, and his tongue, teeth, and roof of the mouth to be anointed with Treacle or Mithridate. But if the cause be through heat, then must the patient have cold things given him to smell unto, as Camphire, Saunders, Roses, and such like here before expressed. And of what cause soever this swooning doth come, yet is it alway good that there be made a great noise about the patient, and that he be called upon by his name, and blow Camphire in his nose, or Saunders in stead thereof; these are now the commonest means, if the swooning be procured through heat or cold, that are to be used at a sodain.

Secondly, all the windowes are to be set open, that then the patient may be refreshed with the fresh air, and they are to speak very friendly unto him. Also you are to anoint his pulse, nose, and temples, with the foresaid things, and give him all comfortable things, as is before said, that nature may thereby be strengthened and quickned.

An order of life for Swooning.

First, all men that are subject to this swooning, must beware of all cloudy, moist, and cold air, and shun such like dwellings, must suffer no sweat upon the head, must cast off all sweaty shirts, and put on clean; he must forbear all moist and cold meats, as Spinage, Beetes, Lettice, Purslain, Endive, Cherries, Hasel Nuts, Apricocks, Cucumbers, and such like; but new Figs are good for him. Further, he must be kept from all grosse binding meats, from all that is made of dough, from all fish, as Eeles, Tenches, and all great corpulent Fish; But Crabs and small Fishes which are taken in fresh waters he may eat, being a little broyled. He must also eschew all old and fat flesh, Cheefe and such like. He must use for his drink all clear white Wine that is not sweet, or a good old mild sort of Beer; he must wholly forbear drinking of water; he must not overcharge his stomach with eating and drinking, but chew his meat well, and leave off eating with appetite. He must not sleep after meat, or at least not too long. He must walk well two hours before meat, yea run up hils, for that consumeth well the moisture whereof the swooning is provoked. He must specially fly all anger, sorrow, vexation, and other troubles of the mind, as is sufficiently declared before.

But what medicines are to be used for the swooning, shall be here taught; the patient must as soon as is possible, take these pills following in the morning betimes.

Take pills of Rubarb one drachme, *Hicra Composita* one scrup. make nine pills thereof with Rosewater, afterwards give him this drink following six dayes one after another; Take half a drach. of Agarick, *Hermoadstili*, and Rubarb, of each one scruple, *Diagridis*, and *Sal Gemma*, of each two grains, Ginger, Squinant, Spica, and Annis seed, of each 3. grains, Hony of Roses half an ounce, let it steep one whole night in three ounces of water wherein Woodbind is sodden, afterwards let it see the a walme, and strain it out. For to make pills, take good Aloes two ounces, Mastick, Saffron, Violets, and flowers of Buglosse, of each half a scruple, burnt Ivory and Roses, of each three grains, *Diagridion* seven grains, Agarick, Turbith, and prepared Azure stone, of each half a drachme: steep it all together with Cicory water three dayes long, and (being well stopt) let it dry in the Sun, or in another warm place, yet stirring it often about untill it be meetly thick; take then a drach. thereof, and make thereof seven pills, whereof every evening you are to take one pill a certain time long, afterwards a whole year thorow take one pill about the fift day; but if the patient be full of blood, and of sufficient strngth, then are you after purging to open the Liver vein in the elbow on the left side, and to let him bleed about five ounces.

For to keep open the body, you are to use this powder; Take *Epithymum*, roots of Polipody, *Thymus*, Harts tongue, and *Cuscuta*, of each one drach. Argal and Seny, of each half a drachme, Mace four scruples, stamp and mingle it all together, take one drach. thereof at the least twice a week at one time, tempered with a little wine, or some fresh broth; it purifieth, breaketh wind, and cleanseth the heart and stomach. Item, take at the least (once a week) as much *Piperinum* as the bignesse of a Pease, chew the same, and spet the moisture out of the mouth.

Another.

Another.

TAke a good piece of white bread, mollifie it in good Muscadell or Malmsey, if so be that the cause of this swouning be of cold : but if it proceed of heat, then mollifie the same white bread in Rose water, in juice of Pomegranats, in juice of Quinces, in the juice of Citrons, or any flesh broth, and so eat it. Also this patient may use conserve of Roses, Burrage, Buglosse, and Rosemary, and other things more, which shall be expressed hereafter in the trembling of the heart, after that heat or cold hath the upper hand.

There are yet many more confections and Cordial things prepared, which are very profitable for this purpose, and do remain described before in the discourse of the cold pain of the head where it beginneth, take conserves of Betony, &c. Item take *Pistacia* three ounces, white Sugar six ounces, sirup of Roses four ounces, seeds of Basil, red and white Coral, Roses, burnt Ivory, red and white Behen, of each one drach. Zeduary, Amber, and Saffron, of each two scruples, Jacint, Smaragde, and Saphire, of each half a scruple, Mace, Cinamom, and Cloves, of each one drach. six leaves of beaten gold, Pearls four scruples : the *Pistacia* steep (being cut small) three dayes long in Malmsey ; afterwards seethe the sirup and the Sugar thick enough, and first temper therein the moyest *Pistacia*, and afterwards the rest beaten small, whereof is to be taken the space of six weeks every morning the bignesse of a Walnut. This powder following is to be strewed upon the meat : Take Cinamom half an ounce, Saffron one drach. Zeduary three quarters of an ounce : beat and mix them all together. The Zeduary hath a special power for to strengthen the heart. And there is to be drest alwaies in his meat Buglosse and Balm.

To this end are prepared divers cordial waters, as hereafter followeth : Take Cinamom and Cloves, of each one ounce and a half, Nutmegs one ounce, red and white Roses, of each ten handfals, Lavander flowers seven handfals, Hyssope two handfals ; pour then thereupon a quart of Malmsey : temper them all together, cut them small, and let it so stand nine dayes together, and afterwards distil it. Item, take good Wine five quarts, 2. rase of Ginger, 40. Cloves Cinamom, 3. quarters of an ounce, Mace one quarter of an ounce, Spike 2. handfals : If you will have it more forcible, then pue two Nutmegs cut unto it, let it steep all together 6. or 7. weeks long, and afterwards distil it. Thus have the Ancient Physitians done. Or take four quarts of good wine, Spike 3. handfals, green Marjoram gentle 2. handfals, Mace, Cloves, Cinamom, and Nutmegs, as much as you think good : temper them together, and set them a whole moneth long in the Sun in a glasse : This may you keep so, or distil it.

Cordial waters.

Another. Take Lavander three handfals, steep it in a pinte of wine, or Malmsey, stop it tight ; then set it for the space of thirty daies in the Sun, and afterwards distil it. Of all these foresaid waters may a little be given him when he beginneth to get the swouning, or hath the same already. This juice following is justly praised : Take a Capon or a Partridge, rost it leisurely, baste it with Rose-water and Muscadell, or any other good wine wherein Cloves have been steeped ; then presse the juice out of the said Bird, and give him some thereof, and the rest let him eat now and then some. And that this juice may continue good the longer, temper it with as much hard Sugar as you think good. But will you have another ? then wring likewise as much juice out of a Pullet, or out of young Kids flesh, take two ounces thereof, new pressed juyce of Quinces, 3. i. β. and one ounce of good milde wine ; temper them all together, and give the patient to eat thereof. For this is also commodious all *Aqua Composita*, which are described in the eighth Part. For this swouning may be used outward remedies after many manners : first, through shields : Take Burrage flowers, and Violets, of each one handful, red and white Saunders, red and white Coral, red and white Behen, and Roses. ana. 3. i. Saffron, 3. β. burnt red Silk, G. 15. Camphire, *Muscus*, *Ambra*, ana. G. 2. pownd them all together, and mix them in a red silken bag, and so lay it on your left breast.

Cordial shields.

Another. Take Ireos half an ounce, tame or wild Balm, Citron pills, Buglosse flowers of each one drachme, Mace one quarter of an ounce, yellow, white and red Saunders, and *Lignum Aloes*, of each half a drachme ; temper them with powder of the capital bags, which are described in the first Part, the twelfth Chapter, in the beginning, where is mention made of the brains : take thereof as much as is needful for a bag to lay on the Heart. The same is also wonderful good in time of the Plague being laid upon the

Heart. Item, take Ireos three ounces and a half, Damask Roses six ounces, Marjoram, Cipers roots, and red Styra, of each half an ounce, Cloves one quarter of an ounce, Calamus half a drachme, *Muscus* two grains, used as above.

This following is a very cordial shield : Take Burrage flowers, Buglosse flowers, red and white Saunders, red and white Behen, Nutmegs, and Couchenel, *Lignum Aloes*, Saffron, Seduary, white Diptamus, Cucubes, Basil seed, Baulme, and Citron pills, of each half a drachme, *Gallia muscata* one scruple, *Muscus* and *Ambra*, of each six grains, beat them all together grosse, and put it into a red Crimson bag, and lay it over the brest.

Here follow divers more. Take Juniper berries, powr thereto water of Sage, pownd them to pap, and then bind it luke-warm upon the Pulse. Item, take Cinnamom, Mace, Saffron, Cloves, as many as you will, put Malmsey unto them, and lay it all upon the Pulse. Take unpownded Saffron, fasten it in the left hand one hour at the least ; it strengtheneth much the heart. Take clean burnt Balm, Pennyroyal, Cloves, water of Sage, and Roses ; temper them, and annoint therewith the Patient, especially on the Pulses, under the nose, and upon the temples of his head ; The ancient Physitians do rub the heart with fresh Burrage flowers ; it is very good, but it is very weak. All odoriferous things which are hot by nature, are to be used against the swooning through heat. But Hyssope is chiefly to be commended for it, and all those who are subject to this swooning are counselled to smell oft unto it.

A precious
Balm to com-
fort the heart,
first ordained
for the Empe-
ror Ferdinandus.

This Balm following was ordained for the Emperor *Ferdinandus* : Take a pound of Turpentine, six ounces of Virgin hony, twelve ounces of water of life, even as hereafter be divers described in the eight part. *Lignum Aloes*, *Turkish*, yellow Saunders, Sage, roots of blew Flower deluce, and *Chamedrys*, of each one drachme, Nutmegs, Galingal, Cucubes, Cinnamom, Mastick, Frankincense, Cloves, *Spica*, white Mustard seed, Saffron, Ginger, Rue seeds, and Costemary roots, of each three drachmes, Musk one drachme, Amber one quarter of an ounce ; beat them all grosse together, and let it steep all together one day and a night in the water of life. But the Musk and the Amber are to be broken alone in some Muscadell wine. Lastly, temper the Turpentine therewith, and distill it in seething water.

A good salve.

Take Amber, Zeduary, red and white Coral, *Blatta Byssantia*, Basil seed, red and white Behen, and Rosemary flowers, of each one drachme and a half ; Mace one quarter of an ounce, Sorel, small Endive and Cicorie, of each half an ounce, Roses and water Lillies, of each three quarters of an ounce, Rosin one ounce and a half, *Laudanum* half an ounce, white Wax three drachmes ; melt the three last things together, and as they begin to be cold, then mingle the rest amongst it : afterwards let it be spread on a round cloth, and laid upon the left breast. If it be too hard, then make it softer with oyl of Roses ; both which are good (as is said) against the swooning and faintnesse of the Heart. Yet is the Balsam much hotter than the salve, for it is temperate, and therefore you may know how to use it accordingly. When you have made it softer, then annoint the whole breast therewith.

This capital powder following may also be used for this : Take Indy *Spica*, *Ameos*, Bayberries, Marjoram gentle, ana. ʒ. i. *Lignum Aloes*, ʒ. i. ʒ. beat all apart, and mix them together with five grains of this powder ; You must every evening when you go to bed strew it on your head.

Of the beating or panting of the Heart. S. 3.

The Grecians do call this disease *Palmos*, the Latinists *Palpitatio*, *Tremor*, or *Salus Cordis*, which is a trembling or panting of the Heart, contrary to the common custome. It is caused (even as we have taught in the beginning of this Chapter) of the abundant moisture which is in the closet of the Heart.

With these there may be yet more other inward causes, as the pain of the stomach, vexation and offence of the Heart, of the Liver, the Lights, the Milt, or Mother : Also of wind, ill damps, corrupted blood, and such like. The outward causes are commonly great heat, sodain and great cold, great emptinesse, great sorrow, fright, great fear, and other motions of the mind ; Further, of venome taken, biting of venomous beasts, pestilent Agues, corrupted ayre, stinking dwellings ; like as in prison, Mines or other

other such like, which are under the earth : of belly worms, and all other things that vex the Heart, the which are well to be understood of the Patient himself.

The inward signs are these : If the panting of the heart proceed of Worms, then is the beating of the heart bigger before meat then after : but if the same come of a bad stomach, then may it easily be marked through pain in the same place, if the same be wrong : Also by the wambling and vomiting : If it come by fulnesse of the same, then is the disease most grievous after meat ; but if through emptinesse, then it is most sore before meat. If it proceed of fright, sorrow, and such like, you must understand and learn that by the patient : If it come of winds, then it is very suddenly upon one, and soon gone away again. If it be provoked of heat, then is the pulse swift, and the breath is strong, and disordered. If it proceed of blood, then is the urine grosse, and the pulse beateth speedily and strong, his face will be red, and about the heart is alwaies great heat, the Patient is alwaies light hearted, the which is much augmented through meats that make and ingender much blood. Or if this disease be caused of *Cholera*, then is his urine yellow and thin, the pulse beateth continually, swiftly, with great thirst, possibly through daily meat, whereby the *Cholera* is increased, or of former pains taken. If this be caused of Phlegma, that appeareth by the white and thick urin, of small, slow, and disordered pulse, the Patient is sleepy and faint-hearted. This is also wont to be caused of meats that procure *Phlegma*. Likewise in winter time, when this panting of the heart is caused of Melancholy, then is the sick body fearful, the body decreaseth, and falleth away, and that most of all in Harveſt, with many more melancholick signes that are elsewhere described. This panting of the heart doth often haunt both young and aged people, whereby the occasion is hardly to be adjudged : and in all such it is found, that the letting of blood hath not onely eased them well, but also thoroughly holpen them, and chiefly if therewith they have observed a good order in eating and drinking, and use all such medicines as have abated the blood and other humours : howbeit the same hapneth very seldom that aged people be cured thereof, for that they most of all chance to dye of a hot Ague, or of swooning, and that commonly between forty and fifty years. Thus much for the beating or trembling of the heart.

Of the panting of the heart through heat. S. 4.

IF by the panting of the heart there be discerned a swift pulse, and an Ague, then is it a sign that it cometh of blood or *Cholera*, the which is not without danger : for it often hapneth, that then they do fall into a swoon, and thereby immediatly remain dead. Now for to remedy this, must the sick persons face, hands, feet, and pulse veins be forthwith sprinkled and rubbed with these compounded waters : take Rose water four ounces, Mints water two ounces, Roses, burnt Ivory, red and white Saunders, of each two scruples, *Muscu* and Ambra, of each two grains, Vinegar two ounces, Malmsey two scruples, mix them all together, and when you will use thereof, then stir it well about. Secondly, take pleasant Wine, and water of Buglosse, of each one ounce, *Specierum Diamoschi dulci* one scruple, temper it, and give it to the Patient warm to drink. Thirdly, he shall continually smell to odoriferous bags, that shall hereafter be described. Afterward, as soon as is possible, ought the Liver vein to be opened in the right arm, and four or five ounces of blood be letten out, but not before that the sick person hath gone to stool. The next day following, he shall take this potion : take sirup of Citron pils one ounce, small beaten Rubarb, and prepared Agarick, of each two scruples, sirup of Roses half an ounce, Ginger and Spica, of each six grains, *Sal Gemma* two grains, temper them all together with three ounces of the water of Burrage, and so drink it luke warm, and fast thereupon four hours.

You may also cause him to be purged with Cassia, Tamarines, yellow Mirobalanes, Manna, and Rubarb, putting to either of them some Agarick. As for example, you may take this Purgation following: Take water of Buglosse one ounce and a half, Cicory water two ounces, Rubarb one drachme and a half, prepared Agarick one drach. the juice of Roses half a drachme, Spica one scruple, Ginger five grains : let this steep 24. hours in a warm place, and making it hot in the morning, you must strain it through a cloth, and so drink it warm, and then fast four hours after. This being done, he must eight dayes one after another, take every morning this drink following : Take sirup of Apples, sirup of Citron pils, and *Oxyacchara*, of each half an ounce, water of Balm and of Buglosse,

Buglosse, of each one ounce, Cicory water one ounce and a half, temper them all together to a potion. And it were not ill that he take every fourth day one of these pills following: Take Aloe one quarter of an ounce, Rubarb one drach. Agarick four scruples, red and white Behen, Saffron, Mace and Indy salt, of each three grains, make pills thereof with the juice of Buglosse, six to a drachme. If there be greater heat approaching, then is it advised, that at the first every day be taken half a drach. of *Trochiscos de Camphora*, with sirupe of Pomgranats dissolved, and so continue four dayes together. And if this will not help, then must the patient drink new Buttermilk, with all these purgations and letting blood. It is also highly commended, to cary a sober life in eating and drinking, yet to take heed that the patient remain by his strength.

We will here mention some more things that are very commodious for the panting of the heart, like as fragrant things which are of a cold nature, as Violets, water Lillies, Roses, all Saunders, Coral, Pearl, Campher, Harts bones, Jacints, Smaragdes, shaven Ivory, Amber, Coriander, the juice of Lemons, Rose water, Odoriferous fruits, Quinces, Pears, Apples, and their like. Amongst compounds are the confection of Orange pills and their sirupe; the confection of Citrons, and their sirupes, conserve of Buglosse, Roses, Violets, Burrage, confected Cherries, and their sirupes, the flowers and roots of Cicory confected, sirupe of Sorrel, Burrage wine, and Cherry wine, the Tabulates of *Diamargariton*, *Diarrhodon Abbatis*, Dragagant, and *Mannus Christi* with pearls; but the Physitians do ordain many compounded medicines, as hereafter do follow.

The laxative sirupe of Roses is especially commended, if there be any stopping of the belly, for it cooleth and diverteth all ill vapours from the heart, whereby the heart is much pained.

There are also made for this many confections, according to the importance of the patient, whereof there follow some hereafter; Take conserve of Roses half an ounce, conserve of Buglosse two ounces, conserve of water Lillies one quarter of an ounce, Pearls, Jacints, Smaragdes, Citron seed, Sorrel seed, and red Coral, of each one drach. red, white, and yellow Saunders, prepared Coriander, burnt Ivory, red and white Behen, Harts bones steeped in Rose water, of each half a drach. filed Gold and Silver, of each two scruples, Gold and Silver leaves, of each 15. Sugar one ounce and a half; beat them all small together, and temper it with Rose water, but not on the fire:

Item, take the juice of sweet Apples, and of Buglosse which is clear and settled, of each two ounces, *Doronicum*, Citron pills, Burrage flowers, Roses, shaven Ivory, of each half an ounce, Basil seeds half an ounce, Myrtle leaves, Balm, Coriander, Cinamom, Galangal, Zeduary, Spike, Lignum Aloes, burnt Silk, and Saffron, of each one quarter of an ounce, small filed Gold and Silver, of each two drachmes and a half, red and white Behen, burnt Harts horn, Mace, Gallia Muscata, Amber, Harts bones, red Saunders, of each three drach. of all Mirobalans, of each half an ounce, Smaragdes, Beril, Jacints, Saphires, Granates, which be prepared, of each one drach. Pearls three drachmes, Amber and Campher, of each half a scrup. Musk one drach, make a powder thereof, and to every ounce of powder put twelve ounces of Sugar; dissolve the Sugar in Rosewater, and seethe it for to make Tabulates thereof, or a confection.

This confection is of a temperate nature, very forcible for all swooning and maladies of the heart. These two next following are cooling.

Take conserve of Roses, Buglosse, Burrage, of each one ounce, Species de Gemmis, and Rubies, of each one scrup. Harts bones, and peeled Citron seed, of each 10. grains, sirup of Apples as much as you desire to make it soft, use thereof in the morning two hours before meat. The other; Take conserves of Roses two ounces, conserves of Buglosse one ounce, Species Triasandalon, burnt Ivory, Sorrel seeds, peeled Melon seed, Gourd seed, and peeled Cucumber seed, Lemon seed, and Oxysacchara, of each three quarters of an ounce, Sugar half an ounce, Pearls two scruples, three leaves of beaten Gold, mix it with the sirupe of Apples unto a confection. And if this panting of the heart come too often, then give this powder following half a drachme tempered with Rose water, and water of Buglosse.

Take red Coral, Jacinct, Smaragdes, and Saphir, of each five grains, small filed Gold three grains, Pearls half a drach. temper them together, and put thereto a spoonful of white Vineger, and make a potion thereof. Item, take red Coral, Pearls, Jacincts, and Smaragdes, all together prepared, of each one scrup. and give thereof half a drach. with some kind of distilled water.

Restorative

Restorative waters of Capons are very requisite for this, which must be thus prepared: Boyl the Capon in water, wherein hath divers times gold been quenched, chop it afterwards in pieces, and put thereto flowers of Borrage, Buglosse, Violets, Roses, Citron peels, Cinamom, Cloves, Balm and Saffron, of each one drachme. If you cannot get all these, then take as many of them as you can get, and distill them all together with flesh and broth in hot water; and then when any body is very feeble, give him a meetly draught thereof; it strengtheneth not onely the Heart, but the stomach also marvellous much.

There is also another made with spices, as followeth; When the Capon is made clean, then stamp him with bones and flesh in a mortar, afterwards powre into a glasse helme; Borrage, Balm, Endive, Fennel, and Rose water, of each two ounces; then put thereto the stamp Capon. Item, put more thereto the water of Wormwood and of Comfery, of each one ounce, *Spec. de gemmis Diarrhodon Abbatis, Diamargariton* the cold, Cinamom, Lignum Aloes, of each one scrup. distill them all together as before.

Moreover, there is another Capon water to be distilled, as followeth; Take an old Capon that is made clean, put thereto four quarts of water, let them see the well together, then pull off the skin, and the fatnesse, and then break him all to peeces, and distil water thereof as before. Yea are to salt this water, so that it may last the better without stinking. You have also here before in the first Chaper in the 22. §. a precious water, which strengtheneth the heart wonderful much, the which may be also used for the same.

We have often here before admonished of the sirupe of Apples, which is thus made: Take the juice of sweet and sowre Apples, of each five ounces, see the it to the half, scumming it, then let it stand two dayes to settle; put thereto three ounces of Sugar, and then see the them together unto a sirupe. Another; Take the juice of the best tasting sweet and sowre Apples, of each twelve ounces, see the it untill it be well scummed, then put thereto six ounces of Sugar, and let it see the together to a sirupe. These sirupes strengthen the weak panting heart, preserve one from swooning, and strengthen the stomach.

Item, take Rose water, the juice of sowre Apples, and water of Buglosse, of each three ounces, see the these together to a sirupe, or to a Julep.

For this is also good many kinds of accustomed sirupes, as the sirupe of Vineger, and of Lemons, of Raispes, Violets, water Lillies, Verjuice, Sorrel, Borrage and Buglosse, also Julep of Violets and Roses; the which are to be found in the first Register by their names.

Distill a quart of white Wine with three handfuls of baulme Mints, drink 3. or 4. spoonfuls thereof at ounce.

Confections and Powders for to use inwardly.

Take *Species Diarrhodon Abbatis, Aromatici rosati, de gemmis*, and prepared Coriander, of each three drachmes, prepared Bloodstone one drach. and a half, *Torchisci de Spodio cum semine acetose*, two scruples, shaven Ivory half a drach. Hart bones half a scrup. prepared Pearls four scruples, Granadoes, Jacincts, Smaradges, Rubies, Saphires, Coral, and Roses, of each one scrup. Cinamom one quarter of an ounce, Sugar six ounces, temper them all together to a powder. If you will make Sugar plates thereof, then see the it with Rose water, as hath been taught.

The like confection or powder may be made also of the *Species De gemmis*, or any other that like you best. And alwayes for one ounce of Species, you must take 12. ounces of Sugar.

Of such things as are to be applied outwardly for it.

For this are highly commended these Cordial waters, and to that end we will expresse many; Take water of Buglosse six ounces, water of Cicory twelve ounces, water of Balm four ounces, *Species de gemmis the cold, Latificantes Almanforis*, of each one scrup. *Species Triasantali* one drach. and a half, white vinegar half an ounce, and Malmsey two ounces; let it see the a little, and then make a scarlet cloth wet in it a quarter of a yard square, wring it out, and lay the same on his left breast four or five times before and after meat, and twice again before he go to bed.

Take Rose water, and Sorrel water, of each three ounces, of Buglosse two ounces, red Coral, red Saunders and Roses, of each one drach. Musk, Amber, of each three grains, Saffron one scrup. Vinegar one ounce and a half; temper them together, and then lay it divers times luke-warm upon the left breast.

Item;

Item, take *Species Diamoschi, Latificantes, de gemmis* the cold, of each two drach. Malmsey four ounces, water of Buglosse, Sorrel, water of Cicory and Violets, of each one ounce, temper them together, and lay it thereon, as before.

The chiefeſt Phyſicians of *Anguſta Vindelicorum*, have theſe things following in uſe : Take water of Burrage, Sorrel, Bugloſſe, Balm, and Roſe water, of each eight ounces, two kinds of *Species de gemmis*, of each half a drach. Harts bones, and burnt Harts horn, of each half a drachme, Saffron ſeven grains, Roſe Vinegar, ℥. i. β. temper them all together. Another : Take Burrage water, the waters of Bugloſſe, Sorrel, Roſes, Balm, and Violets of each two ounces, Vinegar of Roſes one ounce and a half, red and white Behen, of each half a drach. flowres of Burrage, Bugloſſe, and Violets, of each one ſcruple, Cinnaſom one drach. three Harts bones, *Lignum Aloes*, yellow Saunders, and burnt Harts horn, of each one ſcruple, prepared Pearls one drach. burnt Ivory, and Saffron, of each ten grains, *ſpec. Diamargariton* one drachme, temper them and uſe them as aforeſaid. Another : Take two kinds of *Spec. de gemmis*, ana. ℥. i. *Diamoschi dulcis*, ℥. β. *Cordialium*, ℥. i. Saffron, Indy Spica, red and white Behen, and *Spec. de Canna*, ana. ℥. i. prepared Pearls, ℥. β. yellow Saunders, ℥. 2. *Muscus*, two grains, two Harts bones, one ounce and a half of Vinegar of Roſes, water of Balm, Sorrel, Burrage, Bugloſſe, Roſe water, ana. ℥. 3. water of Melilots, ℥. 4. temper them together, and uſe them as above.

Take red Saunders half an ounce, Citron pils, white Saunders, Roſes, red and white Corral, Amber, and burnt Ivory of each one quarter of an ounce, Harts bones, and Saffron, ana. ℥. i. *Spec. Lætitia Galeni*, *Diamargaritonis*, ana. ℥. 2. Camphire, ten grains : powder theſe all together, and temper them well, and when you will uſe them, then take the foreſaid water which beginneth : Take Burrage water much as you pleaſe, &c.

Item, take Roſe water, and the water of water Lillies, of each ſix ounces, the juice of ſovre Apples three ounces, water of Balm and Bugloſſe, of each one ounce and a half, Vinegar half an ounce, red Saunders, Citron ſeed, and Sorrel ſeed, of each half a drachme, Camphire five grains, Cinnaſom four ſcruples, temper them all together. This following is of a temperate nature : take water of Balm, Bugloſſe and Sorrel, of each four ounces, water of Cicory, Roſes, and Willow leaves, of each one ounce and a half, Saffron five grains, Vinegar one ounce, Malmſey three drach. temper it well, and uſe it as before.

Theſe following are more cooling : Take water of Bugloſſe, ſmall Endive, Burrage, and of Violets, ana. ℥. 6. of Roſe water, ℥. 8. *Spec. de gemmis* the cold, ℥. i. β. Camphire, ℥. β. white Corral, ℥. 4. prepared Pearls, ℥. i. β. beaten Gold leaves eight, Malmſey, ℥. 2.

or ſhields.

For ſhields to lay upon the outſide, you may take all the foreſaid things, except the Sugar and Roſewater.

Item, take Roſes, flowers of Bugloſſe and of Burrage, ana. ℥. 2. β. Citron ſeed, burnt Ivory, Mirtles leaves, white Corral, and Coriander, ana. ℥. i. β. Camphire one quarter of an ounce, red and white Saunders, ana. ℥. 4. make a ſhield thereof, to lay upon the left ſide of the breaſt. Or take red and white Saunders, red and white Corral, ana. ℥. i. Balm, Bugloſſe, Citron pils, Harts bones, and burnt ſilk, ana. ℥. i. *Spec. de gemmis* the cold, and Saffron, ana. ℥. β. Camphire one ſcruple, mix them together.

The ſame vertue that theſe ſhields have is alſo in the Plaifters, for which theſe following are highly commended, as well to cool the panting of the heart, as the pulse, and therewith for to ſtrengthen the breath, heart, and all natural powers. Take *Doronicum*, Harts bones, red and white Behen, ana. ℥. i. β. red and white Saunders, burnt Ivory, leaves of wild Grapes, red and white Corral, of each one quarter of an ounce, Roſes three drach. water of Bugloſſe and Barly meal, one ounce and a half, Saffron two ſcruples and ſix grains, four ounces of Malmſey, oyl of Saffron half an ounce, molten Roſin half an ounce, and make a plaifter thereof.

Another.

Take red and white Behen, Harts bones, *Doronicum*, Jacints, Smaragdes, Saphires, of each two ſcruples, Pearls one quarter of an ounce, four leaves of beaten gold, Roſin

Rosin one ounce and a half, boyl the Rosin in thick red Vinegar, make a plaister, and spread it on a red woollen clout, and lay it on the left breast.

For these sick persons it is also very commodious (like as is already expressed) to hold at their noses continually odoriferous things that are cold of nature. For which be used the Pomanders which are described in the sixth Part, or these following: Take Basil, Roses, Violets, burnt Ivory, and Harts bones, of each two drach. Camphire two scruples, Musk and Amber of each four grains, red and white Saunders, red and white Coral, of each one drach. beat each alone, and being tempered, bind them all together in a red piece of silk, and smell thereon continually. These simples also are very commodious, especially if there be an Ague with it, as Violets, Roses, Saunders, water Lillies, Rose water, Vinegar, and such like, as hath before been shewed.

It is very profitable also for the Patient every morning to use these Clifters following: for it doth not onely loose the body, but also strengthen the Heart.

Clifters to
comfort the
Heart.

Take Mallows, Violet leaves, Linseed, and Fenegreek, of each one handful and a half, seethe them in broth wherein hath been sodden a Lambs head, then take 12. ounces of this decoction, oyl of Violets and sweet Almonds of each one ounce, the marrow of Calves bones, Ducks grease, Hens grease and sweet butter, of each three drach. Tho. Sugar one ounce: all this being made, then set it warm. In like manner may this salve be continually used: Take oyl of sweet Almonds, Ducks grease and sweet butter, of each one ounce, the juice of Mercury four ounces; seethe these together till the juice be thoroughly sodden away: with this oyntment annoint from the Navel downwards unto the Hips, in the evening when you go to bed. The Clifter may be used both in cold and hot causes of the panting of the Heart.

Now as concerning the order of life, especial care must be taken that he be not overcharged with eating and drinking. In the beginning of this sicknesse, Barley paps are very commodious: Also Hens or Pullets drest with Vinegar or Verjuice. In fine, he ought not to order himself in this sicknesse, then according to the custome of other hot diseases. It is very good to seethe or steep in his drink Burrage or Buglosse with the flowers. He must refrain from all cloudy cold and moist ayre, his bed and his chamber shall he hang and strew with Willow leaves, Roses, water Lillies, and Vine leaves, and that principally when it is hot weather. Also he must beware of all windy and flatulent meats; as Milk, Pottage, Hony, fruit, and especially grosse slimy meats, as those made of dough, grosse fish, unleavened bread, old Cheese, Chestnuts, and such like. In like manner also from all sharp and heady things, as Onions, Garlick, Radishes, Leeks, and such like. All grosse wines are naught for him, and water also decocted with Licorice.

Of the panting of the Heart through cold. § 3.

When as there is no Ague with the panting of the heart, then is it a sign that the same proceedeth of cold, which is caused for the most part of a watery Phlegma, whereby the breath is hindred, yea sometimes is stuffed with such force in the breast, that it seemeth that they will stifle. This hath also a slow inconstant Pulse, with an heavy breath, and sluggishnesse of the whole body and mind, and with an ill favoured colour of the face: This is to be remedied as hereafter followeth: Take water of Balm, water of blew Flower deluce, and Agrimony, of each one ounce and a half, and a little Sugar; and then drink it four or eight mornings together very warm. But if the Patient cannot go to stool, then is this Purgation following to be given him: Take *Electuarii Indi* one ounce, *De succo Rosarum* half a drach temper this with three ounces of good wine, and give it him in the morning betimes. And if the body be bound at the time when the foresaid drink is to be used, then must the patient take alwaies one hour or twain before supper, one or two of these pills following: Take *Pillula de Sarcocolla* one drach. *Alephangine* one quarter of an ounce, make thereof 24 pills with the juice of Roses.

Also he must drink this every morning: Take Treacle or Mithridate, ʒ. i. ʒ. according as you think best, and temper this with good wine.

Some do advise, that at the first, yea forthwith you do give with wine one drachme, or a drach. and a half of these Tabulates following: Take Mastick, Indy Spike, *Lignum Aloes*, Cinnamom, Cloves, Cardamom, and Citron pills of each one drach, and a half.

Musk

Musk half a scruple : make a powder thereof, and give it him as aforesaid.

But the principal things serving to this panting of the heart, we will briefly expresse, to wit, all that is warm of nature and smelleth sweet ; as Amber, Musk, Saffron, *Lignum Aloes*, red Styra, Cloves, Citron pils, Nuts, Cinamom, Marjoram gentle, Basil, Spike of Indy, Balm, Burrage, red and white Behen, *Doronicum*, Zeduary, Cardamome, Rosemary, and Basil seed. Of all these things are made confections, powders, and other compositions, as shall appear hereafter. Of compounds these are commonly made at the Apothecaries, as *Diambria*, *Dianthon*, *Diathemaron*, *Latiscans de Gemmis calidis*, *Aromaticum Rosatum*, de *Xylo Aloes*, *Diaplis*, and confectioned Citron pils.

Here follow certain Electuaries for to use inwardly. Take Mastick, Cinamom, both kinds of Basil, Mints, Marjoram gentle, and long Pepper, of each a like much ; when you have ten drachmes of this powder, then mix therewith prepared Pearles, red Coral, Amber, burnt silk, red and white Behen, and Indy Spike, ana. ʒ. ʒ. afterwards mingle it with Hony unto an Electuary wherein Mirobalans *Chebuli* be put. This is good not onely for the panting of the heart, swooning, and for faintnesse of the heart ; but also for a cold and feeble stomach, for it strengtheneth the same exceedingly.

This must also be noted, when any confection is to be made wherein there is no certain quantity of hony, then are you to take alwaies for one ounce of powder three ounces of Hony, and then mingle them well together.

Item, take the flowers of Burrage, Buglosse, Rosemary, red and white Behen, Saffron, *Doronicum*, *Lignum Aloes*, Licorice and Basil seed, of each one quarter of an ounce, Jacint, Smaragde, and Saphire, ana. ʒ. ʒ. Sugar thrice as much as the other ; make a powder thereof : whereof the patient is to take a scruple at the least at meal tides.

Conserves of yellow Violets are very much used, and also highly commended for this panting of the heart. You have also before in the first Part the twelfth Chapter, a good stomachical powder, in the first ʒ. which serveth for this purpose. Item, there is in the 5. ʒ. a water of Lillies of Convallies. Also in the eight Part many sundry waters of life, hot of nature, which are for this very commodious. Confectioned Nutmegs do strengthen all inward members, and consume all superfluous humors.

Conserve of Buglosse, Burrage, Marjoram gentle, Rosemary, Cowslips and Cicory mingled with other, or each of it self, do much strengthen the heart. In like manner are good for this all Pomanders which are hot of nature, and are to be sought for in the Register, and those are special good wherein Musk and Amber are put.

Item, steep the space of certain hours Balm in Malmsey, and besprinkle therewith a hot brickbat, and then receive the vapor into the nose.

There may also be laid outwardly cordial waters upon the left breast, which are thus to be prepared : Take Balm water, and Buglosse water, of each six ounces, Vinegar one ounce, Cloves one drachme, Saffron half a drachme, Musk half a scruple ; lay it with a cloth upon the left breast. Some do use the juice of the herbs (when they be settled) in stead of their waters, which are also very forcible. Item, take Buglosse water, and the water of Sorrel, of each three ounces, water of Willow leaves, Rose water, and Wormwood water, the water of Grasse and Balm, of each two ounces, *Spec. cordiales temperatas* one drachme and a half, Saffron eight grains, Myrhe, Diptamus, Gentian, *Lignum Aloes*, yellow Saunders, Basil seeds, red and white Behen, Jacint and Smaragde, of each half a scruple, the juice of Lemmons three ounces, Vinegar one ounce, and Malmsey three ounces, temper them all together, it is wholly temperate : so that it may be used for the comforting of the Heart in cold and heat.

Another.

Take fresh Rosemary flowers, ʒ. 3. Sage flowers, Buglosse flowers. Burrage flowers, ana. ʒ. 1. ʒ. Saffron, ʒ. 1. seethe the flowers in sufficient Muscadell, and then stamp them well together, and lay it warm upon the left breast ; this doth not onely strengthen, but maketh also a light breathing.

There may also shields be made for this, even as here do follow two sorts : Take flowers of Burrage and Buglosse, of each one handful, red and white Behen, and Saffron, of each one drachme, burnt red silk, one scruple, Cloves, Cinamom, red Coral, and Roses, of each half a drachme, Harts bones, Musk and Amber, of each three grains : put all these

these in a red silke bag, then must you besprinkle them with warme Buglosse water, and so lay them to the left breast. Item, take Zeduary, red and white Behen, Rosemary, Indi Spica, Roses, red and white Saunders, Burrage flowers, burnt Ivorie, Mirtle leaves, Buglosse flowers, and Camphire, of each two scruples, Saffron and *Gallia Muscata*, of each one drachme, Ambra half a scruple, Muske foure graines, and make a bag thereof. This is very temperate.

There are also these plaisters and salves, that hereafter follow to be used; Take *Laudanum* three ounces, Cloves and Citron pils, of each one drachme, Musk one scruple, Turpentine half a drachme, melt then the *Laudanum* with the Turpentine in a warme mortar, temper the rest amongst it, and so make a plaister thereof, spread it on a red elout, and so lay it on the left breast.

For to make a salve or oyntment, take unripe oyl of Olives, and oyl of Roses, of each two ounces, Sandaraca one drach. and a half, parched Salt three drachmes, Roses and Cypres roots, of each half a drachme: beat them all small together, and keep and preserve it untill occasion serve to use it. For it hapneth oftentimes, that such humors do draw downwards, and fall in some place of the hip, the knee, or ancle, the which must be kept warm.

Lastly, you ought not to rest, untill the patient be free of this panting of the heart, without using any medicine unto it, or that the disease may with all diligence be diminished, if the same could be perfectly cured. Therefore must alwaies a little Saffron be mixt amongst all his meats, and if that cannot be gotten, then is the dry powder to be drest amongst his meat.

All these confections may be made thus: Take the *Spec. Latificantes Almanforis*, *Dia Moschu dulcis*, *De gemmis temperatis*, of each three quarters of an ounce, red and white Saunders, red and white Corall, of each one drachme, Sirupe of Citrons, sirupe of Roses, and of Vineger, of each five ounces, white Sugar three ounces, seeth the sirupe and the Sugar untill it be thicker then Hony, and when it doth begin to bee cold, then mixe the powder amongst it, and use thereof in the morning, and two houres before supper, about the bignes of a Walnut.

Thirdly, make two bags in this manner: Take Basill seeds, flowers of Buglosse, of Borage, Marjoram, red and white Corall, red and white Saunders, of each half a drachme, Jacint, Smaragdes and Saphir, of each five graines, Camphire one scruple, wild Vine leaves one quarter of an ounce, Mace one drachme and a half, stamp them all small, and fill here with (as is said) a little bag, and lay it on the heart.

The rule of life for this sicknes consisteth in light meats, as in all field Foules, in meats that be drest with odoriferous spices, yolks of new layd eggs are very meet for him: further, behold what is taught in the discourse of the cold braines, and cold head. For his drink, white Wine soberly drunken is good. For Wine, be it as strong as may bee, if one drink too much thereof, then doth it cause cold diseases: and if one desire to delay it, then is it to be done with water wherein glowing Gold hath been extinguished.

This Wine following doth strengthen the heart and the stomach also: Take Ginger two ounces, Galangal one ounce, Cinamom two ounces, Zeduary one quarter of an ounce, Roses one ounce, Burrage flowers one ounce and a half, and roots of Buglosse, beat them together grossly, and steep them in eight quarts of Must or new Wine.

These spiced Wines are also good for the heart, if the disease do come through cold: in like manner Wine of Borage, of Harts tongue, of Rosemary, of Buglosse, and of Hyssop, of Marjoram, and of *Asarabacca*. all which have powder to warme the panting of the heart, and also to strengthen it.

Item, take Balme water, and Buglosse water, of each sixe ounces, Sugar nine ounces, seeth them to twelve ounces, and then use it as a Iulep. Or take water of Buglosse alone, wherein Cloves were sodden, and drink sometimes thereof, for it comforteth marvelously.

Item, take Parsly with the root, boyl them in Wine, according to that you will have it strong; temper therewith a little Vinegar, and drink the same. It taketh away the panting of the heart. and all paine of the same.

Besides all this, the Patient is to forbear all milk, doughy, moist, and windy meats, to arise from meals with hunger, and have a thirst; he must after meat not move nor stirre much, nor yet sodainly give himself to sleep: he must also (according to his old wont) not sleep too much, whereby he might consume and diminish the humidities of the body.

dy: he must also for the most part lye on his right side, and flee all anger, sorrow, and all other vexations.

Of the panting of the Heart through a bad stomach or Appetite. §. 6.

Here before amongst the signs of this sicknesse, we have taught also that the panting of the heart, and the swooning, are caused oftentimes through a bad stomach. But if this disease come of a full stomach, then must the cure begin with refraining from meat and drink, and first with opening the Liver vein, afterwards the Median. But if this be not very needful, then are you to minister to the Patient a mild Clister, for that all strong purgations are enemies to this disease. Further, he must observe for his meat and drink, even as is shewed hereafter, in the description of the stomach. Now for to strengthen the stomach through outward things, choose for it out of the foresaid remedies that which best liketh you.

Of the panting of the Heart through frighting. §. 7.

It is also admonished in the beginning, that the Heart may come to much distemperature through fright and fear, and that through the concurrence of blood, for which, this water of Eldern flowers is marvellous good. Lay them into a glased helm chopt Eldern flowres; afterward lay thereon whole Eggs with the piked end upwards, and the same opened a little; then again Eldern flowers, and so Eggs, untill that the helm be so full as the water is high, wherein the helm standeth, and is to be distilled. When it is thus distilled, then are you to lay of this Eldern water with a cloth upon the heart, thus do the ancient Physicians accustom to make it. But mark that not onely fear and fright do disease the heart, but also all other motions of the mind, which are here before for the most part already expressed: but what power they have in furthering the sicknesse and health, is sufficiently before discovered in both the descriptions of unnatural things, which the learned do call *Res non naturales*, in the first Chapter and §. 10.

Of Heaviness, a disease of the Heart. §. 8.

The cause of this infirmity is *Melancholia*, where are sorrow, fear, and many wonderful fantasies without any cause at all, which are thus to be purged; Take *Mirobalani*, *Chebuli*, and *Indi*, of each one drach. *Epithymi* one drach. and a half, fine *Bolus* five grains, *Muscus* three grains, make pils thereof, or mingle them with Wine: but this following is more common; Take Sene leaves one ounce, beat them, and cast them in the juice of Borage and of Buglosse, of each six ounces, the juice of Apples three ounces; let it see the a little, and wring it out, and then mingle therewith six ounces of fine Sugar; then let it see the again, and when it is cold, temper amongst it one drach. of Saffron, and use thereof as often as you please, at each time one ounce, in Wine, or tempered in one of the foresaid waters.

You have also in §. 5. before a very good confection, which beginneth thus; Take Mastick, Cinamom, &c. which may also be used for this passion.

This following is also very expert; Take roots of Buglosse half an ounce, Zeduary, and *Doronicum*, of each one quarter of an ounce, beat them to powder, and give every day thereof one drachme with Wine.

Behold also what hath been said before in the first part, the twelfth Chapter, and §. 8. of the madnesse, *Melancholia*, and also in like manner in the third part, which are commodious for this.

Of the griping of the Heart. §. 9.

Here before in the end of the fifth Chapter we have rehearsed, that this sicknesse which we do call the griping of the heart, is rather a disease of the Lights, or a kind of consumption, then a malady of the heart: but be it taken as it will, neverthelesse is this sicknesse very grievous for young children, and almost incurable for old folks. And in fine, this English name doth signifie none other, then the Fever *Helica*, whereof we shall further discourse in the sixth part (where we do write of all Agues) for we have alwayes thought good to adde thereto this that followeth: Take Walnuts with the shels, burn

burn them wholie to ashes in a pot, and thereof give a child one scruple, or more, according unto the strength of the child.

Item, take dry brown Betony, and therewith fill a small bag, and lay it on the childs breast. Women are of opinion, that if the child may live till the ninth day, then will it recover health.

For this have you also a speciall Capon water for children that have the consumption, in the fifth Chapter, the 22. §.

It is also sufficiently known to all the world, how that the heart by pestilent ayr, will not only be feebled and infected, but also inflamed with a full destruction, against which you shall find sundry fit remedies in the sixth part, in the treatise of the Plague.

For conclusion of this Chapter of the Heart, and of the second part of this book, we will not omit the discription *Species de gemmis*, whereof is so often mention made, which are to be found at every good Apothecaries after two kinds of preparations; to wit, the cold, and the hot *Species*, which may be used to Confections, Powders, Cordiall waters, and such like, but by reason that the preparations of the same is very divers, therefore we will heer set fourth and discribe only foure sorts of the most common preparation.

Spec. de gemmis frigide, which are cold of nature, are thus prepared: Take Pearles 3. drach. Rubies, Jacints, Granadoes, Smaragdes, and Saphir, of each one drach. Harts bones half a drach. burnt Ivorie, red and white Corall, of each one drach. Roses one drach. and a half, white and yellow Saunders, flowers of Buglosse, Burrage, Sorrell seed, and Basill seed, red and white Behen, of each one drachme, beaten Gold and Silver, of each five leaves.

Species de gemmis calide, or *Mesue*: Take prepared Pearles three drach. Saphirs, Jacints, Sardonix, Correils, Granadoes and Smaragdes, of each one drach. and a half, Zeduary, *Doronicum*, Citron pils, Mace, and Basill seed, of each one quarter of an ounce, red Corall, Amber, and filed Ivorie, of each half a scruple, red and white Behen, Cloves, Ginger, long Pepper, Spica, Casly wood, Saffron, and Cardamom, of each one drach. Cinnamom Galangale, and Zeduary, of each one drach. and a half, small filed Gold and Silver, of each two scruples, Amber one quarter of an ounce, Musk half a drach. each beaten by it self, and then tempered together.

Species de gemmis temperate. These species are of a temperate nature, not too hot, also not too cold, the which may be prepared as is thought good.

Species Cordiales, Cordiall species. For this, take Pearls, burnt Ivorie, Granadoes, Cinnamom, Tormentill, and fine *Bolus*, of each three drach. red, white, and yellow Saunders, shaven Ivorie, and Unicornes horne, of each one quarter of an ounce, Jacints, Saphirs, white and red Corall, Valerian, *Diptamus*, Zeduary, and *Lignum Aloes*, of each one drach. sealed earth five scruples, burnt silk two scrup. Harts bones half a drach. red and white Behen, of each two scruples, five leaves of beaten Gold, Musk and Amber, of each ten grains, either of them prepared after his manner, are to be beaten together.

The same operation have also almost the *Species Dia margariton*, whereof there are two kinds, hot and cold; the warme are here before described in the 12. Chapter 12. §. the cold are thus prepared: take peeled Melon seeds, Pompeon seeds, Gourd seeds, and peeled Cucumber seeds, Purslaine seeds, white Poppy seeds, white, yellow, and red Saunders, Ginger, Roses, water Lillies, Burrage flowers, and Mirtle seeds, of each one drach. white and red Corall, of each half a drach. Pearles three drach. prepared together and being all beaten small, temper them all together. This holdeth all fell people that fall quickly into a swoone, in their strength, whether it be caused of the stomach, or of the heart; it fortieth all the inward vitall parts: it is also good against all Coughes, against the consumption; and all those that be brought lowe through a long sicknesse, it bringeth again to their former might and strength.



THE
Third Part of this Book of Physick, containeth
the BELLY.



He third Part of mans body, have the Anatomists (who are the surveyors of the uniformity and members of mans body) ascribed to the belly, which beginneth ourwardly from the breast, and inwardly from the *Diaphragma*, descending downwards even to the legs. This part hath outwardly these members following; on the forepart the Navel, which is placed in the midst of the whole body and belly; under which do follow both the parts of generation, the which in man are the testicles or stones hanging down in a cod: behind are the reins and the buttocks which cover the fundament. The inward members are the stomach, the liver, the gall, the kidneyes, the bladder, the bowels, and in women the mother: all which are subject to very dangerous diseases; of the which we are now to write and discourse.

The first Chapter.

of the Navel.



He first outward member of the belly is the Navel, which is called the root of the belly, for that nature hath formed it as the first amongst the feeding parts, and also in new born children holdeth fast in the mothers belly, no otherwise then as it were a root in the earth. For like as the root of a tree draweth nourishment unto it whereby it groweth: even so doth the Navel also, which draweth the blood unto it out of the mothers body thereby to nourish the child, and make it grow. Even as the foresaid root of a tree, of all that which it draweth unto it for food, doth not drive away any thing but all that which is watery and unnecessary for his nourishment (as the gum which one seeth on a tree:) even so doth the string of the Navel, which sweateth out all superfluous moisture which is not good for nourishment, and doth gather all the same together in the *Secundina* untill the birth day, the which is called of women the flood, or breaking of the water.

All people be they young or old may get a rupture of the Navel, which swelleth and hangeth out of the forepart of the belly; the which causeth chiefly to women a great hinderance if they be not holpen thereof, like as we shall write hereafter more at large, when we shall discourse of the Rupture: yet we will here discourse and write somewhat of certain things for the behoof and ease of young children.

Take Comfrey one ounce, stamp it well put thereto half an ounce of molten Wax, temper it well, and then lay it upon the navel. But if the Rupture be very great, then take Bears grease, and therewith anoint the whole back bone of the child; it causeth the Navel to be drawn in.

It is found oftentimes to be good for all ruptures of the Navel, be it in people of discretion, or in young children, that the herb *Perfoliata* and his seed be sodden and laid upon the

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the rupture, and so worn, or carried continually upon the Navel, until that thereby the Rupture be cured.

And the same seed being also sodden in water or wine, and one drach. thereof given to drink, or stamp the herb and the seed, and give thereof to the child the weight of one scruple and a half to eat in pap. Also you shall hereafter find a plaister of *Perfoliata* which you may use for this purpose.

A good powder. Take Lupins meal half an ounce, burnt linnen one quarter of an ounce, temper them together, and take thereof one quarter of an ounce; then temper it afterwards with wine, and lay it upon the Navel.

For a Childs Navel that comes out.

Take Wax as it comes from the bee hive, only strain the honey from it, and when you have need melt it, and wet a cloth in it, and apply it to the Navel.

The second Chapter.

Of the Members of generation in general.

AS much as the supporting of the succession of mankind, cannot be purchased without the health of these parts in men and women: therefore it is to be endeavoured (if they be infected with any kind of disease) to remedy and cure the same, not to the continuance of carnal lusts, but onely to the advancement and accomplishment of the state of Matrimony. For whereas a mans nature doth scour away through the spermatical flux, and thereby is most unfit for generation: therefore can it not be but a Christian deed to help the same, and to make it fit for generation. For it is taken at all times to be a punishment of God if a woman remain barren, therefore have we determined to write somewhat thereof.

Of the Tumors in the Groin, and other such like diseases. S. 1.

THere come also many kind of diseases unto the foresaid Groin or privy place, with heat, hardnesse, anguish, and great pain. Amongst other, the Latinists do reckon *Babones*, the which are swellings of the Groins; for which these remedies following are to be used.

Take Muscilage of Elecampane roots, Linseed, figs, and Sebestes, of each six ounces, and as much also of the oyl of sweet Almonds, prepared litharge of Gold three ounces: see the it so long until the muscilage be consumed, stirring it alway about, and put thereto one ounce of Wax, then make of it a plaister and lay it thereon.

Item, take Birdlime and *Gummi Helenii*, of each two ounces, molten Wax half an ounce, temper them well by the fire, and make thereof a plaister; it driveth out the matter marvellously.

A good Salve.

Take Rosine and Wax of each one ounce, a great Onion, two Lilly roots; stamp them, and let them see the in Goats milk; then strain them through a linnen cloth, and let it see the well again, stir it alwayes about untill that it wax cold.

When as this Tumor is broken out, then cleanse it with *Unguentum Apostolorum*, or with hony of Roses, and you shall find sundry things in the first part, of the description of all old Ulcers, rankling and Cankers, &c. which are commodious for this.

Rx. of Wax, Rosen, Venice Turpentine, hogs lard and honey, and make a salve thereof to heal the tumors of the groin.

At *Excester* in *Devon*. For one that had bruised his stones or testicles by a blow, that the Cods were swelled as big as a two penny loaf, I took of Bay salt lb. 2. of Cumin seeds powdered 3. 6. I fryed them together with Sallet oyl, and applyed it warm in a bag; this eased and cured the party, and divers others.

If the stones be bruised by blow or fall.

Rx. of Bay Salt beaten small, Coriander seeds, Cumin seeds, powdred, fry them in a pan with oyl, and put them into a bag and apply it warm unto the Cods.

Of the Privities or Secrets in particular. S-2

BESIDES the foresaid tumor or swellings that the Privities are subject to, are mans privities subject to more other diseases. And because the same is a tender part, and very sensible, therefore do such pains commonly bring greater accidents with them, whereof we will discourse; but we will first shew the causes whence all such accidents are wont to grow.

First, for that he hath lyen with an unclean woman, or that there remaineth of his nature or Sperme sticking in the Conduit, and so festereth and putrifieth there. Also if one wear any foul stinking clothes about his privities, or if any have ever had about that place any sore, and the same was ill healed. Item, through rubbing and hard scratching, even as one may best of all demand all these things of the sick person.

And to come to these remedies; if so be that this member be over heated, and hath an ulcer, then it is to be cleansed and cooled with Rosewater and Plantain water. And if it require stronger things, then is water to be taken wherein the seeds of Butchers broom is sodden, Rose water and Wine, of each three ounces, Verdigrease, Vitriol, and burnt Allom, of each half a drach. temper them together, and wash the open place therewith.

Others do take Hony water, and see the therein burnt Allom; but whether one or the other be taken, the sore is alwaies therewith to be washed and cleansed. If it be upon the top of the yard or secrecie, then cleanse it with soft cotton. And for the curing of the same, take wine and water wherein Gals, Cipres nuts, and Allom are sodden, and lay thereon fine clouts (made wet in the foresaid water) and then pluck the foreskin over, and so let it lie still untill he will make water, and then shall you put on fresh, and continue it so long until the heat be drawn out, and the ulcers somewhat cleansed. But this following have the later Physitians in use, which is also good and certain: Take small turning or sawdust of *Guaiacum* three ounces, yellow Miobalans half an ounce, Aloe and Myrrhe, of each one drach. sower red Wine and Plantain water of each twelve ounces; let them see the softly together till that about the third part be sodden away; afterwards strain it, and therewith cleanse the ulcers. There may be also used for this the water for the eyes, which is described in the first part, against the rednesse of the eyes, the which beginneth thus: Take broad Plantain, &c.

If it need any more cooling, then take the white salve with *Camfora* or *Diapompholigos*, and dresse it oftentimes therewith, washing it alwaies well.

And if it will not be holpen with these things, then is that to be taken which dryeth more, as hereafter followeth: Take Aristology, Aloe, of each a like much, strew it on the ulcer; or take the roots of our Ladies Cowllips, and strew them therein, and lay a cooling plaister thereon, or *Album costum*, which is thus prepared: Item, take Sallad oyl, or oyl of Roses six ounces, Ceruse one ounce and a half, stirre them well together with a wooden pestle, and put thereto one ounce of pownded Wax, and boyl it to a plaister: this plaister is also good when the skin is rubbed off, or broken, for it dryeth and coolerth. The plaister *Diapompholigos* is made thus: Take oyl of Roses and white Wax, of each 3. quarters of an ounce, the juice of Nightshade berries about so much also, Cerusse one quarter of an ounce, burnt and washen Lead, and white Tutty, of each one drach. the juice and the oyl of Roses, let them see the together until all the moisture be spent, then melt the Wax therein, and temper the other things amongst it being well and small beaten. This plaister is also good for all unclean ulcers, it dryeth, coolerth, healeth, and cicatrifieth well.

A Powder. Take Tutia, Aloe, Mastick, *Sarcocolla*, Dragons blood, and fine Bolus, of each alike much; beat them all small, and mingle them with Wax and Turpentine, afterwards burn it whole to powder, and strew it upon the open place.

A salve. Take prepared Tuttie one ounce, Mastick and Frankincense, of each one quarter of an ounce, white Wax half an ounce, oyl of Roses as much as is needful for to make therewith a salve. The litharge of Gold is also good for this, used alone, or tempered amongst the foresaid salve; for it dryeth, it mollifieth, it coolerth, it cleanseth, and can-

seth

seth the flesh to grow. If there be great anguish, and the skin off, then the oyl of sweet Almonds serveth well.

Item take Argal. put it into a new pot, and burn it so long until it be black, then afterwards pownd it small, and strew it on the sore.

This is alledged onely for outward ulcers that are seen with the eye; but if there be any sore in the conduit of the yard, whereby the same is stoppt, and the yard inflamed, then use this following, spouting it therein gently with a Sering.

Take white wine one pint, burnt Allom two drach. and a half, Verdigrease one drach. and a half, let them seethe well together, and strain it through a tight cloth, and use it as is said; it is very healing, and driveth away swelling. Also this salve is to be used for it, anointing the whole member therewith; Take the juice of Tassels, of Plantain and Comfry, of each two ounces, 4. ℥. of Camphire bruised very small, and 3. well brayed whites of Eggs, starch and Cerusse one 3. the Litharge of gold half an 3. Tutty prepared with Rosewater, one 3. & ʒ. stir all these together in a leaden mortar, and make a salve thereof.

Of the unnatural erection of the Yard, called Priapismus and Satyrismus. §. 3.

THese names are given to the disease, because that the member of a man hapneth continually to stand after an unnatural manner, without the lust or concupiscence of a woman, even as the heathen do paint and picture their false god *Priapus*, and their hedge gods *Satyros*. Some do write, that when a man without lust of women hath his yard erected, and coming to a woman, the same will not swage nor relent, that then it is called *Priapismus*. *Satyrismus* is the erection of the privities, which is lost by copulation.

The cause of both these infirmities, are grosse thick vapours or damps, with small heat that they cannot suddenly spend, as also abstinence from women, continual use of Pease and Beans, and other pottages. In fine, if there be not speedy remedy for these causes, then may ensue after it as great a pain and distention of the sinewes, as at the last might cause an intollerable crampe and impostume.

For to remedy this infirmity, 4. things are to be noted; first, that the patient beware of all such things which might cause the yard to stand, and stir up venery; what these are, we will shew immediately hereafter. Secondly, he must eudeavour to vomit, to let blood, and to take mild purgations. Thirdly, to rub well the uppermost members, and not the undermost, to hinder the deflux of the matter. Fourthly, the patient must refrain womens company, except it be that he have very great lust thereto. And for to cure this, it is therefore advised that first the Median be opened, and afterwards cause the patient to vomit. If it will not thereby amend, open the vein again, and give the patient a little of the muscilage of Fleawort, which is made with the water of Purslain or of water Lillies, or bath the members and parts about it with boyled Rue, *Agnus Castus*, Comin, and such like.

Item, anoint the kidneyes and the privities with herbs cold of nature, of which the seeds of Fleawort, Camphire and Poplar salve are tempered. For his Sallad he must take Purslain, Endive, Lettice and such like. For vinegar, the juice of Lemons and Citrons are good in all his meats. To fast much, and live onely by water and bread is very good for him; but in case he will drink wine, then must it be well watered. This plaister following shall he weare on the reins and the privities, so long as this sicknesse endureth: Take white Wax one 3. 6. melt it, and wash it ten times in cold water; afterwards temper amongst it half an ounce of small bruised Camphire, or wear upon the reins a thin plate of lead full of holes, and wet it often with vinegar and Camphire. This powder following may also be prepared; Take Fleawort two drachmes and a half, Purslain seed, prepared Coriander, and Lettice seed, of each one quarter of an ounce, Camphire one drachme, temper them all together being powdered small, and give every morning one drachme thereof with the sirupe of Lemons or fair water. Under the patients sheets must be laid the leaves of *Agnus castus*, and he must lie alwayes upon his side. But if he cannot abide to fast, then is he to eat much bread of Millet, and many Sallads, and his drink shall be white wine; wherein Rue, Comin, Coriander, and such like have been steeped. Also sirups, cold confections and such like, are very commodious for him. The sent of Beavercood, of Camphire, of Saunders, Roses, and all cooking things are also passing good for him.

The third Chapter.

Of the Testicles and Cods, and of sundry Ruptures.

Nature hath fastened behind the yard or secrecie a wrinkled bag or purse, wherein the testicles or stones are kept. This member is subject to many Hernies or ruptures, the which the Latinists do call with one common name *Herniam*, which notwithstanding is manifold, and yet comprehended in 3. of the principallest, which are caused of swelling, of scabbines, or of striving, all which do fall down into the said Cods.

Yet is there another kind of rupture which cometh about the Navel, or about the privities, be it in man or woman, whereof we have made some mention before in the first Chapter. The first sort of Ruptures hath many differences and each hath his proper name, and are to be compared with each other in four kind of wayes, to wit, when they are caused through wind; through puffing up of the veines with the blood, *Varices*; when the bowels or rim of the same little or much falleth down into the Cod: lastly, when as the cod is so filled with water or with other moistures. Other do reckon four kind more, which neverthelesse may be contained amongst the foresaid four. The causes of all these ruptures are either inward or outward. The outward causes may be fals, thrusts, much labour, heavy burthens, loud hooping, coughs, extream blowing or winding, and chiefly when one hath well eaten and drunken. The inward causes are, when his bowels or rim cannot stay in his due place, but cometh to fall down into the navel, privities, and into the cod; Likewise winds, humours, or grosse melancholike blood, like as is said. The signs of all common ruptures, are an extuberation or swelling and puffing up of the same place beyond nature. These Hernies at the first appear like to a small egg or nut, which by little and little increaseth. If this rupture proceed of wind, that may be heard by the shreeking or rumbling, and it may be discerned with eyes.

Of the uppermost Hernies or Rupture, which happeneth above the Cod. §. 1.

First, to speak of the rupture which hapneth above the Cod, (which is called *Scrotum*) it is adviſed that forthwith remedy be had for it. The new ruptures in children, are easily to be holpen; and contrarywise when they wax old (especially in old folks) then are they hard to be holpen without incision. All Chirugions do know well what kind of trusse they are to make for this; for as much as it is difficult to describe the same, therefore be they to be put in trust therewith.

It is commanded, and not without reason, that the patient must be laid on his back, and that the bowels which are fallen down must be put up softly again, untill they do lie in their due place; then must this plaister (spred upon a thin piece of leather) be laid upon the rupture, and on the top thereof a bolster bounden prety hard. They that be about thirteen years old, must lie on their back; and if they must needs arise, then must they beware of stooping, and hold still their hand upon the rupture. But young children must be dealt with somewhat milder. But for this can no certain rule be prescribed: but regard must alwayes be had to the age, to the strength, the time and disease, and so to deal thereafter.

Now for to help these ruptures, we will decipher first certain plaisters which are very fit and requisite for it; Take Pitch and Mastick, of each three drachmes, Frankincense one quarter of an ounce, *Hyppocistis*, *Sarcocolla*, and the juice of Sloes, of each one drach. and a half, bloodstone, Dragons blood and Aloe, of each two drachmes and a half, birdlime one drachme and a half, Comfry, Gals, Pomgranat pils, fine Bolus, of each three drachmes, Aristology one quarter of an ounce, Sumach, blossomes of Pomgranats, of each one drachme, two ounces of Deer suet, Turpentine and Wax as much as is needful. The gums and juices dissolve in hot vinegar or wine; the rest pownd small, and make thereof a plaister. Another; Take Pitch 3. ʒ. white and and red Wax, Litharge of gold, *Ammoniacum*, *Galbanum*, Momy, of each 2. ʒ. & ʒ. birdlime, Myrrhe, Cipres nuts and Frankincense, of each 1. ʒ. Gips, or plaister, prepared Bolus & Aloe, of each 3. ʒ. Mastick, Comfry

Comfry and Daisie roots, of each three drachmes and a half, Turpentine one ounce, Aristologie round and long, and Galnuts, of each one ounce, Dragons blood one quarter of an ounce, but melt the Gums in vinegar, and pownd all that is to be pownded; the Pitch, Wax, and Turpentine are to be molten, and the rest tempered amongst them; the Wax may be augmented and diminished according to the importance of the time. This plaister is also good for all fractures of bones.

The ancient Physitians were wont to use for this rupture, this plaister following; Take Cipres nuts two ounces, Myrrhe, Cipres roots, Marjoram gentle, Gals, the juice of Sloes, Frankincense, and Gum, of each 1. ounce; the Gum is to be dissolved in Wine and the rest tempered amongst it, and so (as is said) laid upon the rupture; You shall not unloose the trusse but once in 4. or 5. dayes, and then renew the plaister.

Item, take fish lime two ounces, Momy one ounce and a half, Pitch and *Ammoniacum*, of each one ounce, break them all to pieces, and lay it to steep one day and a night in 3. 3. of vinegar and oyl of Mastick; afterwards let them melt together, and temper therewith Mastick, Frankincense, fine Bolus, Dragons Blood, Gum, and Fenegreek meal, of each three drachmes, and stir it long together.

Item, take Daisie flowers and roots, wild Tansie flowers and roots, Comfry, of each half an ounce, Mastick one quarter of an ounce, the juice of Sloes and Pomgranat flowers, of each half a drachme, Hares hair chopt small one drach. Birdlime one ounce, Pitch two ounces. Wax five drachmes, oyl of Roses as much as is needfull, to make therewith a plaister. This salve following is much in use; Take Pitch three ounces, red Wax, *Bitumen Judaicum*, *Ammoniacum*, *Galbanum* and Turpentine, of each two ounces, Litharge of gold one ounce, Henbane seed, Aloe and Mastick, of each three ounces, Gips or plaister, and fine Bolus, of each three ounces and a half, both kinds of Aristology, of each two ounces, Frankincense and Myrrhe, of each two ounces and a half, prepared Earth worms, Comfry and Daisie roots, of each 2. 3. fresh blood of a heavy minded man 6. 3. Isinglas and Glew as much as is needfull; the Gums let steep three dayes in vinegar, afterwards temper them with molten Pitch and Wax; when it beginneth to be cold, then mingle the other things beaten small amongst it; lastly put the blood thereto, and when it is well mixt, powre it upon a stone, and work it very well with greasie hands, and spread thereof upon the leather, and lay it upon the rupture under the trusse.

Another; Take Iron drosse five 3. Momy, Dragagant and Gum, of each 3. 3. Frankincense, the juice of Sloes and *Sandaraca*, of each one 3. & 8. Isinglas, Cipres nuts, of each 1. 3. Birdlime 3. 3. Gips 2. 3. Rosin 18. 3. make thereof a plaister with the juice of Celandine.

Item, take Pitch 1. 5. Litharge of gold, red and white wax, Jewes lime, *Ammoniacum*, and *Galbanum*, of each one drachme and a half, Birdlime one ounce, Turpentine washt with vinegar, both kinds of Aristology and Gals. of each two ounces, and two scruples of Cipres nuts, Myrrhe, Frankincense, of each one quarter of an ounce, fine Bolus and Gips, of each one ounce, Mastick, Comfry and Daisie roots, of each one ounce, Dragons blood and Momy, of each half an ounce, mingle them well together to a plaister. Another; Take the Gum of Cherries, dissolve it in Sallad oyl, put thereto Mastick and Frankincense, of each a like much, melt it, and boile it to a plaister.


Yet another; Take Gum, Dragagant, Mastick, fine Bolus, Dragons blood, Isinglas and common Glew, of each 1. drachme, Frankincense one drachme and a half, Jewes lime half an 3. Pitch and Momy, of each one drach. and a half, Tar one quarter of an ounce. First melt the Pitch, then add the Glew and Tar, and temper then the other things amongst it beaten small. When it is cold, then anoint your hands with oyl of Roses, and work well this salve.

This following is taken for a secret; Take Dragons blood half a drachme, Myrrhe, *Sarcocolla*, *Opopanax*, Brimstone, Amber, Mastick and Comfry, of each two drachmes and a half, Myrtle seed, yellow Miobalans, of each 2. 3. the bark of Pine apples, and Cipres nuts, of each 4. 3. 4. or 5. garden Snail out of cheir housee, Dragagant dissolved in red vinegar 1. 3. fish lime molten in vinegar also as much as is needful for to make the foresaid things to a plaister; afterwards dry it by a small fire.

Six hours after, drink three ounces of this water following; Take Comfry and Tormentil, of each one quarter of an ounce, Codwort, Sengreen, Cinqfoile, Mugwort, and herb Trinity, of each 2. handfuls, *Garyophyllata*, *Verbascum*, and broad Plaintain, of each 2. 3. and a half, Roses, Horsetail, of each half a handful, cut and pownd it grosse, and put

put thereto red seething wine, and Aqua vitæ, of each six ounces, or so much as will cover it well; let it so stand fourteen hours, afterwards strain it through, and wring it out, and make it sweet with sirupe of Mirtles. But if so be that three ounces be too strong to drink at once, then is he to take but one or two, and this potion may be tempered with somewhat else.

Hereafter follow three kinds of plaisters *De pelle Arietis*, which is commanded above all other plaisters as a certain remedy; Take pitch two ounces, Litharge of silver, *Ammoniacum*, *Galbanum*, Mastick, of each one ounce, white and red Wax, Jewes lime, Aloe, and both Aristologies, of each one ounce and a half, Birdlime, fine Bolus, of each three ounces, Gips, Myrrhe, Frankincense, Turpentine which is washt well in vinegar, prepared earth worms, Comfry, Senegreen, of each two ounces and a half, half a Rams skin made clean from the hair and wool, and cut small, the blood of a red bearded young and healthfull man six ounces, prepare them all together as hereafter followeth; Take the cut Rams skin, let it see the to tough slime, then wring it out hard, and temper amongst it common glew, and fish lime, or Isinglas, of each one ounce and a half, afterwards let it see the well together. You must dissolve the gum in vinegar, and you must pown all that is dry; in like manner also the green roots, herbs and earth worms to pap; you must work the Birdlime amongst the blood till that it dry, and the plaister wax hard, then are you to preserve this plaister in a glasse stopp tight.

 R. of Frankincense 3.6. Rosin, Pitch, ana. 3.3. Laudanum, 3.4. Saffron, 3.6. and with oyl, or sheeps suet tried make a plaister; apply it upon leather.

And purge the liver and parts above with convenient medicines.

Take the powder of a Hare in all thy meats.

Also take Polipody roots, Elecampane roots green, ana. M. wash and pare them, stamp them as green sauce, temper it with oyl of Bayes and oyl of Excester, and apply it to the cods and belly; change it every two dayes, for 10. dayes; then take the white of 4. Eggs. Sope 3.4. the yolk of one Egg, two spoonfulls of Petroleum, mix them and use it after the former plaister, and use a trusse.

Or R. of Elecampane roots, Bole-armenike, Coloquintida, pulpe, and seeds, powdered and seared fine, and with whites of Eggs make a plaister, bind it on with a trusse, with this I cured divers.

Also R. Polipodium roots, double Daisie leaves, Harts tongue, Comfry, ana. see the them in white Wine, and drink it morning and evening, and lay the herbs to the place, eat no milk nor swelling meats.

For the fleshy Rupture use the plaister Mentioned in the 3. Chapter, §. 1. made of Frankincense &c.

The second; Take Pitch, Wax, Jewes lime, both the Aristologies, earth worms, prepared Turpentine and Aloe, of each one quarter of an ounce, Litharge of gold, *Ammoniacum*, *Opopanax*, *Galbanum*, *Bdellium*, *Sagapenum*, Mastick, Comfry, and Daisie roots, of each three drach. Birdlime, Bloodstones, Dragons blood, Frankincense, Gips and Myrrhe, of each three drach. mans blood three quarters of an ounce, and the fourth part of a Rams skin; see the this to lime, and strain it through, and dissolve the Gum therein, see the it all together, and mix the rest amongst it.

The third; Take Pitch, Aloe, Henbane, Aristologie, Behen, Saffron, and Chickweed with red flowers, of each two ounces, white Wax and Jewes lime, of each one ounce and a half, Litharge of gold, *Galbanum*, *Ammoniacum*, Momy, *Opopanax*, Mastick, Cipres nuts, Dragons blood, of each one ounce. fine Bolus three ounces and a half, Gips, Myrrhe, Frankincense, Turpentine, of each two ounces and a half, Birdlime and Mans blood, of each 12. ounces; temper these with the glew or Muscilage a sheeps skin and of sodden Hollihock roots. Many have been cured onely herewith.

You have also before in the second part, the first Chapter, 1. §. a plaister which beginneth thus: Take Pitch half an ounce, &c. the which is also very good for this purpose. But note, before that you lay the plaister upon the rupture, rub it with water that is distilled out of a sheeps skin when the wooll is off.

Item, some other things more to lay thereon; Take the juice of Sloes, see the it in water, and lay it on the rupture, and bath the same therewith; it healeth cutting. For young children in stead of this plaister are pultices also to be made, as hereafter followes: Take meal of Lupines and burnt linnen, of each a like much, and make with wine a pap or pultice, and lay it between two fine clothes upon the rupture.

A mild plaister for children: Take Beans as many as you please, and steep them in warm water, peel them, and let them dry again; afterwards stamp them to powder, and take thereof two ounces, small filed Oken wood one ounce, Comfry sodden treatably in wine, and then stamped, three ounces; let all this see the meetly thick, and spread it on a cloth, and lay it three times a day on the rupture, and a nights but one time; and let it be well fastened with a trusse; do this four or five weeks space untill the rupture be cured, and the skin pretty strong.

Another; Take *Consolida Saracenica*, *Gariophilata*, Plantain, Fennel, Sanicle, broad Plantain and Pauls betony, of each one handfull; chop all small, and let the plaister see the untill it be thick, then lay it on the rupture, and tie it as behoveth.

It hath been told before in the first Chapter how wonderfull good this herb *Perfoliata* is for all ruptures, which oftentimes hath been by experience found and approved.

Here follow some salves; Take womans milk 16. ounces, Badgers grease, Capons grease, Hearts suet and Comfry, of each two ounces, the innermost rind of a Cherry tree cut small one ounce and a half; let it see the so long as a hard egg, strain it hard through a cloth, and therewith anoint the rupture four weeks long morning and evening; trusse up the rupture as behoveth, and keep the patient lying still on his back.

Badgers grease is also especial good for all ruptures.

Hereafter are yet more sundry salves described, which are very good for this kind of rupture, and some potions, whereof the first is before described, beginning thus, Take Comfry, &c.

Item, take broad Plantain, Hounds tongue, of each half a handfull, Comfry, Daifie roots, of each half an ounce, Myrtle seeds three drach. blossomes of Pomgranats, Bay berries, a drach. and a half, Ladies mantle, Sanicle, *Consolida Saracenica*, and Agrimony, of each one handfull; see the them all together in wine and water, of each one pint, unto the half, strain it, and put thereto Sugar, at each time one ounce.

Item, take Sengreen, *Consolida Saracenica*, red Beets, herb Benet, Fennel, Knotgrasse, and Pauls Betony, of each one handfull; boyl them all in wine, and drink of it twice a day, but not at night. An old body must continue with it 12. weeks, and a child 6. weeks. Some add unto it Ladies mantle and Sanicle.

Item, take the root of the long *Consolida*, one or twain, *Consolida Saracenica* with the root, Hounds tongue with the root, of Pauls Betony, and roots of Poly pody, of each a like much; chop it very small, put it in a bag, and put thereto three pints of Wine, and distil it through a glassen helm, take thereof in the morning early a good draught, at afternoon, and in the evening when you go bed again; yet at all times warm.

Some do make this potion yet stronger, and put half an ounce of *Perfoliata* unto it, Watercresses one ounce and a half, Cicory roots one quarter of an ounce, and a pint of red Wine.

Or take Comfry, *Consolida Saracenica*, Avens, Lady mantle, of each a like much; let it see the together with good wine in a earthen pot, and drink thereof between meals.

Another; If so be that the Rupture be not yet a year and a half old, then take two pints of small wine in an earthen pot, and put thereto *Pirola*, S. Johns wort, and Strawberry leaves, of each one handful, stop the pot close, and let the same see the until the second part. and drink thereof morning and evening meetly warm. This must also be continued two or three moneths space, till that be cured.

Now follow some Confections, and such like; Take Calamus and Comfry, of each one ounce, Solomons seal roots, Horse tailes, of each half an ounce, cut them all small, & let them see the together in fowre Wine until it may be stamped to pap, and then temper it amongst this powder following; Take Cipres nuts one scruple, small chopt Hares hair half a scruple, Mastick, red Coral, Momy, Sealed earth, Cinamom, of each 15. grains, and Cassia wood two scruples.

Lastly, take four ounces of Clarified Hony, and temper it to a confection; thereof may be taken every day one drachme, or a drach. and a half with wine wherein Cipres nuts are decocted. Item, take *Corna* as many as you please, see the them in red wine, and strain them. Then take thereof eight or twelve ounces, and see the the same with six ounces of Sugar meetly thick, and then mingle therewith Hares hair (cut it as small as may be) one scruple, great and small Comfry, and Tormentil, of each two scruples, herb Frinity half a drach. Horse tailes, *Consolida media*, rinds of Pine apples, and the seeds of

Butchers broom, leaves and roots, red Saxifrage, of each one ounce and a half, Jewes lime one ounce, Hyssop one ounce and a half, Hares hair cut small three quarters of an ounce, Gals and Cipres nuts, of each one quarter of an ounce; roots of Solomons seal, wild Cucumber roots, of each one ounce, roots of Sperage one ounce and a half, Nummularia one ounce; temper them all well together with hony and Sugar as much as is needfull, and take thereof every evening and morning the quantity of a Walnut in wine.

Otherwise these things following are counselled much to be used; Valerian every day one drachme taken in wine, Cressy seeds also in Wine; but the same must not be used oftentimes. Item, Shepherds purse cut small and decocted in Wine. In like manner also the herb *Cardopatium*. To foment the Rupture also with these things following, is very good; Take Daisie leaves with red flowers, and Consolida Sarachinea, of each a like much, Pauls Betony, Perfoliata, Pirola, and Watercresses, Harts tongue, Cicory, Sanicle wild Thyme, Cardopatium, and the herb of the same, of each half so much; chop it small, and make thereof two bags, see the them in water, and lay first one bag, and then another, fomenting the Rupture every time six or seven hours long. After that, the Rupture must be trussed again as before. This water may last good 3. dayes long in the winter time.

Item, take Rue, Agnus Castus, Marjoram, and white Mints, of each one handfull, Annis seed, Fennel seed, Rue seed, and Silvermountain, of each one drachme; Camomil, Melilot, of each 2. 3. stamp it all together, and let it see the in a quart of water until the third part be sodden away; foment therewith the Rupture. This is also good for the *Hernia Aquosa*, the waterish Rupture, whereof we will hereafter speak more at large.

Of the Ruptures that fall down into the Cods. §. 2.

NOW we will speak of the breaches or Ruptures that fall down into the Cods, whereof the causes are divers, as it standeth here before declared in the fourth §. that they may therefore be holpen by sundry remedies, shall hereafter appear.

Of the Rupture through wind. §. 3.

THE causes of this kind of Rupture may proceed of meats which are windy, as certain pottages, milk and all that is drest with milk, all doughy meats and unleavened bread, sweet Wine, brains and marrow of beasts. Such must beware of cloudy air, and all moist dwellings, all heaviness of the mind, and he must eschew sleep. Further, sodden fish, moist fruits, great riotting, much exercise immediately after meals, continual use of all moist meats are hurtfull for this disease.

For to cure these Ruptures, it must be endeavoured to drive out the winds, for the which at the first this Clister is very requisite; Take Cumin, Annis, Caraway, Fennel, and Ameos, of each one drach. Rue one handfull and a half, see the these together in a quart of water untill the half, take twelve ounces of this decoction, oyl of Rue, of Bay, of each one ounce and a half, Indy salt, and Sal gemmæ, of each half a drach. Tho. sugar one ounce and a half, make a Clister thereof, and minister it once a day. Secondly, is the patient every morning to take seven hours before meat one drach. of Mithridate with two ounces of the water of Rue. This is a divine medicine to expell wind, and to take away the occasions thereof.

There may a good lee be used outwardly, and to take thereof a pint, Sulphur vive beaten two ounces, grains half an ounce, beaten grossly, this so sodden together untill the third part be sodden away; in this warm water wet a sponge, and lay it five or six times a day upon the privities.

Secondly, set often Copper cups which have narrow mouths upon the belly. For this is also good, all that expelleth wind.

Of the waterish Rupture Hernia Aquosa. §. 4.

IF any where in the veins, in the pores, or in the liver or other parts, do gather some water, which falleth downwards, then must it at last fall into the cods; but the Liver is alwayes the most principal cause from whence all such moistures have their beginning.

There-

Therefore when as all such waterish Ruptures happen to any, it is quickly to be discerned by the navel or cods, which immediatly afterwards do swell up, and seem to be perspicuous; whereto these things following are to be used.

First of all, the Patient must be purged; for if such happen not often, the matter of the sicknesse will not be carried out of the body. In like sort, if there be not kept a good order of dyet, and the water be not expelled, then runneth it again downwards towards the cods, whereby at length may be caused a greater harm. And to purge all those humors, take this drink following: Take *Agaricus* and *Hermodeactilis*, of each one drach. and a half, Ginger one scrup. Ireos one drach. Honey water four ounces, then make the Honey water warm, and let the foresaid things be steeped therein 24. hours; afterwards wring it out well out, and drink it warm, and six hours afterwards eat and drink warm beer and bread upon it.

But if so be this drink through the bitternesse thereof go against your stomach, then take this ensuing, *Electuarium Indium*, ℞. 3. burnt copper, ℞. 8. water of blew Flower deluce, ℞. 2. temper them all together and drink it. Or take these pills: Take the root of *Laureola*, which hath been steeped five daies in vinegar. ℞. 1. Sulphur vive, ℞. 4. burnt Copper, ℞. 2. Licorice, Annise and Dragagant, ana. ℞. 4. make pills thereof with the juice of Roses, and take them all at one time.

There must also be given to this patient those things to eat and drink which do move urine, whereof many are specified where we shall speak of the Dropsie *Ascites*: but of these three things following, chuse which liketh you best.

Take red Pease about six ounces, two Fennel rootes, let them see the well together, and take five ounces of this decoction: or drink five ounces of Broom water. Thirdly, take the water of Melilot, and water of Smallage, ana. ℞. 2. ℞. Sugar as much as you please, and drink this a whole week long.

A Confection to strengthen the Liver.

Take *Trochiscos Diarrhodon*; and *Spec. Diacynamomi*, ana. ℞. 1. burnt Ivory, ℞. 1. white Sugar ℞. 4. see the it with Fennel water, and make tabulats of it; of these take one quarter of an ounce before meat. When as then through the foresaid means the water be somewhat voided, then are these plaisters to be used: Take Mastick, ℞. 1. Cipers nuts, ℞. 8. Dragagant and Gum, ana. ℞. 1. temper these together unto a plaister with oyl of Roses. This stoppeth, that there can no more water run unto it. Item take *Seceli*, Cumin, Cammomil and Melilot, ana. ℞. 1. see the these together in a quart. of water until the third part be spent, and foment therewith the Rupture. Then lay this plaister upon it bounden warm to it: Take roots of blew Flower-deluce, and roots of wild Cucumbers, ana. ℞. 3. Pease meal and Bean meal, ana. ℞. 2. oyl of Rue and juice of Bay leaves, ana. ℞. 2. let this see the till it be meetly thick, and so lay it upon the ruptures, and bind it warm unto it. But if this cannot be made, then use the first with Mastick and Cipers nuts.

The Apothecaries have also one in use, which they call *Emplastrum ad Rupturas*, which is also very good, and is thus to be made.

Take Nutmegs, the juice of Sloes, Gips, Cumin, Annise, Rice, *Pyrola*, sower Dates, Cipers nuts, Sanicle, ana. ℞. 1. ℞. fish-lime or Isinglasse, ℞. 8. *Bdellium* two ounces: but dissolve the two last in Vinegar, and with the rest beaten small make a plaister of it.

Another. Take Bran 12. ounces, beat it very small, and let it run through a sieve, put amongst it 2. ounces of beaten Cumin, make a plaister of it with *Oxymel*. You may also see the it well with white wine unto a plaister. Item take Lilly roots one ounce, Linseed meal one quarter of an ounce, Bean meal, ℞. 1. Cumin and wild Rape seed, ana. ℞. 1. Sulphur vive one quarter of an ounce, Cipers nuts, ℞. 1. *Bdellium* molten in Vinegar, ℞. 8. beat all that is to be beaten, and let it see the to a plaister with white wine. Item take Marjoram, foment therewith the whole privities, or anoint it with the juice of Yarrow: take also oyl of Pepper and of Saffron, of each a like much, and therewith anoint the rupture.

But if so be that this waterish rupture be taken for a species of the Dropsie, then must you look for more other plaisters, which stand described in the Treatise of the Dropsie *Ascites*, and choose which you like best. But if the water (which is so gathered together) must

must be let out, then are you after the purgation to lay the foresaid plaister upon it, and open the cod, yet let not he water run out at all at once, and being run out, then lay drying plaisters upon it. It is also opened sundry waies, as with a hot iron, with a threed thrust through it, also with a corrasive, and otherwise, which we commend to the Chirurgions. But if so be that you be once cured, and that the same return again, then is he to be ruled in all things, like as is from the beginning hitherto prescribed.

Of the Rupture through Blood or Phlegma. S. 5.

Although that out of all the humours of mans body, there be specially caused four Ruptures, yet notwithstanding is the same very seldom caused through Cholera: In like manner also not often of blood, unlesse that such hapneth through strokes, wounds, falls, carriage, and through use of meats which make much blood, that be very hot, moist, and sweet, and such like. these ruptures do make shew with notorious swellings, with heat, and many humours, which may easily be known by their feeling, for at the last they will be red, and beating, or panting. The Liver or Median vein is to be opened of such a patient, and 4. or 5. ounces of blood letten out, according to the strength of the patient. And the next day must he purge with this potion following: first, must you make ready a decoction, which the Apothecaries do call *Decoction fructuum*, as followeth.

Take Figs and Prunes, of each fifteen, Jujubes and Sebestes, of each 20. Hops a handful and a half, Endive, Purslaine and Cicory, of each half a handful, peeled Melon seed, Pompeon seed, Cucumber seed, and peeled Gourd seed, ana. 3. 1. sower Dates, 3. 1. Violets, 3. 6. seethe these all together (except the Dates) and break them into this decoction, it is very good for the breast, and cooleth naturally, take of it three ounces, Rubarb, ʒ. 2. Spica, ʒ. 4. conserve of Prunes, 3. 6. temper these well together, and drink it warm, and fast thereupon the space of 6. hours. The same day lay upon the Rupture six ounces of green Nightshade, but if you cannot get it, then take dried Roses and broad Plantain, ana. 3. 2. Linseed sodden in Vinegar, 3. 12. barley meal, 3. 5. oyl of Roses, 3. 4. let all these seeth together unto a thick pap by a mild fire treatably, and then lay this upon it twice a day. Item, take water of Endive, Nightshade, barley water, and bean water, of each a like much, temper amongst it a little Saffron and oyl of Roses, make it wet it in a cloth and lay it thereon. Or take Barly meal, Lentil meal, Bean meal and Violets, of each a like much, temper these all together with the juice of the herb of winter Cheries, unto plaister or salve, and use it as above. But if so be that the pain of this accident will not stanch, then pownd Henbane amongst it. The third day must two cups be set behind on the buttocks, and that at such time as the patient hath least pain, letting them draw much blood. His meats must be cooling and drying, as Verjuice, the juice of Pomegranats, &c. His drink must be sower and thin wine. This is also to be noted, that this kind of Rupture is of that nature that it may be cured in eight dayes.

But the rupture which is caused of phlegmatick humors, is much more common, and they that gladly haunt strange women, are more subject to these Ruptures. Also all they that live riotously, eat hard meats, and have sat upon a cold stone with their naked body, which may be known through the coldnesse of the disease, when it beginneth to mollifie, and when one doth thrust his finger into it, that the dent of the finger tarrieth a good while in it, which in the windy Rupture nor in the watry Rupture happeneth not to be, Also the place is not perspicuous, and the swelling remaineth at a stay. This disease is to be cured with these purgations following: Take Turbith one quarter of an ounce, Ginger, 3. 1. white Sugar, 3. 3. temper together: of this must the patient every fourth day take one drach. with Wormwood-water, and between them must he every morning take this potion: take water of Balm, Betony and Wormwood, ana. 3. 1. ʒ. 1. Sugar, 3. 6. Vinegar of Squils, 3. 1. mix them together. Now for to strengthen the parts wherein the Phlegmatick humour ingendreth, it is very good every morning to take one drach. of Treacle which is ten years old. This plaister following is also marvellous good for to consume all such matter: Take Sandaraca, 3. 2. Sarcocolla, 3. 1. ashes of Bean straw, or Vine stocks, 3. 6. Vinegar of Squils, 3. 2. as much water as is needful: let these seethe together unto the thicknesse of a plaister, and lay it upon the sore as above. Some do take in stead of common ashes, the ashes of *Saponaria*, which may well be done.

Of the fleshy Rupture. §. 6.

THis Rupture may also ingender of good blood, for that the nourishing operation doth work so vehemently therein, that the blood turneth into flesh. It may also be caused through great heat of the cods. When as then this excrescence of the flesh doth much increase, then will this member be much feebled, and the new flesh which at the first was not hurtful, will be utterly destroyed. This excrescence of flesh, or fleshy Rupture, is first of all known, for that therewith is no pain at all. The heat is to be known by the rednesse of the place where the disease appeareth, and by the hardnesse it is also known, for that it agreeth with other flesh. Lastly, it is also to be discerned and known by the speedy increasing, by reason that it agreeth with other flesh. Lastly, it is also to be discerned and known by the speedy increasing, by reason that sometimes it will be as big as ones head. The outward causes of the fleshy Rupture are all that over-heat and overmoisten, whereby the blood inflameth and will be fat, even as all delicate meats, yolks of eggs, good fresh broth, sweet wines, Dates, Sugar, and all that is drest therewith, and such like. For to remedy this, first the Liver vein or the Median is to be opened, and that at several times, first one, then another. Secondly, you must look to open the hemorrhoids in the fundament, through continual rubbing it with Ox gall or with water wherein Sulphur vive is decocted. Thirdly, through often applying great cups upon the buttocks, hips, and other fleshy parts. He must eat no other meats then that are cooling, and drying thereby to hinder the generation of the blood: for which this plaister following is also to be laid thereupon: Take Lentil, Nightshade, Roses, and broad Plantain, ana. \mathfrak{z} . 6. Barly meal, \mathfrak{z} . 12. three whites of Eggs; see the all together in sufficient Vinegar, and thrice as much water, then make thereof a plaister, and lay it upon the whole cod five or six daies one after another.

Now when as this patient hath purged, and done all that is prescribed, then is this plaister following to be laid upon the Rupture: Take Bolus, \mathfrak{z} . 2. Sealed earth and starch, ana. \mathfrak{z} . 1. Mill dust, \mathfrak{z} . 1. β . *Sandaraca* and Mastick, of each one quarter of an ounce, make a salve thereof with the juice of Roses in a leaden mortar, and lay thereof twice a day over the Rupture.

Afterwards use this corroding ointment: Take black Soap, \mathfrak{z} . 2. Orpiment, \mathfrak{z} . 1. β . Sulphur vive, \mathfrak{z} . β . burnt Copperas, \mathfrak{z} . 1. β . temper all together in a mortar with water wherein *Sal Armoniack* is dissolved: lay this upon the lower part of the cod, about the breadth of a goate, and let it lye therein about one hour, but no longer, so that it may not bite in too deep. When there is any ulcer, then lay easie things thereon, as Barrowes grease or butter until that the eschar fall off. When this is all done, then take for this the salve of the Apostles: afterwards are you to lay this biting salve again upon another place of the cod, so that it may be opened in six or eight places, yet so, that one may commodiously come to it with the foresaid things. When you then see that such excrescens be consumed, which may be discerned and known hereby, that the cod is come to his wonted bignesse again, the which sometimes happeneth to endure half a year before it come thereto, then must you proceed with incarnatives, which things require an expert and patient Chirurgion.

Of the Rupture which is caused of broken veins,
called Varicose. §. 7.

Hereof we have in the beginning of the 4. §. made mention, how that it is none other but an intumescence of the veins through blood, for in the cods are many veins that compasse them all about.

This tumor or rupture proceedeth of melancholick blood, to which do help sorrow, vexation of the mind, many fantasies, and grosse meats, whereof the melancholick blood is ingendred: like as also of grosse red wine, salt flesh, pottage of Beans and Lentils, and all that is drest with sharp Vinegar.

Such a Patient is to rule himself no otherwise then is taught in the fleshy rupture, but that he must not use any of the corroding salve, but in stead thereof use the plaisters *De Muscilaginibus*, and especially those that be made with *Opopannaco*, *Serapino*, *Bellio* and *Ammoniaco*. For this is also good bathes which are Sulphurish, Copperish, and warm by nature. And (to speak the truth) this species of rupture is not to be holpen but with great pains, and continuance of time.

Of the terrible Rupture, called Buris. §. 8.

THis Rupture commeth also through melancholick blood, which not onely falleth down into the cods, but also infecteth them wholly, so that beyond al measure it cometh thereby to swell, yea will be black and cold, and sometimes without any ulceration. But if so be that there come unto it any hard swellings, which afterwards break out and yield much matter, then may the same be well taken for *Elephantiasis*: yet if so be that the swelling be not so big, and hath neverthelesse the foresaid signs, then is it to be taken for the right *Hernia Oscena*, which some do call *Ossealis*, which altogether descendeth into the cods. This disease will be cured like other hard swellings, or as hereafter followeth.

Take Bean meal, \mathfrak{z} . 3. Cammomil, Muscilage of Hollihock roots, Annise seed, Fenegreek seed: and Raisins without stones, ana. \mathfrak{z} . β . temper them with yolks of eggs. These things are good for plaisters; as Cumin, Nightshade, Bean meal, Cammomil, Melilot, oyl of Lillies, Cow dung, crums of Rie bread, and more other things aforesaid. But if so be that the hardnesse will not wear away, but inclineth to maturation, then must the same be opened and healed as other impostumations.

The plaister *Diachilon* is good to be used at the first, and the gum *Ammoniacum* by it self; for that they either consume or maturate the swelling in short space. There is also good for this Bean meal, Fenegreek meal, Lilly roots, Colewort leaves, and figs, as much as you please, sodden together, and then pownded, and so laid upon the grief. Also this Rupture is to be oftentimes annointed with the oyl of Cammomil, Lillies and Spike, and chiefly when there is no special heat therein.

It is also to be noted, that it is not good, if it be known that the Cod is full of matter or corruption, to leave the same long therein, least that the testicles thereby might also spoil and putrefie. For this is this rule to be observed, to the end that in time the melancholick humors might be drawn out and purged away; to wit, to open the Liver vein on the left side. The next day must he take half an ounce of *Catharticum Imperiale*, with Violet Water or lilly water. Now for to cause to matter to discuss and consume, take six or eight daies one after another these potions following: Take Violet water, Lettice water, and Hop water, of each one ounce, sirupe of Citron pils one ounce and a half: take this warm early in the morning.

Of the Ruptures whereby the Bowels do fall into the Cods. §. 9.

THe eight and last sort of Ruptures is here above mentioned in the title. The descending of the bowels or rim, is oftentimes very suddenly, and otherwhiles very slowly. But howsoever the same come, yet for all that can it not be without pain, and chiefly if it be touched: the inward causes are none other then wind, which cleerly appeareth hereby; if the patient hold up his breath long, the Rupture will be the greater, and in breathing out the smaller. The outward causes are sufficiently expressed in the Treatise of the Ruptures of wind, and of the Navel.

For to help this disease, before all things diligence must be had, that the bowels which are descended may be brought again into their place. And for to compasse this, take hold on the cods underneath, and treatably thrust it up. Take also a great boxing cup, set it above the privities or hard by, and let it draw a good space. The patient must also lie higher with his buttocks than his body, that the bowels thereby the easier may return into their due places. If there be any great pain approaching, then first of all look to swage the same, and chiefly with clisters, which are thus to be made; to wit, the decoction wherein Linseed, Fenegreek, and white Sesamum seeds beaten grossly have been boyled; and therewith butter and the oyl of Violets be mixed. Item, take Hens and Cocks broth, and oyl of Sesamum, ana. \mathfrak{z} . 6. *Sal gemma*, \mathfrak{z} . β . or little lesse; temper them together, and minister this Clister meetly warm.

Another. Take 12. ounces of sweet Wine, fresh butter, and oyl of sweet Almonds, ana. \mathfrak{z} . 2. *Benedicta lax*. \mathfrak{z} . β . temper them all together for a clister.

Further, the whole Cods with all parts that are adjoyning are to be well fomented or bathed. What waters are to be taken for it, you have them set down before in the end of the first §. beginning thus, Take Rue, &c. Yet another in the fourth §. beginning thus, Take

Seseli,

Seseli, or Silver mountain seed, &c. In one of these warm decoctions wet a great sponge and lay it over all the privities: which being done, then let the Rupture be softly shoved back. Afterwards must you lay this plaister following over it, and binde it as hard as may be abidden and suffered.

Take Cipers roots, \mathfrak{z} . 2. Mill dust, \mathfrak{z} . 3. Cumfrey and Daisie roots, ana. \mathfrak{z} . 1. fish lime or Isinglas, \mathfrak{z} . 1. β . Dragagant, Gum, Momy, and burnt Ivory, ana. \mathfrak{z} . β . Dragon blood, *Sagapenum*, Sealed earth, and fine Bolus, ana. \mathfrak{z} . 5. the meal and powdered roots shall you seeth in two third parts of water, and one third part of red vinegar, until it be thick enough; then mix molten wax amongst it as much as is needful, stir it with dissolved Gum well together until it be cold. You have also before in the discourse of the Navel and upper Rupture, many good plaisters which are good for this use.

But if so be that the rupture be large, and all that is saide down be much, then lay the plaister thereon which is described in the Treatise of the upper rupture, in the beginning of the 1. \S . for it is singular good also for this kinde of Rupture. Make a plaister thereof after the form of a shield, whereof the narrowest end may passe under the cods between the legs, and the broad end over the whole cods: this being done, then put thereon an accustomed trusser.

Lastly, heed must be taken to cure and strengthen the place of the rupture where the bowels come through: for the which this following is very commodious.

Take iron dross which is sodden in vinegar and Myrrhe, ana. \mathfrak{z} . β . Dragons blood, fine Bolus, Frankincense, Mastick, Sealed earth, and the juice of Sloes, of each one quarter of an ounce, Cipers nuts and Momy, of each three quarters of an ounce, Isinglas, \mathfrak{z} . 2. temper them all together with Wax and Rosin as much as is needful for a salve, and therewith annoint the Cod's thrice a day, and kisse it up with a trusse as is usual. If the rupture be not too wide and too old, then may it be well cured therewith in forty or threescore daies.

Of the Ruptures of Children. §. 10.

THe young children are subject to the foresaid ruptures of wind and water; more then aged folk, and are also to be cured with the foresaid remedies. Concerning the upper rupture of children, especial mention is made in the fifth \S . But as in the beginning of this description we have said, that children and tender bodies are to be dealt withal more milder and subtiler then with aged folks, therefore is the same to be had in minde.

For the first, these are as much as is possible to be defended and kept from crying, and to be let lie with stretched out legs, and after the first binding not to unbind it in ten dayes. If the rupture as then be not yet cured, then is the rupture the second and third times to be trussed, for that by the first trusse they heal not thoroughly, but all after as they be still or unruly. But if the children be so small that they suck still, then must the mother or the nurse keep a good dyet in eating and drinking of dry meats: and they must eschue all which be moist of nature.

For to keep up the Matter that it descend no more. §. 11.

FOr this purpose are good the last mentioned clisters, the binding and rubbing of the knees downwards, the setting up of boxing cups on the buttocks unpickt, the opening of the Liver vein or Median, wherewith also according to the importance of the cause, remedies must be used through vomits, whereby the matter that falleth out of the head will be diverted: for all ruptures are much subject to the defluxion of humours, and especially the great ruptures. Lastly, it is very necessary that women do further their flow-ers or Terms, and for men, the Hemorrhoides or Piles.

For to stay the reversion of the Rupture that it come not again. §. 12.

THis must be effected through such things as expel wind and flegmatick matters, whereof is sufficient store declared, and chiefly that which hath *Turbith* in it, in the fifth \S . If you had rather have pills, then take Coloquint one scruple, *Turbith* one drach. *Bdellium* one drashme, and Ginger one scruple; make thereof twelve pills with

with *Hiera Logodion*, where of the patient is to take three in the morning early, and there upon drink one ounce of the water of blew Flowerdeluce meetly warme and sugred. This medicine is good for all flegmatick diseases. This foresaid matter wil be expelled through these things following by urine; Take water of Broom, Madder, and smallage, of each one ounce and a half, temper it, and drink thereof about half an ounce at a time: and immediately afterwards take three pills of powdered *Millium solis* seed, mixt with the juice of Smallage: or take one drachme of beaten *Lignum Aloes*, with Hony water. Also you may use twice a week one drachme of Mithridate, tempered with mint water.

Thirdly, there is a strong confection discovered, made by *Nicholaus*, by the name of *Opopyra*, which hath a special operation to dry up the flegmatick humors. And if you desire to make the same, then are you to use the advice of an expert Physitian, for it is very hot. There are also simples, which be very necessary for to stay the bowels after the first curing, from falling downe into the cods any more: whereof, the first are Cipres nuts, when they are green to confect them with sirupe of Roses, whereof one is to be taken three or four hours before meat, and that continuing two or three moneths long. Secondly, after the same manner shall be confected Pine apples (the kernels being taken out) and use them in like manner. Thirdly, take one drachme of Momy, and make therewith twelve pills with the juyce of Roses, and take thereof alwaies three houres before meat, one, two, or three moneths space together. Fourthly, you are to swallow every morning three or foure peeces of Mastick, and continue it three or foure moneths: it is the most surest. Fifthly, you are four hours before meat to take a root of *Consolida media*. Sixtly, the powders of Cypres nuts is to be used in all meats. Seventhly, there must be worn a place of filed iron upon the rupture. Eightly, the patient set oftentimes in an Allum bath, which is very sure to prevent the recidive of all such accident.

For this may be prepared these confections following: Take Frankincense, Mastick, the juyce of Sloes, *Hypocistis*, of each one drachme and a half, Roses, burnt Ivory, parched Comin, Dill seed, of each one drachme. Cypres nuts half an ounce, small filed Steel, Iron drosse, decocted together in red vineger, of each one quarter of an ounce, dried seeds of Pomegranats one ounce; beat them all small together: Hony of Roses eighteen ounces, white Sugar twelve ounces; Granado wine sixe ounces, Dragagaut, Gum of each half an ounce; seeth both of these gums with Hony, Sugar, and this juyce until it be thick: When it beginneth to be cold, put it into a mortar, and temper the other things amongst it, stirring it well about, and giue the sick body thereof two drachmes in a morning two hours before meat: also two hours after supper one drachme. With this have many been cured.

The oder of life or diet. §. 13.

EVEN as all diseases in the world have need of a good diet, so hath this malady most of all need of it; but if the patient do not govern himself in this sicknes as it behooveth, then are all medicines of none effect, but in vain.

For this is first required to keep himself as quiet as is possible, and to ly upon his back. The patient is also forbidden all cold and moist places, carnall copulation, much stirring after meat.

To overcharge himself with meat and drink is also very hurtful unto him, all strong drinks and chiefly Must or new wine is forbidden him. All meats that are binding, as sad baked bread, and all that is made of meal and dough must he forbear. Of all sorts of pottages, there are none more hurtfull than Beans, Turkey beans, and Lentils: contrariwise, he may eat wel smoke dried flesh, and all kinds of fish: but new milk, and all that is made thereof, is hurtful to him.

Item, butter; and all cold and moist herbs must he forbear, as Spinage, Lettice, Beets, Mallowes, Purstain, &c. unlesse they be mingled with some warme herbs, as Rosemary, Mints, Thyme, Marjoram, and such like. Meats that are good for him, are well leavened bread not above three dayes old, Brewesse of fresh flesh broth, rear Eggs, Veal, Mutton, Pork, Hairs: Item capons, Hens, Pheasants, Partridges, Ducks, Doves, and all other field fowles, All fish fried in oyl, and salt fish may he use otherwhiles, &c. Hard salt Cheese is also sometimes permitted. All sorts of Turneps, Olives and Capers may he also use. All manner of spice may he eat drest with his meat. Also Annis seed, Fennel seed, Comin, and such like. All manner of sower things in his meats cannot hurt him, as Vineger, Verjuice, Limons, Orenge, and such like.

For

For his drink shall be good cleer wine or beer. But if the Patient can neither drink wine nor beer, then is he to use this Meade following.

Take Rosemary half an ounce, Cinamom half a drach. Balm flowers, Ginger, Borage, Nutmegs, of each half a drach. seethe these together in seven quarts of water until the fourth part be sodden away: afterwards put thereto sixteen ounces of hony, let it seethe again until the third part be consumed.

This drink is special good in the winter, and if the same be not continually used, yet may the Wine be delayed with it.

This order is as well directed for flegmatick humours, as for the cause whereof this Rupture hath his being. And if the same be caused of Cholera and blood, we have thereof discoursed before.

The Chirurgions have two other means to heal the Rupture, which is, by incision, and with cauterization, whereof we are not purposed to write.

The fourth Chapter.

Of the Testicles or Stones.

Some do name both these parts, the privities; which name doth signifie more then the stones only of men or women, for that it is thought to be too grosse a term, the stones: but if the matter be honest which is spoken of them, then can the true name of them not be shameful nor dishonest. Both these small parts of a mans body were once fashioned thereto by God and nature (like as is discovered) whereby to continue mankind: for which cause they are by good reason accounted amongst the principallest parts of mans body. For how greatly mankind is depending thereon, it is to be seen by such whose stones be cut out, who have no beards growing, do lose their mans voyce and natural heat, yea are wholly unfit for generation: In fine, do almost alter wholly into the nature of women, we may therefore with good reason write thereof.

Men and women have both of them two of these stones, therefore do the Grecians call them *Didymi*; which is, Twins or Twilings. In men they hang outwardly out of the body in the abovesaid cods, and are of a fast fleshy substance, round and somewhat long, inwardly hollowish, wherein they receive the purest and clearest blood of the whole body: and for that they be hot and moist, they prepare that for the full perfection of the seed.

Women have the stones inward, on each side of the neck of the Mother one: but they are much lesse then the stones of a man, and also of another fashion. It is also adjudged, that the right stone is hotter of nature then the left; therefore the right also (is said) will ingender a son, and the left a daughter. It is found by experience, if a man have one stone cut out, yet may he ingender children: likewise they that have three stones are very unchast of life.

Of the diseases which these members of the body are subject unto, is sufficiently discoursed in the treatise of the Cods, for there can hardly come any infirmity to the Cods, wherein they do not suffer with them, whether they chance to swell through wind, or any other humour. But chiefly young Children get lightly such diseases: for which you have this plaister following for to use, as well for young as for aged folks: Take Lilly roots 3. 4. Linseed meal, Bean meal, half an ounce, yellow wild Rape seed half an ounce, Sulphur vive one drach. make a plaister thereof. But before you lay on the plaister, anoint the place with oyl of Pepper and Saffron, of each half an ounce, temper them, and use it warm.

Another Plaister. Take small beaten Anniseeds, temper them with well brayed whites of eggs, and lay warm upon it. This is approved and found good.

The fifth Chapter.

Of Womens privie Members.



He Privities of women make outwardly a small shew, but within are much like to the privie members of a man. The neck of the Mother or Womb is instead of the Yard: the Mother or Womb is compared with the Cods, where on the neck of the same (like as is said) the stones are fixed; so that with good reason may be said, That whatsoever men have outwardly, the same have women inwardly: but for honesties sake we will write no further of it. But as much as concerneth the inward parts thereof, and all that appertaineth thereto, shall be discovered hereafter: here shall onely be touched certain diseases which these parts are subject too. For which, first of all the common advice of women is against all pain of these parts, be it of whatsoever cause that the same proceed, to wit, that Betonie be laid to steep in Wine, and to drink thereof.

Of the inflammation of the place with swelling. §. 1.

Take the whites of Eggs, and bray them with a long peece of Allom a good space, then will it be a salve; spread it upon a cloth, and so apply it, and when it is dry refresh it: this hath been many times approved and found certain. Item, take of the white of an egg half a nutshel full, and Sallad oyl, stir them well together, and therewith anoint the hot burnt place. Or take the green and yellow bark of Eldern sticks, put them in a little bag, boyl them in wine, and lay them warm thereon; it driveth away all swelling, as well that which is caused of childbirth, as otherwise.

Item, take for the hot swelling of womens privy places, *Consolida*, *Saracenic*, *Avens*, and Ladies mantle, as much as you please: pownd them all together, and wring out the juice, temper it with molten Capons grease and fresh butter, anoint the place therewith between day and night four times at the least:

Of the Clefts of this place. §. 2.

The Grecians doe call the clefts *Rhagades*, and are such clefts as discover themselves with excrecence of flesh, which for the most part standeth alwaies inward, and bleedeth not of it self, unlesse they be rubbed hard with the member of a man, which proceedeth of inward and outward causes. The outward causes may be fals, strokes, or bignes of a mans member: Also through putting in any sharp thing, as Gith seed, and such like. The inward occasions are, when as any inward swelling happeneth through descent of some sharp humor which there seeketh issue; and (to tell the truth) this is very hardly to be healed, especially when all such diseases do stand deep in the neck of the mother. But these clefts are to be healed with the same remedies which shortly hereafter in the treatise of the Arsgut shall be described, yet if there be no Ague nor sharpnesse present, then may these pessaries following be used.

Take Ducks grease, and the marrow of a Stags bone, of each half an ounce, Saffron one scruple, oyl of Lillies and of white Daffodill, of each one quarter of an ounce, Wax as much as is needfull, wherewith to frame pessaries. These pessaries must be put into the place, yet bounden at a threed, they draw the clefts together. Item, take Frankincense and *Hypocistis*, of each half a drach. Aloe half a scruple, Dragons blood three drachmes, the juice of Sloes one drachme, dried Asse dung one ounce, dried Mints a scruple, burnt Egshels one drachme and a half, three whites of Eggs, burnt paper two scrup. 3. ounces of the juyce of broad Plantain, Vinegar one quarter of an ounce, temper them all together: it is especial good for all clefts of the whole body. But if so be that there be any heat or sharpnesse therewith, then is oyl of Roses to be used for it, and the the pessaries must be anointed with this white unguent: or make a pessary of Cotton, steeped in Rose water, or plantain water.

But if the heat thereof be great, take the juice of Purslain, muscilage of Fleawort, and

and juice of Houfleeke : work this the space of certain hours in a leaden mortar , and temper a little Oyl of Roses amongst it ; this healeth and cooleth. It is also very good against the Canker of the Mother, and such like diseases.

Item, take Dragagant and Gum, dissolved in Rose water, washed Aloe, Cerusse, Frankincense, and Dragons blood, of each one drach. litharge of Gold half an ounce, oyl of Roses two ounces, wax as much as is needful ; stamp all that is to be stamped, and make a salve of it.

Also this hereafter following may with a Siringe be squirted into the place: Take washed white bread, Frankincense, Bolus, and Dragons blood, of each one ounce, pownd it, and see the it in four ounces of Goats milk unto the half, then strain it through a cloth, and use it as hath been said.

Of the Ulceration in the privities of Women. §. 3.

ALl that is ordained here before for the clefts, is also good for all ulcerations of the privities in women ; so is also in like manner that which followeth hereafter. Take fresh butter, Badgers greafe, and Deers suet, of each one ounce, the marrow of a young Steer half an ounce, five beaten yolks of Eggs ; temper them all together over a mild fire, and stir it continually : when as it is almost cold, then put thereto Violets, Camomil, and Roses, of each one ounce, oyl of Olives one ounce and a half : let this see the softly one quarter of an hour, stirring it alwaies about ; afterwards strain it through a cloth. Item, take Barrowes greafe wherein Dill hath been fryed, May butter, and Harts suet, of each two ounces, Sallad oyl one ounce and a half, the marrow of a young Steer, and Roses, of each one ounce, Violets, Camomil, of each one drachme and a half, six yolks of eggs well beaten, temper it as before : you may put thereto a little Bevercod ; this is, the elder, the better.

For a general rule note, that whereas any ulceration or clefts do shew themselves outwardly, that for the same these foresaid remedies are commodious : if so be that they stand deep in the neck of the Mother, then use the foresaid pessaries, and thrust them in deep enough, for which cause the pessaries must be reasonable long. Also for all swellings and exulcerations use the oyl of white Daffodil, for it is very much approved for it.

For Ulcers in the Matrix.

Rx. of Sallad oyl lb. 1. Wax 3. 2. Laudanum 3. 1. see the them a little, then put thereto of red Sanders finely powdered 3. 2. anoint therewith ; or you may strain it, and put it into the part.

For the running of the Reines.

Make a posset with milk and allom, and let the partie eat the curd and drink the whay of it ; do so every day for a week.

When any body catcheth any sore through carnal copulation. §. 4.

THis is to be understood of any sore which commonly cometh through copulation or venery. For this you shall take Calves suet, letting it melt treatably upon hot coles, then temper therewith the marrow of an Oxe ; when it is molten, let it be cold : when you will use this, then take a little of it and anoint the sore therewith. But if it hapned that one have his ordure to come forth before, then take a small Tunnel, and stick it into the fundament, like as it were a Clister pipe, then pour therein the molten fat but not too hot.

The Patient must also keep in his breath, and afterwards pluck out the Tunnel, and so, stop the fundament with Cotton, that the same fat might not run out again. And two or three dayes after he must bathe in warm water, or foment with a bag that is filled with Oken leaves, Plantain and Roses, and is decocted in water.

For to make a Woman to be as narrow as a Maiden. §. 5.

Take Consolida Saracenica, Plantain, red Roses, and Shepherds purse, of each a like much, and chop them small ; when you have two handfuls of them, then take a pound of

Of May Butter; melt it, and put thereto the said herbs: then let all seethe softly together half an houre long: afterwards strain it through a cloth, and therewith anoint the place. Item, take Coppras, and let it dissolve in Well water, wet a cloth therein, and lay it in the place: but it must otherwhiles be refreshed. If then one be troubled with the Crablice, looke the first part, in the third Chapter, in the 8. §. where is sufficiently written of Lice.

For to speak then more at large of this matter, and to declare (like as is said already) how much importeth mankind in the soundnesse and health of these parts of generation, therefore we wil first speak of the Spermatical flux or running of the reins, be it by day or night: afterwards of the impossibility of the venereal act: Thirdly of the barrenness both of man and woman, and how to redresse it. Fourthly, what belongeth to the *Secundina* or Skin wherein the child is wrapt, we will shew hereafter.

The sixth Chapter.

Of the Spermatical Flux or running of the Reines.

THE Grecians doe call this infirmity *Genorrhæam*, which is, when one against his will, without the erection of the Yard hath his seed running out, through the losse of his strength and unnatural heat. This is caused through the feebleness of the vertue retentive, which is in the instruments of the seed, which may happen through any overcoldnesse, be it by sitting on cold stones, or otherwise. It is else daily seen, if any bear this mischief too long, that he waxeth lean thereby, and falleth away. And it is also no wonder, that by reason of this flux of the seed which sometimes ten yea twenty times happeneth between day and night, that thereby the best nourishment of the body is withdrawn. If so be then that this Spermatical flux is caused through weaknesse of the retentive vertue, then happeneth it without feeling: or if it happen through the force of the vertue expulsive, which is knowne before by certain impotency and trouble of these parts. But if the same grow through outward accidents, that must be understood of the Patient. And to cure this infirmity, first it is to be knowne that albeit this disease proceedeth for the most part through heat, yet notwithstanding the same may be caused through cold, therefore we will here first write of the running of the Reines which commeth through heat.

Of the flux of seed, or running of the Reines through heat. § 1.

THis flux of seed, is (as it hath bin said) felt with some grief. All cold things are acceptable to the patient, and hot things do put him to paine, as to a man which is superabounding in seed, doth this flux of Sperme bring not any feeblenes, and he waxeth not thereby leane at all: but if such come through heat of the seed, then feeleth he also heat, itching and grief: this must first of all be begun with a good order of diet. And first he must chuse for his dwelling a place and ayre which is neither too hot nor too cold, neither too moyst nor too dry. It is also not convenient for him to stir or go much, neither to ride: but rest and sleep is highly commended for this infirmity, and not too long, but a little, and that oftner. Deep speculations, sorrow, vexation, fright, fear, and especially all venereal thoughts must he eschew. All purgations, and that which abateth the body are very hurtful: and if need require, the same is easily to be effected through vomits, sweats, and Clusters.

For vomiting, take water (wherein Radishes have been sodden) three ounces, sirup Vineger one ounce and a half, give the patient this warm, after that he hath eaten sundry meats.

For to provoke sweat, take Barly water three ounces, strong Wine two ounces, give it him very warm, and let him sweat. The cluster must be thus prepared: Take Beets, Violet leaves, Nightshade, Tassel leaves, of each one handful, let them seeth well together, and take twelve ounces of this decoction, Thomas sugar one ounce and a half, yolkes of Eggs, oyl of water Lillies, and of Roses, of each two ounces, salt one drachme and a half: the cluster must be set in the evening before meat.

In eating and drinking must be eschued all that nourish well, except there be great feebleness appraoching, whereof ought most of all to be advised. Also he must eschue all that provoketh venery, as all sharp hot meats, spices, fat and windy meats: but much rather may he use all that are contrary to these, as water wherein Lentils are sodden, and Waterlilies tempered in all his meats and drinks, also conserves of the same. Prepared Coriander is also good: be it of what manner soever they be eaten. These things have a special property to expel incontineney. In like sort also Purslain, Endive, Cicory, and Lettice, but Lettice seed excelleth all these, if one eat much thereof: it stayeth also exceedingly and speedily the running of the Reins. Item, oyl of Olive and Nightshade, are very good for this. All these foresaid things is such a patient to use continually, meetly fowr vinegar, Oranges, and the juice of Pomegranats may he also use other whiles, and herewith eat sheeps feet, and other beasts feet. Fish that are taken in fresh waters, are also good for him, with vinegar and other fowr things, and dressed with sallad oyl. All sea fish shall he forbear. Concerning flesh, there is good all kind of Venison, water Fowls, and in fine, the flesh of all Deers that be not fat, but in good plight. For his drink must he have red clear and pleasant wines, and if he desire to have them watered, then take thereto water wherein Coriander, Lettice, Purslain, (and that which is yet better) Gum of Araby, and dried Waterlilly flowers have been decocted. And that we forget not the venereous and lusty women, it is specially advised, that for them shall be made a potion of the juice of Betohy & Cicory tempered together with vinegar. Item, yet more against concupiscence of man and woman that are hot of nature, may plaisters be made: Take Henbane, *Opium*, Camphire, the muscilage of Fleawort, Purslain seed, and oyl of Poppy seed, make a plaister thereof, and annoint or lay it upon the kidneys. Yet must this plaister by reason of the extreame coldness be used providently. Also to go bare footed is good likewise for this: and they that be full of blood are to be let blood.

These things following do much dry the natural seed, to wit, Rue and *Agnus castus*, wilde Mints, Cumin, and morsels made thereof. But chiefly if one do take the seeds of the premises with Vinegar. Item take Dill seed, \mathfrak{z} . 3. Lettice seed, and Purslain seed, ana. \mathfrak{z} . β . drink thereof every time, \mathfrak{z} . i. β . with the water of Lentils. Item take Rue seed and Henbane seed, of each one quarter of an ounce, roses and flowers of Pomegranates ana. \mathfrak{z} . 3. make thereof a powder, and give thereof to drink one quarter of an ounce at one time with water or watered wine. But to return to the loosing of the Sperm, it is not amiss to write what is inwardly to be used for it. First then shall this confection following be necessary for it: Take Comfrey roots, \mathfrak{z} . 3. cleanse them and cut them small, pilled Pompeon seed and Water lillies, ana. \mathfrak{z} . i. the juice of Licorice, \mathfrak{z} . 2 prepared Coral, fine Bolus, Mirtle seed and roses, ana. \mathfrak{z} . 10. Gum, \mathfrak{z} . β . beat them all small (except the roots) and make thereof a powder: see the roots in red wine, and stamp them to grout; then temper the powder amongst it, and put thereto the sirupe of Citron pills and of Oranges, as much as you please, and then let it see the together again to a confection. Take every morning one spoonful thereof before breakfast.

Item, temper the Conserves of roses with Marmalade, as much as you will: or take either apart.

Another. Take prepared Bolus one quarter of an ounce, Conserves of roses three quarters of an ounce, temper and use thereof every time one drachme. Or take a whole new laid egg sodden and fugged.

Item, see the Rice in new milk, boyl it with Archangel flowers, red for men, white for women, season it with Sugar, Cinamom and nutmegs, and so eat it. Or, drink the searfed powder of hasel nuthels. Or, stamp the kernels of hasel nuts, and see the it in milk, eat often. Also see the Feverfew, \mathfrak{M} . i. in a quart of Malmsey and sugar, \mathfrak{q} . s. drink it morning and evening.

Also take of nepte, of Clarry, ana. \mathfrak{M} . i. stamp them with the yolk of two eggs, make a ranfie of them, and eat it every morning.

This is approved
Take a quart of milk and put into it a piece of Alome as big as a hens egg; see the it and drinke the same in the morning and eat the curd.

The next morning take a quarter of a pint of Maligo sack, and put into it a spoonful of Rosen, do this 6. daies in the morning.

A famous Sirup for heat

Take Purslain seed, Lettice seed, and Water Lilies, of each one ounce, prepared Coriander, roots of Water Lilies, of *Dandelion*, and of Nightshade, of each half an ounce, Camfere half a drachme, or fifteen Jujubes, Dates (eight dayes steeped in Vinegar and chopt small) two ounces, Rue seeds, mountain seeds, and parched Comin, of each one drachme; see the these all together in two quarts of water unto the half, then strain it through, being very hard wrung out, put more thereto, twelve ounces of the juyce of Quinces, Sugar six and thirty ounces, and let them see the all together, and clarify them. Lastly, cast a little mints into it, whereof shall be taken two ounces, with three ounces of Purslain water, it is very precious and approved.

For this is also good these syrups following; as *De succo Endivie*, *de Cydonis*, *de Rosis ficcis*, *Rosatis solutius*, and *Myrtinus*. It hath been also said before, that for this disease no Purgations are fit. But if such were most needful, then is there to be given him one ounce, or one ounce and a half of fine Cassia with Purslain water. Another which is stronger; Take Cassia one ounce, and *De succo Rosarum* one quarter of an ounce, beaten seedes of *Agnus Castus* one scruple, Waterlillies three ounces; temper them all together. Also there is to be given him one ounce, or one ounce and a half of Cassia with hony or milke. Afterwards take every morning a draught of well decocted barley water; and temper therewith (according as the heat is great) a spoonful or twain of the juyce of Housleeke, or Purslain, for it cooleth much. Item, take one ounce, or one ounce and a half of Cassia, strew it with the powder of Licorice, and swallow it down in the morning fasting. Item, use fourteene dayes continually in the morning early a little Cassia out of the pipes, and spit out the kernels.

A confection that is very fit for this. Take prepared Coriander one quarter of an ounce, Powder of mints three drachmes, Lettice, Purslain, and pilled Cucumber-seed, of each two drachmes and a half, Gum, Comin, (both parched) of each one drachme, parched Dragagant one drachme and a half, Waterlillies one quarter of an ounce, and these beaten small together, Sugar fiftene ounces, and see the the Sugar in Purslain water, and then make Tabulates of it.

Hereafter follow Potions. Take Comfrey rootes and see the them in water, drinke thereof three or foure ounces with Sugar; it is very fit for this disease. Item, steeled water (wherein Mirtle seed hath been decocted) being drunken, is also very good. For this is also meete Plantain water, Sorrel water Purslain water, and Cicoric water. Or take Mallows and hollihock rootes, boyle them in water, and drinke of it. Or take of the *Trochisci de Carabe*, *de terra Sigillata*, & *de Spodio*, which you will, or of each half a drachme; for the whole Dose mix it with whay, and so drinke it.

What ought to be used outwardly.

If so be that this infirmity have long continued, then make Smiths Cinders glowing hot, and flake them in wine, and bath therewithal; you must fill the navel with Stags suet, which stayeth the affluxion of the heat and sharpnesse of the matter. If the patient then desire to make water, then must the Patient hang his privities in Plantain water or Night shade water. Item, take old oyle of Roses two ounces, oyle of quinces and Mirtles, of each two ounces and a half, burnt Lead, white Lead, Bloodstone (both washt in Lettice water) of each half an ounce, starch one ounce and a half, willow leaves and Water Lilly flowers, of each five drachmes, Camphire one quarter of an ounce; mix one with another in a leaden mortar with the juyce of Plantain, and make also a salve thereof. For this disease shall you find many remedies both in the antient and latter Physitians. The cooling salve is also very comodious for this; like as is the oyntment of Saunders *Unguentum Sandalinum*, which is made in this manner. Take Roses three drachmes, red Saunders two drachmes and a half, yellow Saunders one drachme and a half, fine Bolus one quarter of an ounce, burnt Ivory one drachme, Camphire half a drachme, white wax one ounce, oyl of Rose buds 3. 3. the wax and the oyl are to be molten together and then temper the other things amongst them. This is not only good for this disease, but also for inflamed kidneyes, and to coole the liver, the stomack and all other parts. With any of both these oyntments anoint the Patients Kidneyes and

and all other parts. With any of both these oyntments anoint the patients Kidneyes and the Cods, even to the end of his yard. Item, take oyl of Mirtles, Roses, Mastick, of each half a drach. shaven Ivory one scruple, Camphire two graines : pownd all that is to be powned, and with a little wax make thereof a salve, wherewith annoint the Kidneyes. This salve is also good for the whites in women. It is also much commended to wear upon the Kidneyes a piece of thin beaten Lead. womans whites.

*Of the Flux of Sperm, or the running of the Reines
through cold. S. 2.*

IN this infirmity is felt with the pain in the head, a distemperance also of the brains, and a vexation of the whole body with cold, even as in *Mania*. For this be especially Mints, *Agnus Castus*, Artichokes with the roots, parched Cumin, and Caraway Annise, Frankincense, and their barks, Mastick and Marjoram. This Patient must then providently (as is said) and mildly purge, and afterwards every morning take a drach. of Treacle with Betony-water. You may give him also stued Pears or Quinces to eat. Likewise reere sodden eggs wherein is a little Mastick powder strewed, and red Coral powder. Also the Reines and bladder are to be annointed round about with oyl of Mastick, and oyl of Roses.

Of the Flux of the Sperm or seed in the sleep. S. 3.

ABove the foresaid mentioned flux of the seed, this yet is to be annexed unto it, when as the seed also passeth away in the sleep a nights, and very seldom by day. The cause of this is daily ryotting and surfetting, and specially meats which are drest with spice, and be easie of digestion. Secondly, the thoughts upon a fair woman whom one loveth. Thirdly, to sleep sound, and to lye upon the back, abundance of blood, abstinence from women, hail youth, whence all other signs are to had and taken, these are also to be remedied like the former. If it be caused of fulnesse, it is to be cured by abstinence : if through lust after women, then will it be eased with a godly Matrimony as also by the use of cold and dry things, as is already said, of the running of the Reins, of that which proceedeth not of abundance, but maketh man unfit to get children, as shall be hereafter spoken of.

*Of what and whereby natural Sperm or seed will be most
augmented. S. 4.*

THe cause of the diminishing or increasing of natural seed may as well proceed of intollerable heat, as cold : also of inward and outward causes. The cold is repulsive, and keepeth back the heat consumeth. Likewise it may grow by fals, and such like other things more, whereby the brains are weakned.

Item, of some kind of lesion of the stones and other parts, also of inward, as a bad concoction of the seed, cutting of the stone, or the Piles, whereby the generation of the seed is hindred, of fore precedent diseases, of sorrow, heavinesse, temptation, smalnesse of the humane member, and (amongst divers other causes) of age also.

Now for to help this disease (even as is before said) not to increase lechery or fleshly lust in favour and preferment of Matrimony. For this therefore is good, warm and dry weather, and also all such dwellings, yellow Rape seed baked in bread, as much that there be put one \mathfrak{D} . in half a pennyworth of white bread is very requisite : young fat flesh, not salted too much, a sauce with Saffron, long Pepper, and tayles of *Stincus* prepared with good Wine : all sower, sharp, doughy and slimy meats, must be forboren, long sleep, and especially after meat doth annoy : for the long sleep immediatly after meat doth no lesse hinder venery, then surfeiting with meat and drink. He is also to eschew all vexation, sorrow, and care.

But in general, these things are good for the increase of humane seed, and to recover the losse thereof again, to wit, eggs, Milks, Rice drest in milk, Sparrows brains, yea the whole birds. And the stones of these Beasts following, viz. as of Bulls, Cocks, Bucks, Rams, Bores, and all teir pissells.

Of Pottages are very good that of Beans, Ciches, Lupins : the first bitter broth of them cast away, and the rest Sugred, Pease Turkey or French Beans, and Wheat sodden in fresh broth, and drest with Spice, Annise, Fennel seeds, white and red Mustard seed, Colewoort seed, and yellow Rape seed, the seeds of white *Selamum*, Fene-greek seed, sodden with hony in fat flesh broth, Linseed tempered with Sugar and other meat, and also Nettle seed.

Of Roots, these following are highly commended, as stewed Onions, Garlick, Leeks, yellow Rapes, fresh Ragwort roots, and confectioned Sugar, or the powder thereof, drunken with the water wherein Mustard seed is sodden, confectioned roots of *Eringiu*, confectioned Ginger, *Coffus* roots, Sperage, Thistle roots, Radish, Zeduary, Squills roasted, confectioned *Asarabacca*, *Pieretrum*, and Cypers nuts. Of Herbs, are the garden Cresses, and branches of Sperage. Of fruits hanel nuts, *Pistacia*, Almonds, and above all, Marchpane made thereof.

All Spices are very commodious for this use, as Cinamom, Cardamom, Galangal, long Pepper, Cloves, Ginger, and Saffron. For this is also very highly praised *Assa fetida*, the weight of one drachme and a half drunken in good Wine: in like manner also Dragagant, the pissel of a Bull, or of an Hart, the weight of one scruple taken also in wine; likewise the tayles of *Stincus* the weight of a drachme, taken before meat with Wine. Of things compounded you have these confections, *Diamoschu*, *Pliris*, *Aromaticum Rosatum*, *Diambra*, *Dianthos*, *Diagalanga*, *Trionpipereon*, and *Diamargariton Calidum*: also Michridate in like manner.

And above all other things is the confection *Diasatyriou* commended, for it strengtheneth the stomach. This following is much used at *Augusta*: Take Ginger one drach. and a half, Almonds, Pingles, and *Pistacia*, of each one ounce, the kernels of an Indy Nut, and *Sisorum*, of each half an ounce, the pissel of a Hart five drachmes, Cynqfoyl, *Palma Christa* one drachme and a half, Galangal, Cloves, Cinamom, white mustard seed, long Pepper, wilde yellow Rape seed, white Behen, of each one drachme, Onion seed, Radish seed, Rape seed, and Ashen keyes, of each two scruples, the sides and tayls of *Stincus* three drach. Borrage one quarter of an ounce, Sugar two pound, seeth it in Wine as you would make Tabulats, or a confection of it.

This also following may be prepared: Take yellow and other Rapes, Onions, Sperage roots, wilde Mustard seed, Radish seed, Pingles, Ash keyes, roots of *Eringiu*, of *Satyriou* sweet *Coffus* roots, Ginger, Long Pepper, and Cresses seeds, of each a like much. Also take clarified Hony, $\frac{3}{4}$ 3. one ounce of the powder, then make thereof a confection. Of the same may three drachmes be taken at once, tempered with Sugar pennets and new Milk.

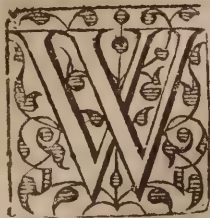
One may use outwardly Wax made to an oyntment, with oyl of Bevercod. Or take Bevercod, Marjoram gentle, oyl of *Coffus*, of each a like much, put thereto a little Musk or *Zibeta*, and therewith annoint the yard, with other places adjoyning unto it. If you will have a flighter, then take the gall of a Bear.

An especial oyntment: Take of the great winged Ants three drach. oyl of white *Selamum*, and oyl of Lillies, of each one ounce, pownd the Ants and put them into the oyl, and so let them stand the space of six daies in the Sun: afterwards wring out the oyl, and put thereto *Euphorbium* one scruple, Pepper and Rue, of each one drach. white Mustard seed half a drach. set this again into the Sun a while, and anoint all over the privities therewith.

Another. Take oyl of Lillies two ounces, oyl of Bevercod one ounce, *Euphorbium*, Pepper, white Mustard seed, of each one drach. *Muscus* half a scruple: temper it unto an oyntment. If so be that then the natural heat be thereby excitated and stirred up, and other kindnesse do come upon you, then do what in you lyeth.

The seventh Chapter.

Of Barrennesse in general.



When as then neither in the one nor in the other, as that neither in the Man nor in the Woman, there appeareth any infirmity in the parts of generation, and both parties are mighty enough for the work, notwithstanding cannot come to any generation, then must there be a certain cause of Barrennesse, whereof there be many kinds. First then concerning the Man, it may be well caused through outward and inward accidents: the outward are hard meats, whereto there commeth then also the unbelief of witchcraft. But if so be that the same proceed of inward causes, then doth the same proceed of the weaknesse of the most principal parts of mans body, as of the Heart, the Brains, the Liver, the Stomach, and the M. l. Or he may be too fat, or too lean, with many more other infirmities, which may be in the privy members, that are not to be here discovered. The signes of the Barrennesse of the man are these, great heat, which may be known by feeling him. The woman in receiving feeleth the great heat of the seed, he hath a great desire to the action, and is very hairy over all his body, and got hairs very early about the privities: but if so be that cold be the cause, then are these things found to be all contrary.

Concerning the Woman, the Barrennesse may be caused by drinking too much cold water, by continual use of sower meats, by anger, by fear, by frightening, and other motions more of the mind, which may cause al the same. Item, when a woman after copulation stirreth by and by, leapeth, runneth, or danceth too much. If it proceed of any inward cause, then must it be either of the constitution of the whole body, or of some other infirmity of the parts of generation. If of the constitution of the whole body, then shall some principal part of the body feel the same, to wit, by reason that the Terms are hindered, or slow too much. Also a woman be too old, or too young, or too fat, which maketh barren. If the malady be in the parts of generation, then dependeth it most on the mother or womb, which hath some ulceration, or is too wide, or too narrow, or too much obstructed, and such like.

The signs of Barrennesse in women are these, to wit, when it proceedeth of the coldnesse of the mother, then hath she her terms very little, and if they do run, yet are they not well coloured; they have also but little hair on their privities, they be by nature slow and slack, they care not much for men, and are commonly of a pale colour, for which doth also much help the long use of meats or drinks, which are cold of nature.

If the barrennesse be caused through heat, then hath she likewise her flowers or Terms very little, mixt with yellownesse, the woman is hasty headed, crafty, thirsty desirous of the man, hairy about her privy place, she hath a quick pulse, and black hair, with other tokens more, all which dry or moist diseases must needs be in the mother, or in the neck of the same.

Thirdly, they are sometimes of a contrary complexion: for that the seed cannot be rightly mixed, or sometimes also too near like one another of complexion: For an example, when a cold man cometh to a cold woman, or that they be both dry of nature: and if in all things else they be also of like complexions one to another, then is it impossible that the woman can conceive. There shall be more other signs described how to know by whom the let and infirmity cometh, to wit, do cast both *Sperma* upon the water, and that which driveth on the the top is barren. Item, sprinkle both their urines upon a Lettice leafe, and whosoever doth dye away first, the same is unfruitful. Or take five corns of Wheat, seven Barly grains, and seven beans, put them all into an earthen pot, and pisse thereon, let it so stand seven dayes long, and if they begin to sprout, then is the person fruitful, or if they rot, then is he or she barren, be it man or woman.

Or let him pisse in a pot, and let the urine stand a while, if worms grow therein, then is that urine barren. These three last proofs do the ancient Physitians themselves say to be uncertain, therefore we will let them rest.

Item, make underneath an odoriferous fume, as of Myrrhe, red Storax, and such like odoriferous warm things to passe into the neck of womb, through a tunnel, which being close covered round about, if the woman finde that this smoak go through the body, and feeleth it in her nose, then is she fruitful.

Another. Take grosse beaten Garlick, and lay the woman with her back thereupon, if so be that she feel the smell in her nose, then is it a token of fruitfulness. There are more such like tokens which are said to be approved: but how that fruitfulness is to be furthered and holpen; there are divers remedies hereafter rehearsed out of the writings of the most famous Physitians, out of which may be chosen according to the complexion of women, whether they be hot, cold, moist, dry, fat, lean, oppilated, or contrary by nature.

For to help and prefer or hasten fruitfulness. S. 1.

If that fruitfulness be desired to be furthered and holpen, then must the cause that hindreth the same be abated and taken away, of which the learned do reckon very many, which may be contained in three especial points, as when a woman is too hot, and too dry, too cold, and too moist, or hath her terms or flowers too much or too little, of which three especial points we will now discourse.

To help Conception.

Let the woman receive fume of Darnel and Frankincense burned upon Charcoales; let her sit over the same, or stand with the same, between her leggs. Also the powder of Rams stones, taken after her courses is good. Also powder of Ivory is good.

Of Barrennesse through heat. S. 2.

All such Women must beware of hot ayr, dwellings, and such like: also of clothes which keep the parts and sinews about the womb too hot. Also they must eschue all hot meats, as Spice, salt flesh, strong Wine, very fat meats, warm hearbs, as Smallage, Fennel, Thyme, Southernwood, Rue, long watching, to lye much on the Reins or Kidnies, great labour, anger, heaviness, and such like motions of the mind: but all that moderately cooleth that must be used: They must take oftentimes conserve of Roses, or cold Dragagant lozings, and the confections *Triasantali*, also to hold before the nose and smell to Camphire, Rosewater and Saunders, as hath been many times told for hot sicknesses.

Above all these, must the *Basilica* or Liver vein be opened in the right arm, and to let out above five ounces of blood. On the next day is this purgation to be used: Take *Elect. de Epithimo*, *de succo Rosarum*, of each two drachmes and a half, the whay of Milk four ounces, temper them well together, and take it in the morning, then sleep afterwards about one hour and a half, and fast four upon it: this being done, drink a good draught of whay, and you may break your fast one hour after.

Other do purge with *Trip'era Saracenica*, and Rubarb, and also minister preparative potions mixed either with sirupes of Violets, Roses, or Endive.

Or take the water of Water Lillies, four ounces, water of *Mandragora* one ounce, beaten Saffron half a scruple: drink them luke-warm, and do this eight dayes one after another.

Also you may use these pills following: Take Broom flowers, smallage, Parsley seed, Cumin, Mugwort, and Feverfew, of each half a scruple. Aloe half an ounce, Indy salt and Saffron, of each half a drachme, pownd them all together and mix them well; afterwards pour thereon five ounces of warm Feverfew water: close it to, and let it stand and dry in a warm place: do this three times one after another. This being all done, then make six pills of each drachme, and take alwaies one thereof before supper about the second day, all the while that this foresaid Potion is used, afterwards you must take one thereof about the third or fourth day until that she have conceived. After the foresaid Potions must this purgation following be used: Take the conserve *Benedicta lax.* one quarter of an ounce, *de Psillio*, three drachmes, *Electuarium de succo Rosarum* one drachme and a half; temper them together with Feverfew water, and drink it warm in the morning early: three daies after this purgation must the Median vein be opened in the right foot, to wit, five or six houres after breakfast, and according to her strength must be letten out five or six ounces of blood, the next day, and also five daies, one after another filed Ivory is to be taken, one drachme and a half with Feverfew water. And the whilest that

that this Potion is by her used. then is she in the morning one hour before that she do arise, and also at night before she go to bed, to sit in this bath following, and remain therein about half an hour.

Take wild yellow Rapes, *Daucus*, Balsom wood with the fruits, and the seeds or keyes of an ash tree, of each two handfuls, red and white Behen, and Broom flowers, of each a handful and a half, Musk three grains, Amber, Saffron, ana. \mathfrak{z} . 1. seeth all these in sufficient water. But the Saffron, Musk, Amber and Broom flowers must be put into it when all the rest be sufficiently decocted and wrung out.

A profitable Confection. Take *Pistacia*, Pingles, *Eringus*, ana. \mathfrak{z} . β . of the sweet roots which the Italians do call *Dolcegine* as much also, of Saffron, \mathfrak{z} . 1. *Lignum Aloes*, Galingale, Mace, *Cariophilata*, red and white Behen, and Balm flowers, ana. \mathfrak{z} . 4. shaven Ivory and Cassia rindes, ana. \mathfrak{z} . 2. sirupe of confected Ginger, \mathfrak{z} . 12. white Sugar, \mathfrak{z} . 6. seethe these well together with the sirupe in 12. ounces of Balm water until it be all decocted: when it is cold, then put the rest amongst it, and stie it well together: Lastly mix Musk, and Amber amongst it, ana. \mathfrak{z} . β . Hereof must a woman take thrice a day, to wit in morning, one hour before noon, and one hour after Supper, every time the quantity of a Nutmeg, and that especially after purging and bathing. This confection is rather a strengthening and warming medicine than cooling, and is specially to be used when it is perceived that the flegme and slime be approaching.

For Barrennesse through drough. §. 3.

FOR this must be eschewed all that which is hot, for that hot things consume the natural moisture too soon; notwithstanding their meat and drink must be meetly warm, as Barley and Oaten paps, Pullets, and small hard fishes. For this is to be used small Clifters: as the broth of Lambes heads, and common herbes which do moisten: to wit, Violet leaves, and such like: Pessaries of Hollihock rootes fattened with fresh Butter, and so put into the neck of the Wombe. Goats milk and such like, that do fatten and moisten, are very commodious for this purpose. In like manner also Almonds and Pingles, which not onely through their fattening withstand the drouth, but also do strengthen all the sinewes.

Of Barrennesse through fatnesse. §. 4.

THe great fatnesse is no small cause of Barrennesse: therefore are all such women to lead and observe such a rule of life, whereby the superfluous fatnesse may be consumed, whereof in the first Part you shall have an especial Chapter. But for a general observation, they must not sleep much, and chiefly by day. Also they must forbear all baths, except such as be warm of themselves. For this is also good a dry sweet bath very commodious and profitable. To purge often is also for this. Item strong Clifters which warm and dry, and other things more which hereafter shall be described.

Of Barrennesse through cold and moisture. §. 5.

A Woman which is cold and moist, meetly strong exercise is very good for her, except it be then, when she hath accompanied with her husband: after which time she ought to rest two hours at the least. Also she is not to be overcharged with any meat: but rather to refrain alwaies with appetite.

Much sleep, sorrow, anger, &c. she must beware of. To eat much fish is hurtful unto her, Milk, fresh Cheese, and all that is made of dough: Beets, Lettice, Spinage, Endive, Purslain, Cherries, Hasel nuts, Garlick, Onions and such like, are not meet for her: fat flesh, much broth and Vinegar must she refrain: for they are hurtfull for the Womb.

There is therein specially to be considered, how to cleanse the Womb from all excessive moisture; for which are to be used some preparative potions of *Oxymel* of Squils, or at the least of *Oxymel Composito*, and sirupe of Wormwood, with a decoction of Annise, Fennel, Cummin, *Cuscuta*, and Harts tongue. And then to take thereupon *Pil. Benedicta*, \mathfrak{z} . 1. once every 14. dayes, and then to fast five hours after them.

Secondly

Secondly, take *Styrax Calaminta*, field Mints, *Asphalatus*, *Ameos*, *Sefeli*, Rue, Balsam wood and the fruits, red and white Behen, of each half an ounce, make a bath thereof, and let her sit in it even to the Navel.

In the mean time no delay must be in the anointing the places adjoyning about the wombe, with warming and drying oyl; as oyl of Spike, oyl of Elder, and such like.

Also this confection is to be used; Take Cinamom, Cardamom, Saffron, Cloves, Mace, long Pepper, Cipres roots, Nutmegs, Comin, Lignum Aloes, and Cassia wood, of each one scruple, Cucubes and Doronicum, of each four scruples. Musk, Amber, and Balsam, one drachme, white Sugar 18. ounces, Malmsey, Buglosse water, and of Balme, as much as is needfull for to see the Sugar, then make a confection; whereof she is every evening to take a spoonfull when she goeth to bed, also half so much before supper.

Another; Take yellow Rape seed, Pease, and scraped Ivory, of each one quarter of an ounce, Nettle seed, Ameos, Sefeli, Indy Spica, Cardamom, Blatta Byzantia, Bay berries, Nutmegs, Cipres nuts, Hyssop, Marjoram, Spikenard, and Cipres roots, of each one drach. white, black, and long Pepper, half an ounce together; Ginger and Cinamom, of each one ounce, this being all stamped and mixed together, make with Hony a confection thereof, and lastly temper therewith two or three grains of Musk.

All the foresaid things are are special good to consume the winds of the womb. Now for this purpose followeth here certain simples and compounded medicines; as Annis, Fennel, Caraway, Smallage seed, and Rue seed, each used alone. Inlike sort Marjoram, Agnus Castus, flowers and seeds, Comin, prepared Spikenard seed, Bay berries, Rue, the tabulats of Diacumino, and Aniso, that do altogether consume moisture.

For to fume or to foment are specially commended these things following Rue, Carvi, Ameos and Gallia muscata.

Item, take Galliam Muscatam, Bdellium, Bevercod, Laudanum, Hares grease, and Nutmegs, of each half an ounce, let these see the all together in water, and wash or foment therewith.

Or use a pessarie of Laudanum.

Make pills of Laudanum, Wax, Agarick, and Sheeps suet tried, take of them 2. or 3. mornings Prob.

This following cleanseth and also warmeth well the womb, and drieth the moisture of the same; Take Coloquint beaten grosse one quarter of an ounce, Cinamom 3. drach. temper them with good wine, or with oyl of Spike, dip Cotten therein, and put the same into the neck of the womb.

Item, take Swines bread, form thereof a pessarie of the bignesse of a Date stone, and women must put this into their privy places, being fastened to a threed; it is passing good. They may also lay this plaister following under their navel being cut round. Take the plaister called *Cereaneum* two ounces, *Laudanum* one ounce and a half, *Gallie* and *Alipia muscata*, of each half an ounce; temper them with oyl of Spike, and spread it on a round leather, and use it as is aforesaid.

For to dry and correct a slimy and moist Womb this following is to be used. Take Silver mountain, red and white Behen, Ashe keyes, shaven Ivory, yellow and wild Rape seed, of each one drach. Cinamom, Mace, Cloves, Galangal, long Pepper, Rosemary flowers, Balsam wood, *Blatta Byzantia*, Marjoram gentle, and Penniroyal, of each four scruples, Balm, Buglosse, Citron pills, of each two scruples, Pearls one scruple, Musk two grains, white Sugar four and twenty ounces, see the same with Malmsey, and make thereof a confection. This confection is very good and approved for all that is aforesaid, and also for fruitfulness.

For to comfort the retentive vertue of the Womb. § 6.

IF so be that there be any infirmity in the retentive vertue of the womb, which doth commonly happen through over coldnesse, for the which are strengthening and warming things to be used, as Amber, Frankincense, with their rinds, Mastick, Lignum Aloes, Cloves, Nutmegs, Sage, Galangal Calamus and Cardamom. Also she must be governed like as hath been said in the discourse of barrennesse.

Item, there is more good for this, that the neck of the matrix be often washed with water wherein Cipres roots are decocted; or with water wherein Iron drosse is sodden, which

is stronger. Also for this may serve Mastick strewed upon hot coals, and the fume thereof received from below.

A very good salve fit for this; Take the juice of Roses, of Pomgranats and Cloves, of each one ounce, Frankincense, Hypocistis, the juice of Sloes, Mastick, prepared Coriander, and Iron dross, of each one drach. Sealed earth and Starch, of each one 3. bruise these very long in a Leaden mortar, & anoint the privities therewith often times. But if the infirmity proceed of heat, then are things to be used which be astringent, roborating and cooling, yet tempered with some warm things. The cold things are these, burnt and washt Harts horn, Amber, juice of Sloes, Hypocistis, burnt Muscleshells; Bolus, burnt Gals, Dragons blood, Sealed earth, flowers and shells of Pomgranats, Acorns with their cups, the rind of the Medlar tree and the fruits, Services and Myrtle seed, of all these foresaid simples may salves, plaisters, and other things be prepared, which are all fit for this infirmity.

Of Barrennesse through repletion of the body, and
obstruction of the Testes or Flowers. §. 7.

THese women must forbear all slimy meats, as milk and all that is drest therewith, also from all doughie meats, pottage and old fish, unleavened bread, new Cheese (but old Cheese is meetly tolerable) from all cold and moist fruits. Touching all other meats, they may live according to their old custome; their drink must be reasonable or mean strong white wine.

Concerning the medicines, you must first begin with the letting of blood, opening the *Basilica* in the right arm, and to let out 4. or 5. ounces of blood.

The next day following you may cause to be mixt together *Pillula de Opopanaco*, and of *Hiera Composita*, of each half a drach. and to make seven pills thereof, and to take them in the morning, and then to sleep one hour and a half upon it, and five hours after it to drink a draught of sugred water, and then one hour after that to eat. This being done this powder following is to be prepared, and to be used four grains thereof every mealtide in all their meats. Take Cinamom half an ounce, Saffron one drach. Spikenard two scrup. Licorice four scruples, whereof make a subtil powder.

Immediately after the pills, they are to use this potion six or eight dayes continually early in the morning; Take *Syrupum Acetosum Compositum*, *De Eupatorio*, of each three quarters of an ounce, Mugwort, Feverfew, and the water of Elecampane roots, of each one ounce, temper them together. Or take the foresaid waters alone without sirupes five ounces at one time.

Other pills; Take Aloe two ounces, *Agaricus*, and *Opopanax*, of each one drach. and a half, *Spica*, Mather, Cinamom, Saffron and Indy Salt, of each one drach. Coloquint four scruples, the juice of Feverfew four ounces, temper all together and set it in the Sun, and stir it often about until it be dry, do this thrice. Then take the waight of a drach. and form fixe pills thereof, and use one every three dayes just before supper. Also likewise one in the day time, so long as they use these foresaid potions; but not when they purge. The said purgation must be made thus; Take *Electuarium Indum* half an ounce, *de Succo Rosarum* one drach. temper this with three ounces of water of Elecampane roots.

After this second purgation: she is one moneth long to take the waters of Feverfew, Elecampane roots and Balm; of each one ounce mixed together, before noon and against night she is to sit in this bath following; Take Balm, Marjoram gentle, white Mints, Penniroyal, Feverfew, and Mugwort, of each a handfull, small and great *Camedrias*, *Spica romana*, *Daucus*, Agrimony and Stechas, of each a handfull, seethe these all together in sufficient water, until that about the third part be sodden away, and then putthereto Musk three grains, Lignum Aloes, Gallia Muscata beaten small, of each a drach. This being so prepared, then shall she set her self therein, and keep her self from her husband three dayes.

In the mean while, she is to put into the neck of the womb this pessarie following: Take Saffron half a scruple, Musk, Amber, Lignum Aloes, and Ashe keyes, of each three grains, Hares renning, as much as is needfull; form it like to Date stones, and she is to wear it all the day in her body.

Another; Take Hares renning one drach. and a half, shaven Ivory, red and white Beben, and Ash keyes, of each half a drachme, Sefely, Penniroyal, Nep, Savine, Gallia Muscata, of each half a scruple, being all beaten small and tempered with oyl of Spike,
untill

untill it be soft; then temper therewith Musk and Laudanum, of each two grains, dip some wooll therein, and use it as before.

For the poor is onely the oyl of Lillies commended with a pessarie of Cotten dipped therein, and so put up and holden therein the space of three hours.

When such women have purged and bathed, then must they before that they come at their husbands, be let blood in the *Saphena* or Median, two hours after supper, letting out three or four ounces of blood, if so be that she be any thing strong.

It were also very good that when such women arise a mornings, they do gird about them a long garment, and set some fire under them, and to strew therein this powder following, that she may receive the vapour thereof, and use a little at once.

A very good Confection; Take *Doronicum*, Ash keyes, Mugwort, Feverfew, flowers of Saint Johns wort, of each one drach. Balm, Bala, of each one quarter of an ounce, shaven Ivory half an ounce, Amber one scruple, Musk five grains, small filed Gold half a drach. the powder called *Nere* one drachme, *Syrup de Calaminta* three ounces, Sirupe of Citron pils five ounces, Sugar six ounces, all that is to be pownded pownd small, seethe the sirupe and Sugar meetly thick; and when it beginneth to be cold, then temper it with all the powder (except the Spec. Nere, Musk, and Amber) the which must be put in at the last. Keep this confection in a Gally pot whereof the woman is to take immediately after her second letting blood, every morning the quantity of a Nutmeg, and fast four hours after. In like manner also after meat the bignesse of a Bean, and drink thereupon a draught of good wine; the which hath holpen many women.

The powder before promised for suffumigation. The Laudanum half an ounce, *Gallicæ Muscatæ* two drachmes, Musk, Amber, of each three grains, *Lignum Aloes*, *Opopanax*, of each one drachme, make them into powder, and use a little of it one time.

For to further the fruitfulness in man and Woman. §. 8.

Take Rapes, Sifarum, shaven Ivory, Sefely, red and white Behen, Ash keyes, of each one drach. Cinamom, *Doronicum*, Mace, Cloves, Galangal, long Pepper, Rosemary flowers, Balsam wood, *Blatta Byzantia*, Marjoram gentle, Penniroyal, of each two scrup. Balm, Buglosse, Citron peels, of each one scrup. Indy Spike, Amber, Pearls, of each half a scrup. Sugar decocted in Malmsey one pound, make Tabulates thereof or a confection.

A powder for to strew upon the meat; Take Nutmegs, Cucubes and Ginger, of each half a drach. long Pepper, Mastick, Cinamom, red and white Behen, of each one scrup. stamp them together, and use them as is said.

Item, take the stone of a Bore hog being two years old, and the pissel of a Stag shaven small half an ounce, four pair of Fox stones, and fifty or threescore Sparrowes brains, wild yellow Rapes, *Eringus* roots, *Satyrium* confected all together in sugar and shaven Ivory, of each three ounces and a half, Cinamom, the pissel of a Bull, Pingles, Dates, and Indy Nut kernels, of each two ounces, long Pepper, Ginger, and Rosemary flowers, of each half an ounce, Sefely one drach. Nettle seed, Cloves, Saffron, Mace, Galangal Cypres roots, Nutmegs, Cassy wood, Cucubes, *Doronicum*, field Mints, Penniroyal, Indy Spica, Musk and Amber, of each one drach. white Sugar refined in the water of wilde Mints, four pounds and a half, make thereof a confection; this confection may be both by men and women used in the morning fasting, and in the evening when they go to bed, whereof have been great wonders seen.

Another; Take clarified hony three ounces, Linseed, Greines and shaven Ivory of each one ounce, Burrage three ounces, make thereof a confection, and temper therewith 24. ounces of Sugar, Musk and Amber, of each half a scruple, Cinamom two grains, Cloves and Mace, of each one grain, it is a very mild medicine.

It is also very good that men and women receive every morning a little Treacle. to wit, half a drach. with half a drach. of shaven Ivory; but for such as be young, it is not so good by reason of the heat.

A good salve; Take *Gallicæ Muscatæ*, Nutmegs, Bevercod, Hares renning, Laudanum, of each one quarter of an ounce, oyl of Spike, oyl of Mastick and of Myrtles, of each 3 drachmes, Wax as much as is needful for to make a salve therewith; these are to be used as the other.

Wine of Rosemary is also much commended for this. In like manner the Morolse wine;

wine; all which are described in the last part, with other more such spiced Wines, which are very fit for such overcold and barren men and women.

For to make a woman fruitful, for which this serveth for a potion and bath following; Take Wormwood and Mugwort, of each a handfull, seethe them together in a quart of Goats Milk almost to the half, whereof every morning and evening she is to take a good draught.

For to bath; Take wild Penniroyal, Mugwort and Rue, of each one handfull; make a bag thereof, and let them seethe in rain water; bath therein every eight hours, and alwayes about the third day a fresh bath.

For a conclusion, in women is (as is already said) the greatest cause of barrenesse, for that the Matrix or Womb is not clean, is overcooled, or hath some other infirmity, whereof hereafter in this part shall be discoursed and taught, also what is meet and fit for the same.

The eight Chapter.

Of the Reins and their Pains.



VEN as we have described now the outward parts before of the belly in this third part of our Book of Physick, so doth the cause require that we ought to write somewhat of the hinder part, amongst which the Reins are comprehended; and that these reins are a part of the back, it appeareth by all that here before in the second part, in the fourth Chapter, and also afterwards is written, therefore it is thought needlesse to make any further mention thereof.

These Reins do suffer by reason of the Kidneys great pain, when the same are vexed with heat, ulceration, gravel, stone, or other malady, the description whereof yet hereafter followeth in this 3. part, where it may also be noted and observed what may be good and commodious for the same. There be commonly commended for hot pains in the Reins oyl of Roses, Violets, water Lillies, and Poplar buds, in like sort also three salves following of Saunders, the cooling oyntment of Galen, and the Poplar salve are very good, and that in all causes.

But if the pain proceed of cold, then is hony water to be drunken, and confected roots of Eryngus, Fennel, Commin, Caraway, be it confected or otherwise, are to be eaten, for they assuage much the pain. Some use also the conserves of Piony.

This salve following is especial good; Take blew and yellow Violets, of each one ounce, and a half, oyl of sweet Almonds, of Sefanum, of each one drach. and a half, fresh butter one ounce, Saffron one scruple, white Wax one ounce and a half, Ducks greafe, oyl of Camomil, oyl of Dill, of each one quarter of an ounce, and a small yolk of an Egg, the oyl, greafe, and butter melt together, and at the last put the Saffron & yolk unto it, and stir it well about, it swageth much the pain, which is caused through the gravel, stone, and any thing else, therefore it is called by the Grecians *Anodynum*, even as the Apothecaries do call it unto this day *Unguentum Anodynum*.

The ninth Chapter.

Of the Buttocks.



HERE are two Buttocks given to men for their use, by nature compiled of a compact, fast, muscly, and hard flesh: and not narrow piked, bearing up like to Beasts, but pretty and round, as well for a comelinesse of the same place, as for to sit on, and ease the whole body, covering and defending the fundament, that the same cannot be violated nor strained through sitting. These foresaid buttocks do seldom suffer any other infirmities, but such as be subject to Chirurgery, as wounds, ulcerations, fistulaes, Cankers, and such like.

Besides

Besides this, is no more to be spoken thereof; therefore we will passe over to the Fundament or outward part of the Arsegut, with his infirmities, which are incident unto it outwardly and inwardly.

The tenth Chapter.

Of the Arsegut or Fundament in general.



Here have been some dotrels in the world, who have complained of Nature, wherefore she had not chosen as well a bone or some other nether member of the body, whereby she might expel the excrements, as she did this mild place of the body; which grosse speech is to be scorned as a great folly; for how could she have ordained a closer, fitter and handsomer place than this? Concerning then this Arsegut, it is a conveyer of all excrements, long and wide, and whereas it cometh to our sight with a round circle; it is there shapen of a muscly and sinewy substance, (like as are the lips of the mouth) therefore hath it also such power that it openeth like a purse, and shutteth fast again, that it might not receive any wind or any thing else. Unto these privy places do there come sundry accidents, amongst which the most manifest is, when this gut doth fall out of the body, therefore we will first write thereof.

Of the going out or hanging down of the Arsegut, Procidencia Ani. §. 1.

This may be caused by two manner of means, to wit, when the Muscles and Lacerts, which do open and shut this gut with two sinews (which presently divide themselves into two parts) do give and relent through some falling down of humors, or thrust the same out through some impostume. Of the said sinews, that which openeth the Arsegut is outward, and that which shutteth the same, inward. If so be then (as it is said) that any of these sinews be too sore feebled or slackened through any humours, then followeth immediately the *Procidencia*, or hanging out of the Arsegut. The signs that this is hapned through some resolution of the sinewes, are, that it may easily without pain be brought again into the body; like as contrariwise if there be any impostume with it, then will it not be done without grief. Also there is alwaies a hardnesse with it, and an apparant distemperature. Now for to remedy this, cause first that the Patient may have his going naturally to the stool, that he be not suddenly forced for to open the gut. But if there be no swelling with it, and that you have no other thing neer hand which is fit for it, then let the Patient sit in common warm water. Otherwise it may be made stronger, as thus; Take Acorn Cups, Gall nuts, flowers of Pomgranates, and Mirtle leaves, seethe them together in water until it be a little red, and sit therein. The same do Cipres nuts alone, or the juice of Sloes, wherein Mirtle seed and the seeds of *Verbascum* are decocted. After this bath, then foment the dependant gut with warm oyl of Roses, and afterwards strew this powder thereon; take white lead, blossoms of Pomgranates, Antimony, and Allom, of each a like much, make thereof a subtil powder.

Item, take Butchers broom half an ounce, Gals, the yellow seeds of Roses, Cypres nuts, Myrrhe and Frankincense, of each one drach. beat them to powder and use them as afore-said. Another. Burn Dates to powder, and strew that powder thereon as is said. Or take *Mumia*, *Lycium*, *Hypocistis*, and beaten Gals, of each two scrup. burnt Oystershells two drach. and a half, and use it as before. This following is also very good for this: Take *Hypocistis*, Mastick and Myrrhe, of each one drach. beat it meetly small; first anoint the gut with oyl of Mastick and Roses, strew it then with this said powder: this being done, thrust it softly into the body, lay a cloth thereon wetted in grosse wine, and it is good to put a little *Sandaraca* unto it.

It is also very good to anoint the place oftentimes with steeled wine for the same: and in like manner Savine dried, beaten, and strewed upon it.

Item, after the anointing with oyl, anoint the gut with the juice of Sloes; when as then through any superfluitie of humours this gut doth fall down in children, then take Myrrhe

Myrrhe one drachme and a half, oyl of Roses one ounce, annoint it therewith, and then put it up again softly into the body.

This *Procidencia Ani*, or falling downe of the Arsegut, happeneth for the most part in the Piles with an excrecence of the flesht, he which the Grecians do call *Condyloma*; for which *Parietaria* is very good laid often upon it, whereof we will write more at large hereafter.

Seeth red nettles, bruised in white wine, until half the wine be wasted, drink the wine, and apply the herbs so sod in the wine unto the fundament as hot as may suffered.

Or heat Apostolicon and annoint the arse with it warm, and it will goe in again instantly; do so 3. or 4. times as need requires.

Also stampe Rosemary leaves, and apply it as a plaister, and it heals the swelling of the fundament.

Also take the Juyce of the heads of leeks, and with wool apply it often warme.

Of the relaxation of the arse gut. § 2.

THis disease doth manifest it selfe sometimes through the first recited falling down of the arsegut, and otherwhiles without the same, and is such an infirmity (as hath been told already) that the sinewes which do shut it are become altogether without might, insensible and lame, insomuch that he cannot perceive his ordure, and doth it without any sense or feeling; also oftentimes so contracted and made so senselesse, that it holdeth up and stayeth the ordure altogether, whereby cometh gripings in the belly, and other great inconveniences. The causes of this, are sometimes falls, thrusts or blowes behind on the back, and especially on the place whence the sinewes have their of-spring, whereby the power of the opening and shutting of the arsegut is infeebled.

In like manner when any body hath the piles opened, whereby the piles are in that place spoyled. this infirmity may also be caused by sitting too long on cold stones, and by suffering too much cold in the feet. But if this disease do come through cutting, or any other bruising of the sinewes, then are all remedies in vain. If it come through cold, which taketh away all motion, then is the place to be kept alwayes warme; for which this bath following is very good, which is thus prepared; Take Cipres nuts and the leaves, Mints, Savine, *Cofus* roots, Sage, Bay-berries, rinds of the Pine tree, and the leaves, of each one handful; seeth them altogether in a good quantity of water, so that the sick person may sit thereon; when he hath been bathed, then lay a peece of felt in this water, and lay it to the patients Arsegut; he must use this bath twice in foure and twenty houres; it warmeth and strengtheneth the sinewes of the Arsegut.

Also he must seethe therewith Rue, *Scenanthus*, Allum, Garden mints, field mints; and if it will not alter therewith, then use these glisters following; Take six ounces of this foresaid decoction, and oyl of Spike two ounces, and mix them together; and annoint the Arsegut outwardly, and all other places adjacent with the oyl of Lillies, Bevercod, and of *Enphorbium*, tempered all together, or used each apart. If there be any flegmatick moisture with it, then put unto it half an ounce or three quarters of *Hiera Picra*; if that there be heat with it, let the Patient after the use of all necessary medicines take a bath of water, wherein hath been decocted the rinds of the Medlar-tree and the leaves, the rinds of Oke, Services, Pomegranate rinds and blossomes, Chestnuts shels, or those that may be gotten of them, yet alwayes putting some warming things unto it.

For this is also especial good, all natural baths, which are Sulphurish, Allumish, yea there is also good for this Sea water or salt water.

Of the Impostume of the Arsegut. § 3.

IF there happen then any ulcer or impostume of the Arsegut, whereby one can not get it into the body, and the same is caused through heat, there is nothing more fit then to open a vein, and afterwards to provoke vomit, whereby the matter may be derived; but for this is no purging good, and especially because the disease is in the fundament, but lay this following thereon; Take peeled Lentils three ounces, Roses and the juice of Sloes, of each one ounce, the juyce of nightshade three ounces beaten Hollihock roots, Figs cut, Linseed and Fenegreeke beaten sm all, as much as you thinke good; let this seethe all to pap, and at the last temper therewith three or foure yolks of Eggs, and as much

much Butter as you thinke good, and lay it warme upon the place where the pain is. If so be then this be caused through cold, then put unto it a little of the roots of Lillies, Camomil, Melilot, and such like. And if so be that this Arsegut by reason of the impostume, will hardly be put up again into the body, then must the Patient be set oftentimes in warme water, and afterwards annoint the Arsegut with oyle of Camomil and of Dill, which are molten with a little wax; this swageth the pain. In like sort also descendeth the neck of the Matrix in women, and is in such sort to be cured, like as here afterwards amongst other infirmities of the wombe shall be written more at large.

Of the Piles called Hemorrhoides. §. 1.

After the foresaid falling downe of the Arsegut, there commeth one disease more in the fundament, the which we call the Piles, and the Grecians *Hemorrhoides*, which is a flux of blood; and *Sycoses* that are figs, which the Latinists do call *Ficus* Figs, and *Manifcas*. All these are accidents and Tumors, which doe come behind in the fundament, or in the lowermost part of the Arsegut. And they do appear by their swelling, and otherwise (whereof they get their name) sometimes with blood, and otherwhiles without blood, but seldome without pain, but vexeth folkes with great trouble. They take their beginning from some small veines, which spread themselves into the uttermost parts of the stomach, and are thereof called the Pile or emroyd veines. When as these be then overcharged with blood, or any other humors, then doe they open themselves, and expel the melancholick blood from them sometimes in great quantity, whereby nature is much unburthened, and getteth health; therefore it is often commanded for to open the same, even as hereafter shall be admonished; also they bleed otherwhiles so excessively, that great travail is taken before they can be stopped, whereof we shall speak hereafter. There be also some of these veines which lie somewhat deepe upwards, and therefore are called the blind piles.

These Piles are properly the Hemorrhoides, like as by their name may appeare. Others be without blood, of the which, they that make shew outwardly on the Arsegut are first of all the fig-piles, by reason that in their whole substance and quantity they be like unto figs, and also are therefore called *Verrucales*, the which are much worse than the other, whose cause is onely melancholick blood. Others do shew themselves like to a black ripe grape, so that they be called *Uvales*, which have their matter from blood mingled with melancholy. The third are like to Mulberies, red and blackish coloured, wherein the blood doth apparently exceed.

The fourth kind is like to the bladder of a fish, which is extended very much without blood filled or stuf with melancholick humors; but these sorts are seldome seen. The fifth sort are the secret Piles, which do come within the Arsegut, and be very hurtful, especially those which extend towards the privities, for that through their hot tumours they hinder the passage of the urine, whereby the strangury is provoked, and especially when they doe not bleed. Now for to know these hidden Piles and diseases, there is nothing more certain then to set a great boxe or cup on the Arsegut without pricking, the which will draw the Arsegut outward, so that it may be apparently seene how that the case doth consist within. The sixth kind of piles are the Figs, a certain excrescence upon the Arsegut outwardly, who with a little vein like the stalke of a fig is fastened to the gut, formed as if it were a small dry fig, from thence a little bigger, and is pressed down on the top like a Fig, which is called of the Greeks *Condyloma*, which is an excrescence of flesh, for it happeneth sometimes that round about the roundnesse of the Arsegut, or fast besides it, there do come great scabs which sometimes (yet uncertain whether it be first or last, according as the Patient ruleth himself) do happen to bleed, sometimes much and sometimes little. These figs and swellings are tempered also with blood and melancholy, a little red outwardly and perilous enough, even as hereafter shall be further expressed.

In all these Species of the Piles, the learned have a general rule, that they esteem them for an accident that can hardly be cured. They recite nine causes accidents, albeit we will recite but four. First, for that it is an unclean place, and no man medleth willingly therewith. Secondly, for that this place is very hard to be seen. Thirdly, for that it is a place whither all uncleannesse of the body doth descend: Lastly, for that it is a place cold by nature, and therefore void of strength, notwithstanding there be many good remedies

medies provided and ordained for them, as hereafter followeth.

But before we discourse of the foresaid remedies for the Pyles, Blathers, Figs, Warts, Tumors, and their accidents, we will first of all shew their causes, and teach how the same may cured, for which the principallest is to observe a good dyet in meat and drink, and such like.

For the Hemorrhoides when the veins are swollen inwardly with great pain.

Rk. of white Wine ℥. 1. Camphire ʒ. 1. ʒ. powdered, put them into a bason. Rosemary 2. or 3. sprigs; then quench in it the stones called Lapidés calaminæ being often made red hot. *Prob. sepe.* Or use a suppository of Camphire.

Of the Dyet.

IT is sufficiently declared before, that the greatest cause of these accidents is the heavy melancholick blood, which is mixt with the pure blood, and perisheth the same, which all other members expel from them, like as it were a poyson, and so falleth downwards from the other blood into the veins, openeth them through his heat, and maketh them bleed.

This is altogether caused of a bad digestion of the stomach, and other members, and of all such grosse meats, whereof there can be no other ingendred but melancholick blood, the which must be altogether left off, as beans, Lentils, and other Pottages. Item, Coleworts, Cheefe, old Beefe, Harts, Hares, Goats, salted and smoked flesh, sodden Wheat, Rice, unleavened bread, which bring much moysture with them.

Also all water Fowles, Eeles and other Fish without scales, feet, heads, and all entrails of beasts, grosse Wine, Must, and Beer. Item, all things which burn the blood, as much Mustard, Pepper, Garlick, Onions, Leeks. All things which be very cold do also increase melancholy, as Melons, Cucumbers, and such like.

Amongst the medicines which are contrary for this disease, are Coloquint, Centorie, Scammony, and chiefly Aloe, very hurtful for the Arsegut, for it openeth the Piles.

Even as we have recited what is hurtful for this disease, so we also teach what manner of dyet might be commodious and profitable for the same. The dwelling of this Patient must be a warme and dry place, which is close and toward the South. But if the house be not of it self fit thereto, then is it to be prepared for the same with fire and fumes; yet yet is alwayes to be eschewed things which be too hot, and must take the milde mean which are hot and dry, as Frankincense, *Lignum Aloes*, red styrax, *Laudanum*, and such like.

And whereas all kinds of Pyles agree in this, they be caused of blood and melancholy (like as is already alledged) and of both together mixed, so may the patient use one and the self same dyet.

Next after the dwelling place, the patient must also according to the time of the yeare, provide himself of clothes, which are meetly dry and warme, keep the head well covered, and defend the outward members from all cold.

His meate must be white bread, not above three dayes old, Eggs, Butter, Lambs flesh, Veal, Kids, Mutton, Pullets, Capons, Partridges, Pheasants, and Pigeons, yet of all these a little; in like manner all field fowles.

His drinke shall be good white wine, all grosse and sowre Wines shall he forbear, albeit that it were much better a good Sugred water than wine; sodden Milke, fresh and meetly well salted Cheefe, be meetly good for him; but good regard must be had that he feed thereof moderately, so that the stomach be not overcharged.

But if any excesse be perceived, then is it not a misse that the Patient be moved to vomit, and to take that with one ounce and a half of Vinegar, and three ounces of warme water, and afterwards to put the finger into the throate, and if that will not be, then may he take an easie Glister.

These patients are alwayes for the most part bounden in the body, the which bringeth with it great pain and grief, therefore diligence is to be had that he keep an open body, for this shall he sup every morning and evening before meat some broth, wherein is sodden, Mercury, Mallows, Burrage, Beets, and Fumitory, and with a little of the oyl of sweet Almonds or Butter. Also to eat sometimes new Prunes and Raisins, and drinke upon it some broth of Coleworts; after that, he may eat some other meats. Also it were not amisse, to eat against this binding of the body, one drachme of peeled wild

wild Saffron seed, or one quarter of an ounce of Cassia, now the one and then the other.

Reasonable motion, yet more with the hands, then with the feet or the whole body, is very good, but riding and sitting hard is very bad. In fine, long rest is better then short, so must it be alwayes with sleep. He must lye upon his right side, but little on the left side, or on his backe. Lastly he must utterly eschew all sorrow, vexations, anger, and other passions of the mind.

To stanch the bleeding of the Piles. §. 5.

FOr to come to the remedy of this accident, therefore we will first begin if these Pyles hapened to bleed overmuch, how and wherewith the same is stanchd.

First therefore we will rehearse this (whereof hath also been spoken before) that if this bleeding chance without Pain, and not but by flawes, then is it no counsell to stay it unlesse the Patient were greatly weakened thereby.

For when these veines begin to bleed, then do they exonerate the whole body of melancholick diseases, as of the Leprosie, Pocks, dry Itch, Dropsy, quartain Agues, hardnesse of the milt, or Spleen, and more other infirmities, which grow of burnt blood, and of such like humors, as hereafter shall appear in a proper §. wherein shall be taught how the same shall be opened; also if they that be accustomed to Bleed and now remain stopd, do cause the Dropsy, the Consumption, and many other sicknesses.

But if the bleeding of them do get the maistry, and thereby do weaken the patient, then let the same be stanchd; and take good heed, whether the same bleeding be on the right side, for it is sometimes a messenger of some long lingring sickness, as headach, giddinesse, hinderance of the breath, and to conclude, feeblenesse of the whole body, so that he cannot well goe or stand; at the last followeth great thirst and binding of the body.

When as then these kinds of inconveniences do all appear, or part of them, then must such bleeding be stanchd out of hand, and forbear from all manner of Spices, also from Onions, Garlick, Mustard, strong white wine, Venery, great labor, and all such like things, which inflame the blood; and to the contrary, use all things that increase blood; for this, is also good the sirup of Quinces, Roses, Mirtles, *Trochisci de Terra sigillata*, and *de Carabe*. These stanchers of blood must be laid outwardly upon the Fundament; Take the white of an egge, and temper among it beaten Momy, Sealed earth, fine Bolus, and Dragons blood.

All these things following by their proper vertue, stanch this bleeding, as Amber, prepared Bloodstone, burnt or prepared Coral, Dragons blood, fine Bolus. Burnt Vitriol, Aloe, Plantain, Masticke, Blossoms of Pomegranates the barks of Frankincense, Copwebs, Hares haire cut small, burnt Asse dung, and powdred Basil.

The compounded things are these, *Trochisci de Coralis*, *de Spodio*. Also, one may take one drachme of Amber, and sealed earth with water wherein is decocted Butchers Broom feed.

The Pils of *Bdellio* and *de Sandaraca*, must one take the first eight dayes the weight of half a drachme, and fast five hours after it.

Powders and other things to stanch Blood.

TAKE the bones of Buls feet, red and white Coral, the stones of Dates, Oyster shels, burnt all together, of each one quarter of an ounce, Vitriol half a drachme, burnt Ivory, Amber, and bloodstone, of each three drachmes, Dragons blood, the juice of Sloes, the powder of fowr Pomgranate blossomes, Dragagant and Gum, both of them roasted, of each two drachmes and a half, beat them together very small, and temper one amongst another, then strew it upon the place of the bleeding, and lay Cotton thereon which is made wet in Rose Vinegar, afterwards bind it hard upon it, this stancheth blood marvellously, although it had continued a year and a day; and not onely for this, but also for all excessive bleeding.

There may also a plaister be made of the foresaid powder, and Mill dust with the juyce of Plantain, Comfrey, or Tassels.

Item, take Aloe, Frankincense, Dragons blood, Pomegranate blossomes, and *Sief memit*, of each a like much, make powder thereof, and use it as before.

Another

Another take Cypers nuts, and worme eaten Gals, of each half a drachme, Dragons blood, Mummy, Dragagant, and Gum, both of them tosted, of each one drachme, Gps half an ounce, temper them all together, and strew therewith the Arsegut, it stancheth bleeding a whole day.

One more. Take the yellow seeds of the Rose, stampe them to powder, strew it thereon, for they dry and stanch blood.

Item, take *Hermodyli* two scruples, prepared Antimony one drachme, Frankincense one scruple. Myrhe ʒ. ʒ. make a powder thereof, and strew it upon the Pyles where they bleed: and further, spread round about the same Piles this salve following:

Take of the unguent *Pompholygos* ʒ. ʒ. unguent of Roses ʒ. 2. oyl of Quinces, Linseed oyl, and oyl of Nuts, of each ʒ. ʒ. *Hermodyli* ʒ. 2. Pomgranate blossomes and Dragagant, of each one scrup. Mummy, Dragons blood, and prepared Tutty, of each ʒ. ʒ. Bean meal and Mill dust, of each ʒ. ʒ. Plantain, *Verbascum*, Willow leaves, Mirtle leaves, and Horse tayles, of each ʒ. ʒ. Camphire ten grains, oyl of Roses as much as is needful therewith to make a salve, spread thereof upon a woollen cloth, and lay it upon the Fundament: the blood of the Piles hath therewith been stanchd at sundry times, when all other remedies had been used, and would not help, untill this aforesaid was applyed. Item, take Gips, beat it small, and make it to dough with the beaten white of an Egg, this stancheth blood marvellous well, and that in a quarter of an hour, in what sort of bleeding soever it be.

Item, take Aloe, Frankincense, Dragons blood, fine Bolus, and small cut hairs of a Hare, of each one quarter of an ounce, beat them all small, afterwards take a Cobweb out of a Mill, rub it amongst it, and make thereof a salve with the white of an Egg, and anoint the place therewith: this also stancheth much. It is also good for rent or cut veins, where the blood cannot be stanchd.

Or take the water of Hounds tongue, distilled from the herb and root; when the Piles grow inward, then are you to take every morning thereof 4. ounces, but if they be outward, then cleanse the same, and lay on this water with a cloth, it healeth much.

Another: Take the kernels of Apricocks ʒ. ʒ. oyl of Mastick, and unripe Sallad oyl, of each three ounces, the juice of Sloes, Dragagant, Gumme, and Fish lime, or Isinglas, which have been long steeped and are dissolved in the foresaid oyl, of each 3. quarters of an ounce, temper them together, and dip Cotton therein, and hold it continually on the Fundament. You may also prepare this following; Take Mastick, Spica, Cypres roots, Squinant, Calamus, Saffron, and Myrhe, of each alike much, make a plaister thereof with red Wine, and lay it over the Liver. Item, take the juice of Plantain two ounces, Rosewater half an ounce, beaten seeds of Butchers broom as much as is needful for to make a mild plaister, lay this upon the Arsegut.

To stanch the bleeding of the piles powder the fixe of Hare, and apply it to the Hemorrhoides. And burn Dill seeds, powder them, and with honey apply it. Rosemary leaves stamp small and applyed as a plaister to the Hemorrhoides heals them.

Here now follow some Salves.

Take oyl of Myrtle and of Mastick, of each ʒ. ʒ. *Trochisci de Carabe*, Paper glew, burnt Date stones, burnt Ivorie, *Sandaraca*, and Bloodstone, of each ʒ. ʒ. Wax as much as is needful for to make therewith a soft salve, anoint therewith the Fundament.

Or take beaten Plantain, *Verbascum*, Willow leaves, Mirtle leaves, and Horse tayles, of each alike much; to an ounce and a half of this powder, adde ten grains of Camphire, and oyl of Roses as much as is needful for to make a salve thereof. This stancheth blood, and dryeth gently.

A precious salve. Take Comin, Caraway, Rue seed, *Ameos*, *Sefeli*, and *Gallia Muschata*, of each one drach. and a half, Rosin three drach. oyl of Dill two ounces, Sallad oyl one ounce, *Lignum Aloes*, and Cloves, of each half a drach. melt the Rosin in the oyl, and temper it with the other things being beaten small, stir it then well about untill it be a thick salve. This salve verily hath great vertues, it stancheth the excessive Termes in women, if they anoint the reins and hips therewith; being applyed on the Navel and the stomach it expelleth wind, and taketh away vomiting and parbraking. Will you then have it stronger to use for the Pyles? then temper amongst it two scruples of Saffron, and one drach. of *Opium*.

Other good Salves more.

TAke dried Orange peels, beat them very small, put thereto a roasted Apple, and bruise it in a dish; then temper the foresaid powder amongst it untill it be as thick as a salve: then wash first the Piles with Plantain water, and afterwards anoint it with the foresaid salve.

Take two ounces of new Wax, three ounces of Hony, four ounces of Butter; melt them all together, and strain it warm through a cloth; then set it upon the fire again, and stir therein as much Wheat flour untill it be as thick as pap, and then lay it thereon. Item, take white Dogs dung, that hath eaten nothing but bones, burn it to ashes, and make a salve thereof with clean Barrowes grease, and anoint therewith the Piles, and then strew thereon the powder of Hermodactiles. Or take the stones of Indian Mirobalans, burn them to powder; thereof take half an ounce, prepared Iron drosse one quarter of an ounce, temper them well together with the juice of Plantain in a mortar, and therewith anoint the Arsegut within and without.

If so be that these forementioned will not help, then take two ounces of the juice of Roses, the brayed whites of 2. Eggs, Gips three drachmes; bruise them in a mortar one amongst another, and use it as aforesaid. The like is also counselled, when as this bleeding cometh too fore, that the Basilica is to be opened, whereby to derive and withdraw the blood, and afterwards that he be bathed with a water wherein Linseed and the seeds of Hollihocks be decocted; or at the leastwise that he be well fomented therewith. Lastly, like as it is said already, there must be laid thereon beaten *Parietary*, or Pellitory of the wall.

For to foment withall, take Pomgranat blossoms, Roses, Cipres nuts, seeds of Butchers broom, Pomgranat pils, Myrtle seed, the juice of Sloes, Frankincense, of each half an ounce, beat them a little, and see the them in thick red wine, and water, of each a like much, and foment the place with sponges; or set the patient in water wherein Gals, Pomgranat blossoms, Butchers broom, Myrtle seed and such like are decocted.

Item, see the Turnep leaves in water, and therewith wash oftentimes the Fundament meetly warm.

Another; Boyl Rose campion in thick red Wine, and foment the Piles often therewith.

If so be that through all these remedies the blood be not stanchd, then dip a little wool in boyling oyl, and lay it hot upon it, then will it cease. Afterwards place him in water wherein Gals, Pomgranat pils and the blossoms, the Bark of the Medlar tree, Services, Roses, and Allom, of each one ounce beaten grosse were decocted; but red Wine were more forcible for this.

How that the inward Piles are to be stanchd.

OF this hath mention been made at the first; and for this purpose do serve these foresaid remedies, if they be to be had. For the stanching of these Piles, if they do bleed excessively, then is this salve especially to be ordained for them; Take Pomgranat blossoms and piles, burnt Mussel shels, Frankincense, Mastick, Dragons blood, sealed earth, and Cobwebs, of each a like much; make a powder thereof with dissolved Isinglas, and common glew in stealed water; make then a taint of Hares hair, or at leastwise of wool, and lay it to steep therein, and put it into the Fundament, refreshing it oftentimes.

What is to be used inwardly to stanch this bleeding.

FOr this excessive bleeding of the Piles are these things following highly commended; Take Mirobalani Indi, Emblici, Bellirici a little parched, of each five drach. Pearls half a deachme, temper them all together with the juice of Garlick, and use half a drach. thereof at one time with stealed water; the party is also every morning to eat a couple of confected Mirobalans Chebuli, and to fast four hours upon it, and that during the space of ten dayes, or as long as the bleeding continueth. A stronger; Take the confectiion of *Triphera*, ex parte *Phenonis*, or de *Scoria ferri*, (of which you will) one quarter of an ounce

ounce or lesse, tempered in two ounces of Purslain water. Also the juice of Yarrow may be taken for this one ounce and an half; the same stancheth much. Item, take Wormwood, Venus hair, and Sorrel, of each one handfull, Sorrel seed and the seeds of Plantain, Melons, Purslain and Roses, of each one drach. seethe them in fair well water, afterwards wring it out, and put thereto the shales of yellow Mirobalans one quarter of an ounce, red and white prepared Coral, Citron seed, of each half a drach. let it seethe to three or four ounces; then mix with this decoction *Syrupum Acetosum Compositum* one ounce, *Syrupum de Plantagine* half an ounce, take this certain dayes one after another in the morning betimes. For this is also good one quarter of an ounce of *Galbanum*, dissolved in water and drunken.

A very commodious confection for to be taken alwayes before meat; Take Butchers broom seed, parched seed of broad Plantain, the juyce of Sloes, and Coriander, of each one scruple, Amber, all beaten small, and Sugar which is dissolved in Purslain water three ounces; take three drachmes thereof at one time. Above all these astringent medicines you shall find many more in the discourse of the excessive flux of the Terms in women; also in the first part where many are specified for the stanching of blood, the which are altogether good for this purpose.

How that the Piles are to be opened. §. 6.

WHat good this bleeding of the Piles doth cause when it cometh by nature and of it self, and from what sicknesse it will preserve a man, it is partly declared in the 5. §. Likewise what this bleeding doth procure if it be stanchd contrary to the old custome; also what inconveniences may come and ensue thereof. When as this bleeding discontinueth, and the Piles do vex the patient with great pain and extuberation, then are they to be opened for to let the blood have his accustomed course; for this preserveth one (besides all the recited perillous maladies) from all corroding ulcers, wildfire, cankers, madnesse, melancholy, falling sicknesse, enflaming of the Lights, both the kinds of dropsies and consumption. And if so be that this blood be stanchd, then is it to be feared, that all the foresaid diseases may ensue thereby: therefore when any body desireth to open them, then are these things following to be used.

First put the sick body in a bath whereby the Piles may be mollified. Or in the stead thereof make this fomentation: Take Marjoram, fild Mints, and Mallowses, seethe them in wine, and receive the vapour therof from beneath, sitting on a close stool meetly warm: the next day after open the *Saphaa*, or the Median. The *Saphaa* is upon the hindermost part of the foot, besides the heel, whereby the Melancholick blood is drawn downward: afterwards anoint the Piles with the oyl of bitter Almonds, or oyl of Nuts; also a little Cotton is good for this, made wet in the juice of Onions, and laid thereon. This may you effect also with the Galls of all beasts, although the Oxe gall be especially commended above all the rest. Secondly, put Horfleaches into them through a pipe, whereby they may fall right upon the Piles, for by nature they do draw out the melancholike blood, which is contrary to the boxing cups: Therefore if there be boxing cups set upon it, then must they be fastened unpickt, be it on man or woman, and that between the privities and the Arsegut. Thirdly, rub the Arsegut with Fig leaves untill it begin to bleed, in like sort may the powder of Nep, of Marjoram, of Fleawort, of Swines bread, and of Pepper, or any other biting powder, as *Cantharides* and *Esula*: also *Flammula* may be laid thereon. But if you will have milder things, then take the juice of Centory, or water wherein a good quantity of Mallowses be decocted. Item, beaten *Stavesacre* tempered with Hony. Fourthly, this is the most certain way, viz. that two or three piles be opened with the Flem, and to the end they may not shut suddenly together again, like as their nature is, then use this salve following: Take oyl of Peach kernels, of Apricock kernels, (or the same kernels beaten) and the juice of Garlick, of each one quarter of an 3. Wax as much as is needfull for to make a salve. But if so be that these inward Piles cannot be seen, then must the patient be required once to strain hard as if he would go to the stool. Do not the Piles as yet appear thereby? then let a box or cup with a wide mouth be set upon the fundament; when these have pluckt out the Arsegut, then open a vein or twain that be fullest. Fifthly use this salve following: Take small beaten Aloe one quarter of an 3. Oxe galls 3. i. Vinegar two ounces, temper them all together, put therein some Cotton, or wet a cloth, and rub it well therewith. Item, take Centory, *Rapontica*, *Stavesacre*, *Flammula*, and white Neesewort, of each alike much, temper it with

with Oxe gall, and the juice of Onions; let it then dry, stamp it, and once again do as before. Reiterate this four times together, when you will use this, then wash well the Piles with warm water, and temper the foresaid powder with the Oxe Gall, and anoint therewith the Piles.

Another; Take two small Onions, four heads of Garlick, beat them together, and temper them with the meal of Linpines, and with very eager Vinegar unto a plaister, which will open the Piles immediately.

Sixthly, make a long suppository of Swines bread, put it up into the fundament, and keep it therein a whole night; if it come out, then put in another, untill the Piles begin to bleed. Also with the suppositories of wild Cucumber roots do the like. Item, take Coloquint three drach. bitter Almonds half an ounce, sodden Hony three ounces, and make suppositories thereof, and use another every five hours, so that the Piles will then bleed immediately. Some do open these veins with hot irons, and some through Cauteries potential, as *Arsenicum* and such like, but because they are perilous, it is better to rest with the former remedies.

Against the pain of the Piles. §. 7.

IF so be that there be an impostume besides the pain of the Piles outwardly on the Arsegut, then must the patients Liver vein be opened on the right hand, and this plaister following laid upon the fundament thereby to assuage the pain; Take the yolk of a roasted Egg, one drach. of Saffron, *Opium* half a drach, Linseed meal, Wheat meal, the musilage of Linseed, Butter, and Goats suet, of each half an ounce, a fresh yolk of an Egg, Roses one drach. and a half, Wax as much as is needfull for to make therewith a soft plaister. Item, take Hollihock roots 3. 6. Lillie roots 3. 1. 3. great Mallows and Henbane, ana 3. 1. 3. Camomil 3. 1. Melilot and Dill seed, ana. one quarter of an ounce; let these see the well all together, and stamp them to growt,; then temper therewith Fene-greek meal, Linseed meal, and Barly meal, ana. three quarters of an ounce, oyl of *Sesamum* 3. 1. 3. *Opium* 3. 3. make thereof a soft plaister, with the decoction wherein they were boyled.

Many kinds of Salves, against the pain of the Piles.

Take oyl of the kernels of Apricocks one ounce, oyl of Roses half an ounce, Ducks greafe, and washt Butter, of each three drach. *Bdellium* one quarter of an ounce, melt it in the foresaid oyls, Wax as much as is needful therewith to make a soft plaister; Or take oyl of Peach kernels, and oyl of bitter Almonds, of each one ounce, liquid Styra; *Bdellium*, of each one drachme, temper them well together, and therewith anoint the grief.

Item, take oyl of Roses, oyl of the yolks of Eggs, Ducks and Hens greafe, of each half an ounce, Wax three quarters of an ounce, melt them all together, and use it like as the rest, covering it with warm clothes.

Item, take of that well known plaister *Diachylon* one ounce, oyl of Roses half an ounce, the yolk of an Egg, Saffron and *Opium*, of each one scrup. temper it well together, and therewith anoint the place where the pain is.

Another; Take *Opium* one drachme: dissolve it in Rosewater, make Cotton wet therein, and lay it upon the Piles, and keep it a little while therein, it doth presently assuage the pain. But note, that all these narchotick and stupefactive remedies must be applied warm unto it.

Item, take oyl of Roses and Violets, of each a like quantity, and lay it warm upon it with a woollen cloth. Or take oyl of Roses and fresh Butter one quarter of an ounce, the juice of Garlick one drachme, Bolus, Dragons blood, Gum, Roses, Myrrhe, and Pomegranat blossoms, of each two scrup. pownd all that is to be pownded, and temper them all together. Item, take oyl of Roses, and the white of an Egg, of each a like much, with a few crumbs of bread steeped in milk, and a little Saffron tempered amongst it, and so use it. Item, take Vine cut two quarts, and the yolks of two Eggs well brayed, Saffron half a drachme, Camomil powder, and Dill powder, of each one drach. temper them together. Or (that which is more marvellous and better) take the yolks of four Eggs, oyl of Roses 3. 3. Saffron one drachme, temper them together; this is somewhat stronger:

Take

Take the oyl of water Lillies, Camomil and Dill, of each one ounce, Saffron one drach. the yolks of three Eggs, Barly meal two ounces, let these see the together into two ounces of the juice of Lettice, untill the juice be wasted, then put thereto Henbane seed, and *Opium*, of each one drachme, and lay it upon the Piles.

Item, take the middle of corn Roses, and temper it with the oyl of Apricock kernels unto a soft salve, and use it as the rest, for it is very good; and approved.

Philonium Romanum rubbed on the Piles asswageth the pain greatly. Item, take fresh Butter, and oyl of Violets, of each half an ounce, and beat amongst it the white of an Egg. Or take oyl of Roses, and Linseed oyl, of each one ounce, oyl of Apricock kernels one ounce and a half, muscilage of Fenegreek, and of Linseed, butter and Goats suet, of each as one ounce, the yolks of three Eggs, and Wax as much as is needfull for a salve.

Another; Take Linseed, Hollihock seed, Fenegreek, Verbascum seed, S. Johns Wort, Mallows, and Hounds tongue, of each one handful, see the them together in water, and foment the place infected with a sponge, afterwards anoint the foresaid place with oyl of Eggs, for every ounce and a half whereof, have one grain of *Opium*. Or take Sallad oyl as much as you think good, powdered Chalke as much as is needfull therewith to make a plaister, it drieth well, and cooleth much. This can oyl of Olives do also alone, being made warm, and Sheeps wooll undrest dipped in it, and so applyed unto the Piles. Item, take Verdigrease one quarter of an ounce, burnt Allom one ounce, dissolve them in Wine, and then use it with Sheeps wool. Or take Ducks grease, the fat of Sheeps wool, Goats suet, and white Wax, of each a like quantitie molten together.

Item, take Harts suet one ounce and a half, the grease of a Heronshaw half an ounce, melt and stir them together untill they be very white. This next following is passing forcible for to assuage the pain; Take a great Onion, make it hollow within, and fill it with Sallad oyl, or fresh Butter; afterwards close it again, and rost it in the ashes untill it be mellow, then bind it on the Piles. Also you must boyl Onions to growt. and temper them with Sugar, and use it as is said; they be both very good. Item, anoint the Piles with the juice of Rosemary or Cloves, and lay a Peach leafe upon it, this asswageth much the pain. This following dryeth, and easeth also the pain: Take powdered Houfleeke ʒ. 2. small bruised litharge of Gold one quarter of an ounce, see the them with fresh Butter to the thicknesse of a salve. These two salves ensuing do mollifie the hardnesse, and take away the pain: Take Ducks and Hens grease, of each one ounce, oyl of Roses ʒ. 2. Wax as much as shall suffice; let them melt together, and cool afterwards, then mix the yolk of an Egg amongst it, and one drach. of *Opium*, and half a drachme of Saffron.

Item take fine Bolus, Gum, Mastick, Dragons blood, Roses, and Pomgranat blossoms, of each three drach. pownd them small, Butter ʒ. 1. oyl of Roses ʒ. 3. juice of Garlick ʒ. 3. juice of red Saxifrage ʒ. 4. melt all that is to be molten, and temper the rest amongst it, this allayeth the swelling, asswageth the pain, dryeth and healeth all ulcers, and it is also especial good for all clefts of the fundament.

Certain Powders for the same.

Take Garden Shailes as many as you please, put them into a pot stopped tight, and burn them at a pot bakers oven to ashes, strew these upon the Piles, it asswageth the pain forthwith; also it is to be asswaged with Egg shels, wherein Chickens have been hatched, or with dried Cipres nuts powdered to powder, and strewed thereon, as before.

Of fomenting, bathing, and such like.

Take Mallows, Hollihock leaves, Violet leaves, Bearfoot, Garlick and Parietary, of each two handfuls, Camomil, Amaranthus, of each one handful, chop the herbs see the them in water, and place the patient lukewarm therein.

Or take Oken leaves, Hounds tongue, Mallows and Camomil, of each two handfuls, Fenegreek, Linseed. of each one ounce, stamp and see the them in water; then make a sponge wet therein, and so apply it warm unto the fundament. Also you may lay these herbs following, being sodden, thereupon. Item, take small beaten Pease, cast them on a hot stone, & receive the vapour from beneath; it swageth the pain, it drieth wonderously, and taketh away all superfluous flesh. If so be that the fume or smoak be noysom to you, then

then put some wine thereto. Item, take Caraway, make it pretty moist with wine, cast it also upon a hot stone, and receive the smoak as aforesaid; or take *Gariophyllata* and Lady mantle, of each one handful, see the it in a bag, and therewith foment the reins. This hath holpen whereas the piles hang out a finger long, and it cannot hurt women with child.

Take Venus hair and Water torch, of each a like quantity, butter as much as you think good, let it see the all together, powre the butter through a cloth, and therewith anoint the piles; it is said that this hath holpen the piles, where the pain hath continued 12. years long. You may also anoint the piles with Ducks grease, wherein Coleworts have been fried, be it before, or after the bath.

Of the Piles which are called Verrucales. §. 8.

NOte that this sort of Piles are called *Verrucales*, for they be much harder then the other, and therefore have more need of mollifying and discussive remedies; and those must be used according to the opportunity of the time and the age of the patient. In the summer there is to be laid thereon three yolks of Eggs with the oyl of Violets, also sweet unsalted butter, or oyl of sweet Almonds tempered with muscilage of Linseed, and Fenegreek. If so be then the pain be intolerable, then temper a little *Opium*, *Mandragora*, Henbane seed, Poppy seed, or such like amongst it. The old Physitians describe very many such like things for remedies, but these aforesaid shall be here sufficient.

Of the Piles that do hang far out. §. 9.

BUt when as the Piles do hang far out, and do so dry that they wax black and stinking, then are they often to be anointed with warm butter, until the blacknesse be again clean; and if so be that such stinking moisture would proceed further, then use the aforesaid corives. But in case that this rotting cease, then will it heal forthwith with the salve of Cerusse and such like. There are also used sometimes hot irons. Also while they be green, they may be cut off with a pair of sizers, and afterwards the white of an Egg and oyl of Roses laid upon it, to asswage the pain. But when they be old, then it is safest that they be bound about with a silke thred, and so often repeat the same till they die and fall away of themselves. The which afterwards is to be further healed with this salve *Apistolorum*, and to lessen the pain, steep the silk thred or horse hair in Rose water before, wherein is dissolved two or three grains of *Opium*. In the same manner may all other warts of the body be driven away, whereof we will speak in the fifth part.

Here before in the common description of the Piles, we have rehearsed the kinds of these grievous Piles. Through these Piles there is to be feared, when they begin to corrode, that they may so infest the Arse-gut, that there may follow a Canker or fistula, yea that which is more, if there follow a salt defluxion to them, that the wayes may be so dilated and opened, that the patient might bleed to death. For this disease, there is great heed to be taken, to forbear all hot meats, as Radishes, Mustard, Garlick, Onions, and from all spiced meats. For this must he also abstain from all over cooling and slimy things, as fish, dough, and all intrails, sinewes, and skins of beasts. Meetly good red wine shall be his drink. But if (as it often falleth out) there come any other Piles, then are such meats and drinks to be forborn as make melancholike blood, as pottage of Beans and Pease; but red and white Pease, and Turkey Beans may be eaten sometimes drest with Sallad oyl. Also in this case the Median is to be opened, and five or six ounces of blood be let out, according to the strength and age of the patient. But if this letting of blood may not be done for some causes, and that it be thought better to apply Horse-leaches, as is already said, that may safely be done; yet first make the place moist with cold water, for then will they fasten the rather. When as the Leaches be full, then fall they off of themselves; if not, then strike them off with a twig, or burn them off with a Wax candle. But if after their falling off the bleeding will not stanch, then lay this plaister following thereon: Take Starch and Milldust, of each one drach. fine Bolus, Dragons blood, Aloe, Sarcocolla, Frankincense, Hypocistis, of each one quarter of an ounce, the juice of Plantain as much as is requisite, temper it in a leaden mortar untill it be very tough.

A plaister : Take of hard Pitch, ℥. 3. Rosin and Isinglas, ana. ℥. 1. Dragagant Gum, *Sarcocolla*, ana. ℥. 1. β. refuse of Iron, ℥. β. make a plaister thereof with red vinegar. This is for this purpose as forcible a remedy as may be found : Item, take wood ashes ℥. 2. Yarrow, Pellitory of the wall, Cammomil, and roasted Squils, ana. ℥. 2. burnt Alome one quarter of an ounce, red wine as much as is needful for to make a plaister, and apply it warm. Item, take Yarrow, Parietary, of each one handful, Salt, ℥. β. and use this daily. It is said also that this for certain will cure the Piles, namely, Venus hair with Aristology beaten and tempered with red wine, and so continually used thereon.

This following is said to be infallible : Take the ashes of an herb which the Germans call Roorwort, and roasted Squils, ana. ℥. 2. hony as much as needful for to temper this withal ; apply it, and it healeth very speedily.

The confection of Iron drosse *de Scorïa ferri*, must be used six daies one after another, every morning one quarter of an ounce, and fast five hours upon it. And if the Piles be without any afflux of humours, or other accident, then are you to use this following : Take oyl of Abricock kernels, ℥. 3. liquid Styra one quarter of an ounce, four hard sodden yolks of eggs, prepared Iron drosse, *Sandaraca* and *Sarcocolla* steeped in womans milk, ana. ℥. 1. β. Musk, G. 3. bruise this a long time together, afterwards temper as much Barly meal amongst it as is needful for a plaister, annoint therewith the Piles inwardly and outwardly. But if so be that the patient have need of any purging, use thereto those things that are ordained in the description of the other Pils. Or take of the confection *Diasena* three quarters of an ounce, temper it with whay of milk, and take it betimes in the morning. After the purgation, the Arse-gut is to be annointed the next day with these things next after following.

Take Swines bread, Cowslips, *Bisforta*, Dog fennel and red Saxifrax, ana. ℥. 1. β. *Alumen Iamenum*, ℥. 1. oyl of Apricock kernels and Rosine, ana. ℥. 1. temper them all together, and anoint therewith four times a day, and lay this plaister following upon it.

Take the plaister *Apostolicon* that shall be hereafter described, ℥. β. burnt Copperas, Frankincense, *Colephonia* and Orpiment, ana. ℥. 1. mingle it all together in a mortar, till that it be a plaister, with a little dissolved Laudanum, but it may not be laid upon the fundament : but whereas the least exulceration is, the vain exulcerated is to be annointed with the foresaid salve, and if there come any scabs thereto, then must they be oftentimes annointed with the oyl of sweet Almonds.

The plaister Apostolicon which is also called Triapharmacon, is described after two manner of waies : the first is good Triapharmacon, for that it is made of three things, as followeth.

TAKE small Litharge of gold and vinegar, ana. ℥. 4. old Sallet oyl, ℥. 8. let them seeth so long together until all the vinegar be sodden away, alwaies stirring it about, till it be the thicknesse of a plaister. This plaister maketh the flesh grow, and healeth all wounds. Some put amongst it one quarter of an ounce of Verdigrease, Wax and Turpentine, of each as much as pleaseth them best, and when it is made, then it is called at the Apothecaries *Apostolicon*.

The second : Take eight ounces of Sallet oyl, Small bruised litharge of gold, ℥. 4. Vinegar, ℥. 8. let it seethe well, and then put thereto prepared Galbanum, Frankincense, Myrrhe, Mastick, Tormentil, ana. ℥. β. Dragons blood three quarters of an ounce, Aloe, ℥. 2. beaten small, Wax, ℥. 1. then mingle them all together, and let it seethe to a plaister.

There are other means more to heal these kinds of Pyles, namely that they be cut off where they be thinnest : but by reason that then they bleed much, therefore it is most certain to take away the same with actual canteries or hot irons, which is not unknown to all Chirurgions, which is afterward better to be holpen.

Some take them away with potential cauteries or corrosives, as with powdered *Anacardus*, Orpiment, *Arsenicum*, and such like : afterward they lay salve thereon that asswageth the pain ; and mollifie the escars with sweet butter, or some other fatnesse : But the binding, whereof we have spoken, is more certain.

Of the impostumes in the Arsegut. §. 10.

IT happeneth also very well when that one cometh to burn, cut, or corrode these Pyles, that thereby the blood is stanch'd: which notwithstanding, for that it cannot have his course, doth sometimes putrifie there, and impostumaterh, and causeth therewith great pain, heat, Agues and thirst: for which these things following may be used. First, the Liver vein in the arm on the side of the accident, is to be opened, thereby to diminish the affluent blood. If the Patient also be corpulent, then are boxing cups to be set on his shoulders with pricking. Further, you are to binde the uppermost parts of the body, and to chafe them, by reason that for this accident may no purging medicines be used, to the end that thereby the matter may be drawn out downwards. But if the great obstruction or binding of the body require any purgation, then must the same be brought to passe with Clifters, and according to the opportuniy of the time, to open also a vein besides the Ancles, and to use this salve.

Take oyl of Apricock kernels two ounces, *Bdellium* one ounce, liquid Styra^x one ounce and a quarter, fresh butter, Ducks greafe, Starch, of each one ounce, white lead one drach. and a half: temper it a long time in a mortar, and make a salve thereof, annoint therewith this impostume when the gut is turned and drawn forth, you shall find good ease thereby.

Secondly, take greafe, Mallows, Fenegreek seed, of Sefamum and Linseed, ana. \mathfrak{z} . 6. see the them in water, strain them, stamp and temper them with half an ounce of Rie meal, oyl of Abricock, unripe Sallad oyl and oyl, of sweet Almonds, ana. \mathfrak{z} . 1. roots of Smal-lage, Elecampane roots, ana. \mathfrak{z} . β . lay this warm thereon, or set it thereon, that it touch very well the Arsegut, it is very good.

Thirdly, if this impostume be not hereby sufficiently mollified, then use this hereafter following: Take Sallad oyl 7. pounds and a half, sweet red wine 6. quarts, Saffron, \mathfrak{z} . 1. β . *Bdellium*, \mathfrak{z} . 1. see the all these together until the Gum be dissolved: herein shall the patient be set 4. times a day, being made luke-warm, as deep as to his privities.

Others use for such Impostumes as proceed of heat, this plaister: Take Mallows and Nightshade, of each one handfal, Violets and shaled Lentils, ana. \mathfrak{z} . 2. let this see the till it be as thick as grout: afterwards stir it well about in a mortar, and mingle therewith oyl of Violets, Roses, and the white of egg, of an each a like much, as shall seem needful for to make a plaister: spread then thereof on the Arsegut, and lay over it.

Take white Lead, \mathfrak{z} . 5. Frankincense, \mathfrak{z} . 1. β . litharge of gold one quarter of an ounce: This being beaten small, temper it with oyl of Roses, and therewith annoint the impostume, spread it on a cloth, and lay it thereon.

Item, take the crums of white bread, or in the stead thereof, \mathfrak{z} . 3. of Mill dust, oyl of sweet Almonds, \mathfrak{z} . 2. beaten Saffron, \mathfrak{z} . β . temper them one amongst another, and lay them warm upon it.

If there be a great heat present, then foment the Impostume with Rose water, Purslain water, or water of Nightshade, and afterward apply this salve following thereon: Take crums of white bread, \mathfrak{z} . 3. oyl of Roses, \mathfrak{z} . 2. Saffron, Opium, of each one quarter of an ounce, four yolks of Eggs, fresh Butter one ounce, mix them al wel together, and use it as above. But if it proceed of a cold causethen use this following: Take Onions, Garlick, and Woolblade, of each a like quantity, boyl them till they be soft, and beat them to a grout, afterwards add as much Butter and oyl of Cammomils as shall suffice.

All that hath been written before to assuage the pain, may be also used for this: But note this, if so be the impostume begin for to maturate, then are you to look to open it, to the end that the matter corrode not inward, and so there follow a Fistula after it, which hapneth very often.

Afterwards use this salve following for to finish the cure: Take burnt lead, Cypres nuts, and prepared litharge of gold, ana. \mathfrak{z} . 1. Rosin, \mathfrak{z} . 1. oyl of Mastick, \mathfrak{z} . β . Wax three quarters of an ounce: first melt the Rosin with the Wax, and when when it beginneth to stream, then mingle the foresaid powder amongst it: you may also strew the powder of Knotgrafs upon it, for it dryeth much, and causeth great alterations.

Of the Clefts that are called Rhagades. §. II.

VVhat manner of infirmity it is, is sufficiently declared in the fifth Chapter 2. §. These may proceed of five sundry causes in the Arsegut : as of the bloody flux called *Dysenteria*, of too hard excrements ; of heat and drought of the Arsegut ; otherwhiles also of the Piles that corrode inward ; lastly, of some outward inconveniences that cleave to the Arsegut : the signs are pain, and burning, and sometimes such clefts as may be seen, and do yield a black green, or red stinking matter. There are also two sorts, the one with matter, and the other without matter, whereof shall severally be spoken.

First for to cure those that are without matter, the party is first of all to be purged (if need do require the same) and to open a vein, like as is told of the Piles, and especially with *Epithymo*, *Polypodie*, and Whay, by reason of the Melancholick blood : also in like manner with the pills of *Bællio*, or with Clusters, and other like purgations. Afterwards when these clefts do yield matter, then are they often to be washed with water, wherein are sod Roses, *Polipodie*, and Allome, and afterwards annoint them with this salve following: Take ashes of Muscle shells, and roots of *Polipodie*, ana. ʒ. 2. leaves of the Olive tree, ʒ. ʒ. pownd them all small, and temper them with oyl of Roses, and if they with inflammation, then use salve made with Ceruse and Camphire and other salves that follow hereafter. This following is good marvellous, for it dryeth, cooleth, and also haleth.

Take litharge of Gold, white lead and burnt lead, of each a like much, bruise it in a leaden mortar with Rose water, oyl of Roses, and whites of Eggs as much as is needful, and with a little Camphire, until that it be wholly black, annoint the clefts therewith, and lay a cloth over them. If there be no heat thereby but onely a manifest drought, then take Hens and Ducks grease, marrow of Harts bones, and Calves bones, and the fatnesse of sheeps wool, of each half an ounce, fresh Butter, oyl of sweet Almonds, oyl of Poppy seeds, Dragagant, oyl of Lillies, and oyl of Peach kernels, of each one quarter of an ounce, Myrrhe, Starch, Mill dust, Momy, Frankincense, Mastick, Dragons blood, white lead, and burnt Allome, of each one drachme, Wax one ounce and a half, melt all these in the foresaid oyl and fats, and make thereof a salve : this salve affwageth the pain, moistneth and causeth the flesh to grow.

Item, take yellow Wax, oyl of Sesamum, Ducks grease, Marrow of Oxe bones, the fat of Camels feet, or (in stead of them) Goats suet, or Hens grease, and Bdelium, of each a like much, melt these together in Muscilage of Linseed, and temper them together, for it is very commodious. Item, take Turpentine, Ducks grease, oyl of Violets, ana. ʒ. 1. dissolved Dragagant and Wax, pownded Dragagant, ʒ. 2. temper them by the fire unto a salve.

Or take muscilage of Licebane one ounce, Hens grease one and an half, the yolk of a new laid egg, Saffron one drach. temper them one with another, and annoint the clefts therewith.

Another. Take Dragagant and Gall nuts, of each a like much ; temper them with molten Oxe suet, and a little oyl of Roses unto a salve.

But if the ulcers be deep, and yield much stinking matter, then are both outwardly and inwardly sharp waters to be used for them, and especially dresse it with the remedies that are described in the first Part and the eight Chapter, of the ulcers of the Nose, or strew them with Verdigrease, and pownded *Anacardus* for to cleanse them. But note, that this corrosive inwardly in the Arsegut is not wholly without danger, unlesse the Arsegut be drawn out by a boxing cup. Afterwards cool and heal them with white lead, or any other cooling and healing salve.

Item, take washed white lead, Aloe, Mastick, Frankincense, and Dragons blood, ana. ʒ. 3. oyl of Roses, ʒ. 1. Wax as much as is needful. For this you may also use the salve that was before described, and made in the leaden mortar, or prepare this following.

Take Pomegranate blöffomes and the pills, Mirrhe, washed white Lead, burnt Lead, washed Aloes, seeds of Roses, Frankincense, Mastick, Dragons blood, and burnt Mussel shells, of each one quarter of an ounce, Olive leaves, burnt Allome, *Alumen plumbosum*, Verdigrease, and Litharge of Gold, of each one drach. and a half, Wax one ounce, melt this in as much oyl of Roses as is needful to make a salve : use this oftentimes, and wash the ulcers twice or thrice a day with water wherein Gals, burnt Allome, Olive leaves

and Roses are decocted. These are very good for all such like diseases, being holden over the vapor or damp of water wherein Mallows, Hollihock roots, Violet leaves, and Bear foot is sodden.

Of the Fistula and Canker in the Arsegut. §. 12.

THis infirmity cometh very suddenly into the Arsegut, and albeit it hath been accustomed, like as in other the like diseases in the body, to use incision or an actual cautery: notwithstanding in this place it must be utterly omitted, that there be no sinews hurt. For it might easily thereby befall, that the patient afterwards should never stay his ordure, but (against his will) to let his excrements passe from him. The cause of these Fistulaes may be the bad healing of the diseases in the Arsegut, be it of what cause soever it may proceed. In like manner also through using of the Pyles badly, or any other impostume that hath not been opened in time, but that the matter was left to stink or putrifie therein, all which may cause Fistulaes, as is above said; amongst the which there are some that penetrate the Arsegut, others the neck of the bladder, and some that remain alwaies at a stay. These are hereby discerned, that either the urine, the ordure, or winds passe through the Fistula. Also if the Muscles be therewith infected, then can he not retain or stay his excrements, but as soon as it descendeth to this place it passeth from him.

If then these Fistulaes be moist and mattery, and the matter sharp and stinking, and waxeth from day to day bigger, then it is a sign of a depascent Fistula, for the which strong remedies must be used to stay the same, that they corrode not deeper: for it hapneth otherwhiles that these depascent ulcers will consume the whole buttocks and all parts adjacent, and bring a body at the least after many miseries to his lives end. But if so be that this Fistula corrode no deeper, then must the same be cured with drying things, so that for a while they neither run nor swell any more: but if so be the matter come to run again, then must be done as before, and that so long as one liveth. As concerning then the curing of this Fistula, it must alwaies be looked to, that the hole be kept open, which may best be effected with the pith of an Alder tree, dried Gentian roots, or Briony roots: afterwards you must use those things that are set down in the first part, the eighth Chapter, and 11. §. and also afterwards of the Fistula of the eies. Some do commend two or three drops of oyl of Sulphur to be injected into the Arsegut, which will have a wonderful operation; and if so be that there follow any inflammation, that it should be delayed with the white of an Egg, or fresh Butter. Fistulaes and such like ulcers, are to be washed with Rosemary wine, for it cleanseth and keepeth the ulcers clean, but of this Fistula will we intreat further hereafter in the first part.

Of the itch in the Arsegut. §. 13.

THe causes of the itch in the Arsegut are four: First, that there remains somewhat that is sweaty or saltish in the fundament, which causeth the same: Secondly, through the worms *Ascarides*, that have their being in the end of the Arsegut. Thirdly, some kind of ulcers that are in the lower part of the gut. Fourthly, sharp humours, as it oftentimes hapneth through some uncleanness that resteth in the Arsegut, and then must the Arsegut be washed with warm water, and be cleansed with clothes or wolblade leavs. But if the same come through the small worms, then take a sharp Clister, yet not above eight ounces in quantity: also dip wooll or any such like thing in soft Pitch or Turpentine, then do the worms stick fast thereon; besides, the Pitch doth kill the worms by nature: or annoint a great taint with Bird lime, and bind it on a thred that it may be drawn out again. You may also see in this present part what hath been written for the worms, but if the same be caused through any ulcers, then use for it the white salve and others more; but keep the ulcers alwaies clean and dry with fresh cloathes, wash the same oftentimes with water wherein Agrimony, Olive leaves, and such like are decocted, put also burnt Allome thereto, and plume Allome, and bind clothes over it, and keep your self quiet. But if this itch proceed of a sharp matter, then use Suppositories with Opium, Clisters, and others, as shall appear hereafter for the lask or looseness of the body.

The eleventh Chapter.

Of the inward members of the third Part.



IN the beginning of the third part of this our book of Practise, we have given to understand, how that therein are contained the Stomach, the Liver, the Gall, the Kidneyes, the Bladder, the bowels, and in women the mother or womb; but because we have hitherto treated of the outward parts and their accidents, therefore will we now discourse orderly of the inward members; and first we will begin with the Stomach, for that the same is covered with the Liver, and lyeth on the top thereof: for it hath not onely his beginning at the stomach, but is also the meat room or kitchin of all the other members, and therefore will we (and that by good reason) place it before.

Of the Stomach in general. §. 1.

Under the *Diaphragma* or Midriffe, between the Liver and the Gall on the right side, and the Milt on the left side, that is, right in the midst of the body, yet a little more on the left side, there lyeth the stomach, that is so ordained by nature for that the Liver might keep room and scope. The stomach is called of the Greeks *Gaster*, *Colia*, and sometimes also (although unjustly) *Stomachus*, and of the Latinists *Ventriculus*. It is ordained for a receiver of the meat, to dresse the same, and afterwards, like as out of a Cubbord, to impart all that is cooked, to each member his due, and that might suffice for his sustentation and nourishment, and to send out all that is unclean or not fit for the nourishment, through the bowels and other natural passages as a superfluity. His substance is outwardly hard flesh, inwardly compacted full of veins, rough, and with many pleits or folds, wherby it draweth the meat unto it. His form is long, and round, hollow within, and like a Tun, to let passe easily that is received, wide beneath, and near the mouth of the stomach (which is properly called *Stomachus*, *Oesophagus*, and by the Arabians *Meri*) it is narrow. In comparison of the bodies of beasts, it is not big, so that thereby it doth not much exceed the blind gut *Intestinum caecum*, and is otherwise not much unlike to a dogs maw. With the uppermost end of the Stomach doth it receive the meat, and with the lower end doth it let all that is digested fall into the bowels, from whence all superfluities are cast out. Both those ends of the stomach, below and above, after that the meat is received, do shut up most wonderfully, lest that the concocting and digesting warmth should vanish away. For if in the mouth of the stomach there were not such closing, then could not the meat be well digested: whereby then must insue a noysome vapor, and a diminishing of natural heat. So hapneth also of the lower passage of the stomach, when as it, after the meat is received, will not be shut up, a bad digestion and other diseases, as the flux, &c. whereof we will hereafter speak more at large. But thus much we would write in general of the stomach: Now will we proceed forward with particular things.

Of the neck and mouth of the stomach. §. 2.

THis passage, through which the meat and the drink descendeth out of the mouth into the stomach, is properly one piece of the same: therefore will we first write thereof, as of the beginning of the stomach. The neck of the stomach is of the old Grecians, and now adayes called by all learned men *Oesophagus*, and unrightly *Stomachus*, and of the Latinists *Gula*, the which we in English do name properly the upper part of the stomach, the neck: and the nethermost part, the mouth of the stomach, which lyeth right in the pit of the heart. So that both these parts have some difference, and that by reason of their situation and for other causes more, even as also *Galenus* maketh two sundry Chapters of them. These foresaid neck and mouth of the stomach, are subject to many diseases, be it out of heat, cold, drought, moisture, or of any compounded complexion. Also through the obstruction of those parts, whereby the meat is drawn into the stomach. Item, through Impostumes, ulcers, blowes, wounds, and other inconveniencies, all which may hinder the swallowing, whereof

whereof much is written in the second part, the first Chapter, §. 5.

But we will here onely rehearse somewhat of the signes, and their difference. when as now then the whole neck hath any disease, then can the meat not be but slowly swallowed. But if this disease be in a certain place of the neck, then remaineth the meat sticking in the same place. But whether it come of heat or drought, that shall be bewrayed by the drouth and thirst, for that cold water is very acceptable unto him. But if so be it proceed of cold, then hath the Patient neither heat nor thirst, but onely an anguish in the throat. If so be that one can hardly swallow through excessive moisture, then doth the same appear through much spittle and whiteneſſe of the tongue. Or the same cometh through drought, that maketh the drought of the tongue and the mouth knowne, for the Patient will drink continually, or wash his mouth with cold water. If there be any impostume in these places, then have you the signes of Squinacy therewith, whereof we in the second part, the first chapter, 4. §. have mentioned. Also when he would drink, then runneth the drink out of the nose; neither can he addict himself to lie, but seeketh alwayes to sit up. Then cometh this disease through blood *Cholera*, that may be knowne by the pricking pain, also by the thirst, heat and Ague; and to the contrary, when the same is caused through cold, then is the pain small, but with drought and the painfulnesse of swallowing is felt in more places then in the place of the tumor. But if this impostume break out, then do they cast up matter, and are very prone to vomiting, whereby also they lose their pain in swallowing.

These impostumes are also to be knowne, if that one do swallow down Vinegar or any other soure thing, or that is salt, not onely into the neck of the stomach, but also even into the shoulder blade.

Or if the same be caused through any cricke of the necke, then will the pain also be knowne there: or there groweth a bunch either before or behind. And if so be that the same be caused through the cramp, then shut to the Patients mouth; and he shall feel the pain most of all in the Nipples, and on the brest.

But before that we come to the remedies for this infirmity of swallowing, we must prescribe some common rules; and first, because that the necke and mouth of the stomach are tender parts, therefore heed must bee taken that there be not used for it any sharp or biting things, that thereby they be not grieved nor hindred in their actions. Secondly, if these parts do ranckle, or get any malady (like as often hapneth) then must all sharp, sowre and biting things be eschewed, unlesse the same things be drying withal, yet very little, because such sharp things do augment the same pain, do feeble the natural power, and inflame the whole throat. Thirdly, if so be that the necke of the stomach be over cold, then must plaisters be laid upon the shoulders, and there-about. But if this coldnesse be in the mouth of the stomach, then must the plaisters and other things be laid upon the pit of the heart. Fourthly, if there be a hot impostume with pain and a cholerick body, then must he be let blood, purge, and use other remedies, even as hath been said in the description of the Squinacie. Fifthly, the remedies that are to be used for the healing of the exulceration of the throat, and to incarnate, they are alwaies to be tempered with some tough slimie thing, to the end that they may cleave the faster in the throat, and thereby also may have the better operation.

Now to come to the remedies; If that this impediment be onely caused through heat, or heat and drought, then purge the Patient with sowre Dates, Cassia, and Manna tempered in some broth, wherein Prunes, Violets, and Figs have been sodden; for all these things do expel such matter, and moysten the throat and the neck of the stomach, like as in this disease is required.

Therefore shall the Patient (and that oftentimes) use syrup of Violets, water Lillies, and such like, and swallow the same leysurely.

There may also be made a syrup of Prunes as hereafter followeth; take fowre or five Damaske Prunes, Violets two ounces, seeds of Lettice, Endive, small Endive, Purslain, of each half an ounce, Sugar 18. ounces, make a syrup thereof, like as before in the Introduction is taught.

Beneath under the neck between the shoulder blades there must the patient be anointed with cooling oyles, or any such like plaisters laid thereon, that are tempered with oyl of Violets, water Lilies, and oyl of Roses: afterwards take wheat meal three ounces, the muscilage of Fleawort, juice of Housleek, of each one ounce and a half, juice of Purslain one ounce, stamp them together unto a plaister.

Take

Take the juyce of great and small Houlleek, Rosewater, of each two ounces, Melon seed, Lettice, Gourds, Cucumbers, Purslain, and both kinds of Endives, of each one quarter of an ounce: let this see the all together unto a plaister, then stamp them to growt, and use it as above.

If there be no drought thereby perceived, then may be put thereto red and white Sanders, and Roses, of each one quarter of an ounce, and 3. i. of vinegar.

But if there be great drought therewith, then use the muscilage of Fleawort, Dragagant, the seeds of Quinces, Violets, and such like: also he must eat cold herbs (whereof the seeds are here above named) fried with butter, and anoint himself outwardly with all manner of beasts marrow. In like manner are also very good for him conserves of Roses, the cold lofinges of Dragagant, and *Diapenidion* without spices, and new rere Eggs.

These ensuing pills are also to be prepared, and to hold them continually in the mouth, and lastly, swallow them down; Take Dragagant, Gum of *Arabia*, Purslain seed, Malloves, and Quince kernels, of each one quarter of an ounce, Licorice one drach. and an half, the gum of Cherry tree a drach. make thereof flat pills: Barley water and Butter-milk are good drink for this sicknesse, also he may drink watred wine.

But if this impediment be caused through cold (like as most commonly hapneth) and if so be that need require, then give the Patient some potions of *Syrupo de Pressio*, de *Calaminta*, or de *Hyssopo*, and purge him with *Diaturbith*, or *Hiera logodion*, and if it be needful put a little *Efula* to it.

These tabulates shal he also hold in his mouth, and then swallow down the juyce of them, to wit, *Dianison*, *Diatriopiperion*, *Diaireos Salomonis*, *Diaplivis* made with Musk, and such like. Upon the shoulders must he be anointed with the oyl of *Costus*, or with the oyl of Rue.

For this is also good the salves *Martiaton*, *Agrippa*, and *Althea*, whereupon this plaister following is to be applyed; Take *Laudanum*, the fat of Sheeps wooll, *Galbanum* and *Ammoniacum*, of each one ounce, dried Mints, Sage, *Indi Spica*, *Spica Romana*, and Cloves, of each 3. i. Wax 3. i. oyl of Spikenard as much as is needful to make a plaister, spread it over a cloth half a quarter of a yard, in compasse four square, then draw it over with Syndal, and lay it after the length from the neck to the ridge of the back.

Amongst other Medicines may also those be used, that shall against a cold stomach be described hereafter, whence is to be taken also an order of life.

If that then this impediment in swallowing be caused through excessive moisture then is the first described order to be observed; but that is not needful to expel such excesse of matter, but to keep a sober dyet in eating and drinking: further, he must use this gargarisme following.

Take Cypres nuts, and the leaves, of each one handful, Frankincense and his rines, one ounce of each, burnt Allom 3. quarters of an ounce, plume Allom half an ounce; see the this in a quart of Wine, and gargarise herewith, afterwards wash clean the mouth, but swallow it not down; or he shall use all that in the first part, Chap. 13. and §. 6. is taught, of the swelling of the tongue.

If then a hote or cold impostume, or the Squinancy be approaching, then rule you like as it is shewed in the second Part, the first Chapter, and §. 4. of the Squinancy: now we will go forward with the Stomach.

To preserve and keep a good digestion of the Stomach. §. 3.

HOW much the health of man is sustained through a well digesting stomach, is sufficiently known to all the world: and it is also very true, that if the same receive no wholesome meat, it cannot digest it well, the which appeareth in the disease of the stomach, that all meats must corrupt, the which may evidently be discerned through the sicknesse that shal hereafter follow.

Therefore it is first requisite and necessary to prescribe a rule, how to keep this good digestion in her full efficacy. And although in all places hereafter, whereas shall be discoursed of any of the infirmities of the Stomach, it shal be taught what shal be eschued or used: notwithstanding, it cannot be but available briefly to comprehend the same in these ten rules.

The first is, of the motion of the body, which (as followeth) is much commended.

The

The motion of the body is a preservation of a mans life, a quickening of natural heat, and an excitation of sluggish nature, a digesture of all superfluous humours, a strengthening of all the members, an overthrow of the diseases, a medicine for all anguishes, a gaining of time, renewing of youth, of mirth, of old age, a pleasure, a help of health and blessednesse, an end of all infirmities, an enemy of sloth and lithernesse, therefore do they fear and shun all labour, that will want mirth, and if any body desire not every day to eat, he may keep himself from all labour.

This motion is most commodious for sober folks before both mealtides, if they move not above their might: for when one beginneth to be weary, then must he rest, and each one must exercise and stir according to the ability of his body. The men of occupations have exercises enough about their occupations; but if any one at any mealtide have surfeited, then must he fast the next day, and use temperate motions, to consume all superfluity through abstinence and exercise.

All people that have great exercise, may much better digest grosse meats, then they that are idle and live at ease, whereby may easily be discerned the vertue of motion.

The second is of the property of meats, that they be not too hot of nature, or too cold, whereby they may not inflame the natural heat, or might overcool it, the which is also to be understood of all other qualities of meats. Secondly, providence must be had that all meats be well boyled, sod, and roasted, otherwise can the stomach not digest it as it behooveth.

Thirdly, binding things eaten before other meats, they bind the body, like as if they be eaten after the same, they loose, and are laxative. Fourthly, light meats are, Barley well sodden, well baked bread, small Fishes, Partridges, Pheasants, and such like. Fifthly, meats that are acceptable to nature, will be the more willingly received by the stomach, and also digested. But this is only to be understood of healthful persons, and of them that use the same moderately; otherwise that is not alwaies good which is pleasant to the mouth. Sixthly, although the subtile and light meats do lesse molest digestion, and are requisite for health, yet are they nevertheless nothing the stronger or apter for labour, therefore they passe all others herein, that feed on grosse meats. Seventhly, would or might any one not eat such healthy meats altogether? then is he notwithstanding to do the contrary as seldom as he may, tempering with some wholesom meats, like as men do pepper and wine with Mushrimps, and Spices or Garlick with Fish, &c. Eighthly, slimie meats tarry long in the stomach, before that they passe into the bowels. Bread with his Bran goeth much sooner into the bowels, than where the Bran is boulded out. Ninthly, flesh boyled on the gridiron giveth good nourishment when it is digested; but it goeth slowly towards the guts. Tenthly Pullet broths do delay the humors more than Hen-broth, yea and give much more nourishment.

The third rule dependeth on the quantity of meats, whereof too much must not be taken in, lest they make some grief or wind in the body. Secondly, much meats do not moysten thoroughly, but onely those that be without sharpnesse, sowrenesse, saltnesse, and bitternesse. Thirdly, when any body hath taken much meat and drink, and thereby findeth weakenesse or drought in the stomach, he shall then the other day afterwards fast and sleep the more in a temperate place. Fourthly, a hail man shall take even so much meat, as shall not greiv him. Fifthly all they that live lasciviously and riotously, do die before their old age. Sixtly, great bodies have need of more meat and drink then small bodies; they require also more heat and vital spirits for their sustentation. Seventhly, much and many meats taken at one time be prejudicial two manner of waies; first, by reason of the variable digesture, as when light meats are mingled with grosse meats; Secondly, for that it is seen, that there is more eaten of that which is pleasant in tast, than with moderat feeding would suffice.

The fourth rule containeth a good dyet, whereby the meate is not to be tempered with the medicine, for that it were an unmeet cost, when as the seeds of wild Saffron, Nettles, or wild Thyme should be mingled amongst meat, that spoyle the meat, hurt digesture, and drive it into the Bowels before the body have his nourishment out of it.

Secondly, grosse and hard meats are to be eaten alwayes and at the first, and afterwards the light meats. Thirdly if one do eate mild and moyst things at the first, and afterwards the hard meats, then do the light meats run quickly through the stomach, and leade the hard grosse meats away with them undigested. Fourthly, all they that be loose of body, are to take at the beginning of their meal-tides binding things and spices; and if

if not, then are they alwayes first to take that which wil quickly passe through the stomach and lead the way to other meats.

To this end are Melons, Peaches, and other fruits to be eaten before one eate bread or flesh; for that when as they which be harder do hinder the passage, then is the digestion spoyled, and so it is with all other kinds of meats. Fifthly, meats which be of this nature that they do not easily passe through, or without requisite digestion, then must the grosse meats be first taken, and the light meats last of all: as Mutton before Birds, and Beef before Mutton. For the bottom of the stomach by reason of his heat, hath more force to digest the grosse meats first, then the top or upper part of the stomach. Sixthly, milk and sower things are not to be eaten above once, for that the milk runneth into the stomach, whereby the digestion is hindered. Seventhly, Butter, milk and Radishes, are not meet together, nor yet with any birds; for the birds having subtile flesh, will be spoyled through the sharpnesse of the Radishes. Eighthly, sodden wheat in flesh broth or in water, is not to be used after Spice, for that both of them be of grosse nourishment; and do obstruct the waies. Ninthly, Vinegar, oyl, and all manner of fatnesse are not at any hand to be kept in Copper vessels, for that they do draw the venemous nature of the Copper unto them.

The fifth rule containeth the time, that in the winter and spring more meat is behooveful then in the Sommer; for that then the stomach is at the very hottest. Secondly, that there be nothing eaten until the former be digested. Thirdly, in the winter, things be not tolerable to be eaten which do little nourish, as herbs, and such like, but compact and strong meats are to be used, which be long in digestion. Fourthly, in sommer is the most fit time to eat before the heat commeth, and in evening when the heat is past. Fifthly, in the spring is one to eat but a little at dinner, and in summer nothing at all. In the harvest fruits do bring many sicknesses with them; but in winter one may eat his fill.

The sixt rule prescribeth a diet for every complexion. First, he is not to forbear meat which is hot and dry of nature; for there is nothing more hurtful unto him than abstinence. Secondly, for to preserve and keep a good digestion, those meats are to be used which do best agree with every ones complexion; to wit: if any be warme by nature that he feed upon meetly warme meat, and so the like for dry and moyst bodies. Thirdly, if so be that the heat do increase in any one, then must coole things be taken for it. Fourthly, a melancholick man must feed upon moyst things and somewhat warme; A cholerick, body cold and moyst meats. Fifthly, all that be hot and dry of nature, and do much exercise, for them are all light and subtile meats very hurtful.

The seventh rule doth yeeld a reason of repletion and inanition, whereof is first to be marked, that how much the more you feed an unclean body, so much the more doth the same annoy and hurt it; for when the meat is mixed with the corrupted humors it is then also corrupted; the same happeneth also unto them who have the stomach full of bad humors. Secondly, no man ought so to over charge himself with meat, but that he might feele still some hunger. Thirdly, when one hath filled himself well the one day, although he might the next day feele some hunger, yet he is the next day to forbear as much as is possible, and to sleep in a temperate place. Fourthly, when any accusmeth to eat flesh and to drink wine, and doth not labor at all, the same person (to the end he may be discharged) is the oftner to be let blood. Fifthly there, is nothing worse than when one hath fed on strong meats, before they be digested to eat again; for when as the one meat commeth to the other undigested, then do they both spoyle. Sixthly, all they who after dinner take their supper upon it, must then fast out the same. Seventhly, all that do live soberly, and after much eating and drinking do fast again, they live the longer. Eighthly, all ryoters and great drinkers sometimes force themselves to vomit, and betake themselves therewith for to fast it out, and to sleep a day-times.

The eight rule comprehendeth the drinks: which first are not to be used so much that the meat come not to swim in the stomach, for thereby will the digestion of the stomach be spoyled. Secondly, albeit some be of opinion, that men ought not to drink at their meat, yet do they speake against all skill; therefore be they not to be heard. For one ought to drink, that the natural heat be not aggravated. Thirdly, when he feeleth good thirst, and when as the heat of the stomach requireth the same, the which never happeneth to such as be hail but when they do either eat or do great labour, and after a long Easterly wind. Fourthly, all sharp new grosse and sweet wines, likewise all they which are

kept in Sulphured caskes, and also all Must ought to be eschewed, if so be that they be not used for medicine. White, cleer, thin, red, and Pallet wine which is not troubled, and of a good tast, drunken moderately, is very healthy; but to water them much is very noysome, because that thereby is made gripings in the belly, windinesse in the stomach, tumor in the milts, and spoyleth the digestion of the stomach.

The ninth rule is of the customes. First, all they that be wont or accustomed to eat much, and that of all manner of grosse meats, shall not onely altogether rely on the strength of their stomach; for they shall not be able to escape the harme which they shall feele thereby in time to come, because that thereby bad humors are increased in the body by little and little. Secondly, the custome of eating once or twice a day, and if that thereby men remain healthy, it is not good to alter it; for that custome (as is wont to be said) is nature it self. Thirdly, good and tolerable custome is to be continued. Notwithstanding, if one were wont to be drunken every day, or to drinke in the morning fasting, who is it that can commend the same: Even so is sobriety to be adjudged of fasting. It is also to be understood, that all they that be wont to eate twice a day, and would accustome themselves to eat but once a day, that the same might cause some inconvenience unto them, and so to the contrary; for the stomach cannot tolerate it. Fifthly, all they that use to eat at a certain houre, and should suddenly alter it, do stand in danger that the same will not prosper well. Sixtly, although that the accustomed meat and drink be such that it be not much to be commended; notwithstanding it ought not slightly to be changed into other meats and drinks which be taken to be healthier.

The tenth rule requireth the dressing of meats; to wit, that each meat be boyled, roasted and drest as it ought to be, so that the stomach get no loathing thereby, and the same meat may the better be digested. Thirdly, delicate sawces for each meat in particular provoketh one to eate more than is good for him; therefore they ought to be omitted and forborn. Fourthly, stinking and putrified meats, be it fruit, flesh, fish, or whatsoever else, howsoever they be drest, can bring none other but badnesse with them.

Hereof is now sufficiently spoken for the preservation of good digestion, and how the bad digestion of the stomach is to be amended. For that what might fall therein, these sicknesses following sufficiently declare.

Of the debility of the stomach in general. S. 4.

OF these debilities or infirmities of the stomach there be three principal accidents, under which are all other comprehended. The first, the Grecians doe call *Bradypepsian*, which is slowe in digestion. The second *Apepsian*, which is when the stomach cannot digest. The third *Dyspepsian*, which is when the digestion is utterly spoiled, and the meats do turn into bad humors, which is when the stomach is wholly weakened and departed from his natural actions, and hath lost the same; which default may be provoked through inward and outward causes; the outward causes be the motions of the mind, as anger, care, sorrow, rough winds, and grosse meats which be hard of digestion; as old beef, hard, old, unleavened bread, Hasel nuts, old Cheese, cold herbs and fruits whereof hath been used much a long time, as Gourds, Melons, Mushromes and Apples, &c: Item, all excesse, windy meats and drinks, pottages, Mustes, and all overmuch watered wine, or water drunken alone (if it be not of great heat) and to eat before the former meat be digested.

Item, blowes or falls in and about the stomach, bathing in very hot or cold times; also inward and outward heat and cold of nature, great exercise, extreme venery which infeebleth much and weakeneth the natural powers. Likewise over much sleep and rest; also to study too much and straight after meat.

The inward maladies of the stomach be these; over great heat, cold, drought, moisture, windes, impostumes, and such like; Also through the infirmities of other parts; as if out of the braines there do fall any rheumes into the stomach, or when the heart beateth, the Liver is obstructed with any cholerick humors, the Milt with melancholicke humors, and the stomach is too much overcharged. When as then the property of each member is weighed, then may easily be discerned what annoyeth the stomach.

If then the debility of the stomach be caused through heat, that is to be knowne by the stomach; also there is ever more thirst with it, and all cold things are welcome to the Patient, and hot things are loathsome.

Or if this debility do come through any fliminesse, then is there heavinesse in the stomach, drought, bitternesse, and wambling. When as this proceedeth of colds that may the

Stomach find : for that the thirst is small, the digestion little, and no desire of meat : warmth is well come, but cold is tedious unto him. If it be of flegme, it is knowne by drowfinesse, swelling, much spetle, quick passage of the meat through the body, and almost after the manner of one that hath taken somewhat he doth belch with a sowre tast, and such like. But if this infirmity of the stomach do come of any melancholy, then is there also drought, heavinesse, and wambling, with it, the teeth will be loose, the Patient will be plagued with unnatural lust of eating, the Milt doth swell, whereof great heavinesse doth follow of the mind. If so be that the same be caused through drought, then insueth great thirst thereby, drought of the tongue, binding in the body, unlustinesse, and harme through dry meats. If it be caused through moysture, then is there little thirst with it, but lothsomenesse of all moysture ; all drought doth good to the Patient, and there is much spetting with it. Or if these humors be mixed, that is easily to be perceived through the signes aforesaid ; like as every accident bringeth with it a proper description.

But before we come to any particularities, we will here discover one thing, which is so renowned that it can preserve the stomach from all diseases, and suffereth nothing to putrify therein, because it expelleth all humidity and uncleannesse from the stomach, and cleanseth the same : they which use it often get never any more pain in the stomach : it causeth myrth, it strengtheneth the heart and head, it cleanseth also the reines and the wombe exceedingly ; which are the pils of Amber called *de Succino*, which are thus prepared ; Take the white or other Amber and Mastick, of each one quarter of an ounce, Aloe five drachmes *Agaricus*, one drachme and a half, right Aristology half a drachme, this being all beaten small and tempered with the syrup of Wormewood, make thereof a masse of Pils, and forme seven Pils of one drachme, take alwayes two or three of them when you go to bed.

Of a weake stomach through cold. §. 5.

First this is to be noted, that (to speak naturally) the stomach in the Summer and in the harvest is coldest of all, and that by reason that the heat is drawne into the outward members, and therefore is so much the weaker about the stomach. Contrariwise (as we have mentioned before) the stomach in winter and spring time is hottest of all, because the outward cold driveth the heat inward ; and therefore then people are to eat so much the more. For in the debilitie of the stomach regard must be had of the times. Now for to write of the coldnesse of the stomach, so it is, that (besides all the foresaid signes) the meat will scarce settle it self in the bottome of the stomach, so that the same otherwhiles after the Patient hath taken it, hath no rest ere and before he hath vomited out the same again undigested ; and although it be digested, yet happeneth it slowly. Also if one feel with the hand thereon outwardly, then may it be perceived to be cold there ; It is also full of wind which is expelled upwards and downwards. There be yet more other signes here before rehearsed of a cold stomach ; when as then the cold of the stomach is small and of no continuance, then is the Patient every morning to take *Trociscos de Rosæ* two or three drachmes in one ounce of *Miva cidonorum* wherein Comin and *Ameos* be boyled.

The aforesayd *Trocisci* are thus prepared ; Take Roses three drachmes, *Lignum Aloes*, Mastick, *Indy Spica*, Cassy wood, Squinanth and Wormewood, of each one drachme, beaten altogether small, and tempered with old wine, and then formed. These *Trocisci* are very good taken with half an ounce of the spirit of wine.

They are also to be fed with light meats, which have but little moysture and superfluity ; Also their meat must be strewed with Galangal, Pepper, Ginger, Clôves, *Ameos*, and such like.

Before meat the Patient is to exercise himself well ; they that use this water, must alwayes drink more thereof after meat than before. After meat he must sleep much, and drink neat old Rhenish wine ; but eat lesse than he was wont, for the weaknesse of the stomach cannot digest much meat. Meats which be requisite for him, are Muttons, Kids, Hens, Pullets, Fowles, Partridges, Feasants, Pigeons, Quails, and such like ; yet rather roasted than boyled and drest with spice ; also reere eggs and such like. But if this weaknesse of the stomach hath long continued, then may be used one of these Sugar plates following (which one will) one quarter of an ounce or more at once. Or if so be that it be made after the manner of a conserve, then to take one ounce at a time daily with wine, viz. *Diatrion*, *Pipereon*.

Pipereon, Diagalanga, Dianison, Diamentsba, Caryophilatum, Rosata novella, Diaciminum, Diabolibannum, also the warm Dragagant cakes, the which also do strengthen the stomach and procure digestion. But especially is the Confection *Diacinamomum* commended for a blessed medicine for all moist, bad, and spoiled stomachs, as that consumeth all superfluous humidity, helpeth digestion, and strengtheneth the eye-sight, therefore be there two sorts here described.

Confectio Diacinamomi.

Diacinamomum.

Take of the most purest Cinamom, ʒ. 15. grosse Cinamom, Cumin, and Elecampane, ana. ʒ. ʒ. Galangale, ʒ. 7. Cloves, long Pepper, *Cardamomum*, Greins, Ginger, *Lignum Aloes*, Mace and Nutmegs, ana. ʒ. 3. Saffron, ʒ. 1. white Sugar, ʒ. ʒ. When you will make Tabulats thereof, then take one pound of Sugar, one ounce and a quarter of the foresaid spices, and seethe the Sugar in Wormwood water as behoveth. Another with Rubarb.

Take excellent Rubarbe one quarter of an ounce, *Angelica, Rapontica*, of each half a drach. Cinamom three drach. Nutmegs one drach. and a half, Cardamom, long Pepper, white *Diptamus*, and Zeduary, of each half a drach. Galangale two scruples, Calamus half a drach. Ginger two scruples, Pimpernel roots, Mastick and Cucubes, of each one scrup. Saffron ten grains, Sugar eight ounces, boyl the Sugar with Wormwood water, and cast a plate of Sugar of it.

In like manner is the confection of *Aromaticum rosatum* not only commended for the debility of the stomach, but also for many other diseases, like as here and there the same be discovered, for which purpose it is also prepared after sundry sorts, like as be some here expressed,

Confectio Aromatici rosati.

Take fifteen drach. of red Roses, Licorice seven drach. *Lignum Aloes* and yellow Saunders, of each three drach. Cinamom, Mace, Cloves, of each two drach. and a half, *Gummi Arabicum*, and Dragagant, of each one quarter of an ounce, Nutmegs, Cardamom, Galangal, of each one drach. Musk one scrup. Indy, Spica, and Amber two scruples, temper them altogether: and if you will then cast a plate of Sugar of it, take one ounce of these Species, and twelve ounces of Sugar, decoct them in Rose water as is accustomed. Thus is this confection at the Apothecaries made, and not onely for his pleasantnesse, but also for his commodiousnesse used daily; for that besides that it doth strengthen the weak stomach, and comforteth the heart, the brains, the head, and the Liver; it driveth out also the bad and superfluous humours of the stomach: it helpeth the digestion of the stomach, and especially in them which be a foot again after a long continued and lingring sicknesse.

Another which is common at Augusta Vindelicorum.

Take Roses one ounce, Licorice three drachmes, Cinamom two drachmes and a half, Cloves, Mace, of each one drachme and ten grains, red Corral, Cardamom, Galangale, of each half a drachme, *Spec. Diarrhodon Abbatis* one scruple, Indy Spica, long Pepper, of each ten grains, *Lignum Aloes* one drachme and a half, Greins eight grains, shaven Ivory one drachme, Gum, Dragagant, of each three scruples and a half, Nutmegs two scruples, Musk ten grains, Amber one scruple, make a subtile powder thereof. Or if you will have Sugar plates of it, then do as before. Item, take beaten Calamus half an ounce, the juyce of Wormwood as much as is needful to make plates of Sugar: and if you desire to have this strong, then seethe it in Wine, and give it him at two or three times.

Or take Cinamom one quarter of an ounce, Ginger, Nutmegs, Cardamom, Galangal, Cloves, of each one drachme, Mace, *Lignum Aloes*, of each half a drach. Annise one drach. the skins of Hens Mawes washed with Wine and dried, three drach. white Sugar 34. ounces; seethe the Sugar in good Wine, and thereof cast Sugar plates.

Another

Another.

Take Cinamom three drach. Galangal one drachme, Sugar six ounces, but boyl the sugar with one ounce of Rose water, this Confection doth make also good appetite to meat. In like manner you have also in the first part the twelfth Chapter, and 12. §. a confection *Diamargariton calidum* which is very good for this. Item, take Ginger one drach. Cloves and Galangal, of each half a drach. Pepper, prepared Coriander, of each one scruple, Annise, Fennel, *Ameos*, *Spica nardi*, Cardamom, of each three scruples and a half, confected Citron pills one ounce, Rose water one ounce and a half, Licorice half a drachme, Sugar-candy half an ounce, Currans one ounce: pownd all that is to be pownded, but chop the Citron pills and Currans very small, then see the Sugarcandy, and ten ounces of white Sugar with Rose water, and so make tabulats thereof.

Confectd Annise seeds are also very good for all debility of the stomach, it helpeth digesture, it expelleth the pain and winde of the stomach, the same doth Fennel seed also. But there is yet a better for this, to wit, confected Cumin and Caraway seed, for that the same have also power to warm the stomach.

Certain Powders for meat.

Take prepared Coriander, and Cinamom, of each half an ounce, long, white, and black Pepper, Cloves, Galangale, and Ginger, of each one drach. and a half, Annise, Fennel, of each three drach. Saffron one drach. Sugar as much as all the rest; make a powder thereof, or a confection, which you had rather have. Item, take Cinamom, Mace, Cloves, Pepper, Cypers roots, of each a like much, Sugar as much as you please. Item, take Cinamom two ounces, Nutmegs one drachme, prepared Coriander seeds, Roses, red Coral, of each one scruple, Sugar four ounces; temper them all together: it is of a temperate nature. For this may also things be used, which are described in *Aromatico rosato*, beaten to powder.

Here follow now certain stomachical medicines against all coldnesse, windinesse, and humidities of the stomach, and all other inward parts of the body: Take Annise, Fennel, and prepared Coriander, ana. ʒ. i. Caraway, ʒ. ʒ. Licorice (beaten small) ʒ. i. ʒ. Ginger, Calamus ana. ʒ. 3. Galangale, Zeduary, of each one drach. and a half. Cloves one drach. temper all together. One may take thereof every morning the weight of two drachmes.

Some do take the four seeds confected with Sugar: others do let them to be all together confected with Sugar, that it might be so much the more pleasant to take. Some temper amongst it Cucumber roots, because that they (besides all their vertues) cause the winds to depart, and dry up bad humours. Item, take Licorice cut small one ounce, Galangal one quarter of an ounce, Calamus half an ounce, Mace three drach. Cinamom and Nutmegs, of each one drach. and a half, confected Annise seeds four ounces, Caraway, Fennel, prepared and confected Coriander, of each two ounces: cut all that is to be cut, and temper all together. Or take cut Licorice, prepared Coriander, Fennel, and Caraway, of each one quarter of an ounce, Gentian, Calamus, and Ginger, of each three drach. Pimpernel roots or the seeds, and Rue seed, of each one drach. cut all that is to be cut, and temper them all together, as before.

These foresaid stomachical compositions are very commodious for the common people, and also commodious for all the foresaid infirmities, but especially the Gentian doth expel all slimy and venomous matter of the stomach. This is to be used in the morning on tosted bread, mollified or soked in Wine, and to fast three hours afterwards.

In like manner you shall finde before in the first part the 12. Chap. and first § a good Medicine for the stomach, which may be well added unto these: Calamus and Cinamom tempered together are also special good for this purpose.

This Confection following is also highly commended for all feeble, cold and moist stomachs, as also for the strengthening of the Liver, Milt, Heart, Brains, and whole body: it increaseth Venery, maketh fat and merry, and is also good against the beating of the Heart. It is called *Electuarium de Citro*, or Confection of Citrons: Take Citron pills, Zeduary, *Doronicum*, Amber and red Coral, of each one drach. Silk-worms nests cut very small, red and white Behen, *Lolium*, Rosemary flowers, and Calamus, ana. ʒ. ʒ. two Hearts

Harts bones, and Pearls two scruples, Rubies, Jacints, Smaragdes, Marjoram gentle seeds, and Stechas floures, of each one scruple, small filed Gold and silver, Buglosse flowers, Tormentil, red Styrax, burnt Ivory, Basil seed, and long Pepper, of each half a drachme, Musk, and Amber, of each one scruple, dry mints, and mastick, of each two scruples and a half, conserve of Buglosse one ounce, white Sugar 18. ounces : seeth the Sugar meetly thick in Buglosse water, and so make a confection thereof. Marmalade with spices (as hereafter in the last part is described) is also commodious for this, for that it strengtheneth and warmeth the stomach marvellous well.

Another. Take Ginger one drach. Cloves, Galangal, and Cinamom, of each half a drach. Zeduary, long Pepper, prepared Coriander, of each one scruple, Annise, Fennel, Ameos, Spikenard, Cardamom, and mace, of each five grains, confected Citron pils, and Raisins (the stones taken out) of each one ounce, Sugar 12. ounces decocted in Rose-water : cut and beat the Citron Pils and Raisins, and temper the rest amongst them. Item, take prepared Coriander and Cinamom, of each half an ounce, long white and black Pepper, Cloves, Galangal, and Ginger, of each one drachme, Annise, Fennel, of each three drachmes, Saffron one scruple, Sugar twelve ounces ; make it (as before unto a Confection.

Take the whites of 24. Eggs sodden meetly hard, Hony twelve ounces, stir them apace a good while together, until it wax thick, afterwards put thereto half a drach. of Zeduary, Cinamom, Cloves, Spica, Licorice, Ginger, Pepper, Galangal, Roses, and red Saunders, of each one drachme beaten small. Hereafter shall be described in the description of the gravel a conserve of Horfe-Radish-roots, which is also very good for a cold stomach.

Item, take clarified Hony twelve ounces, clarified juice of Quinces one ounce and a half, Vinegar three ounces, seeth all these together until they be meetly hard, and temper amongst it half an ounce of Pepper, Ginger one drach. use thereof about the weight of half an ounce alwaies before meals : with this also ensuing may be made a plaister to lay over the stomach, to wit, Mithridate, Treacle, and *Diateffano*. They are also good for a weak stomach, for that they dry and further the digestion of the stomach, if one take thereof one drach. in a draught of Wine.

All confected things, as roots, Fruits, and all such like, which be warm of nature, are good for a cold stomach, as is confected Ginger, which not onely warmeth the stomach, but also all inward parts, and doth restrain the vapors from ascending and drawing up towards the head. Calamus is passing good for a cold stomach. Elecampane roots also strengthen the stomach, help digestion, drive out all venemous humidities, and warm the same. Confected Nutmegs do consume all moisture of the inward members, they do warm and strengthen the stomach, and are good for the digestion of the same. The like do also confected Orange pils, Citron pils, roots of *Eringus*, and Walnuts, all which be described in the last part of this our book of Physick. The herbs and flowers which be warm by nature, are Eyebright, which is also very good against all Agues that be caused of putrifaction. Conserve of Betony, and of Gilloflowers do the like also, if that one take thereof half an ounce or more daily before meales. They do also stay the ascending vapors of the stomach, and strengthen the same. The like also doth conserve of marjoram, Hyssop, Piony, Sage, Lavander, Spikenard, and Rosemary.

All aromatical Wines are much commended for this, not onely for the stomach, but also for other parts to be used outwardly. They do also take away the insatiable hunger. Secondly, there can be thought no better thing for the stomach than good old strong wine for common drink : But if the same cannot be had, then may be used in the stead thereof, some mead, or Hony water. In like sort also *Miva aromatica*, and other si-rupes more, which shall be described hereafter.

The rich and very dainty persons may also get Hyppocras made, whereof you shall finde many kinds described in the eight part ; especially this following called *Stelladia* is used much in *Italy*. Take Cinamom, and Cloves, of each one drach. Pepper, Grains, and Galangal, of each one drach. and a half, Cardamom one drach. and a half, one quart of Wine, Sugar or hony, as much as you please : make Hyppocras thereof, as is taught in the eight part.

Amongst the most used Wines made of herbs, are these ensuing warm of nature, Wine of Eyebright cleanseth the stomach of all humidity, withstandeth the Ague, and is of a temperate nature.

The

The Wine of Hyssop warmeth also the stomach, and all inward members. The like do also Rosemary wine, and Marjoram wine, which also provoke appetite. *Asarabacca* wine, and Wormwood wine, are very good, especially if there be any Mastick decocted in the common wine. Betony wine, and Gillsflower wine are very good against windiness. The herb Bennet wine and Clary wine are also very good for this purpose. Item, take Must as much as you think good, let it work four daies one after another, then put therein a small bag, with the leaves of the right wild Vine, and let them also work together as before, whereof will be a very pleasant wine. You have the like before in the second part, the sixth Chapter, and 5. §. of the panting of the heart through cold, a spiced wine, beginning thus: Take Ginger two ounces, &c. What a vertue also the Elecampane wine hath (which is very common), shall be amongst other discovered in the eighth part.

Here you have also some more such like drinks for a prooofe: Take sirupe of Mints, 3. 1. Cinamom water, 3. 3. 8. oyl of Cloves, 2. drops, oyl of Vitriol, 3. drops, temper all together. The oyl of Vitriol is very sharp and perillous, as is rehearsed in the description thereof.

Take water of Currans four ounces, temper therein as much Saffron as the bignesse of a Pease, drink it luke-warm in the morning, likewise also after noon and after supper: it is especial good against all pain of the stomach. The wine may also be tempered with Currans water. Item, see the Wormwood in wine or water, and drink it: it is very good for poor folks.

Item, in the second Part the fift Chapter and 5. §. you shall have a pectoral water, beginning: Take new Figs, &c. which also doth cleanse the stomach from all excessive humidity. In like manner doth also a forcible Capon water in the second Part, the sixt Chapter, and 4. §. which doth strengthen the stomach and the heart marvellous mightily. Charvel water, Larks spur water mixed, or each apart, strengthen the stomach.

The vital waters and other waters are very requisite also for this, whereof many be described in the eighth part.

Of sirupes which do strengthen the stomach. Sirupe of Citron peels doth strengthen and help digestion, sirup of Wormwood doth make appetite, sirupe of Mints is good for all diseases of the stomach which proceed of cold, sirupe of Fumitory helpeth all obstruction. *Oxymel Compositum* and of Squils be good to break all tough slime. Ginger and *Calamus* steeped in wine or Vinegar are also very good, if one eat a spoonful thereof. Some do put Gentian roots unto it, for such as can away with bitterneffe. Also twice a day you may eat six or eight peeled Almonds, therewith to dry the stomach, and every third day once to eat a few water Cresses tempered with wine. Also if there be any new Figs to be had, then eat four or five in the morning fasting.

Amongst all these foresaid remedies there be many which may be used as well to the old, as the new diseases of the stomach, like as each one may know for to rule himself thereafter.

What then belongeth to the order of life we have spoken thereof at the first: but if need were (whether it be of superfluous moisture, binding the body, or other debility of the stomach) to purge, then must good heed be taken of such things as be contrary to the stomach, and might distemper it: to wit, wilde Saffron seed, Polypody roots, and seeds of *Palma Christi*, (which are enemies to the stomach, and accounted but Quacksalvers remedies) but in this is providently to be dealt, and after the taking of some preparative potions, he is to use the last mentioned Sirupes, or these ensuing, and such like purgations. Take *Hiera Picra* one ounce, Turbith half a drach. Ginger one scruple, and three ounces of the before mentioned Wines. Make also a potion thereof: also there may be put into this a little Cinamom for the tastes sake.

Another.

Take of the Confection of *Diacatholicon* five drach. *Diaphenicon* two drach. sirup of Ireos and Rubarbe, of each half a drachme, Spica two grains: both beaten small, temper them with *Decoctione Frustrum* (which is described before in the third Chapter 5. §.) wherein some Spikenard is decocted. If you had rather use pills, then take pills *De Agarico*, *Hiera Picra*, or *Inda*.

Item, other that be lesse laxative, and do strengthen the stomach. Take *Mirobalani* *Chebuli*, and *Indi*, Rubarbe, Cinamom, Cardamom, Cloves, and Galingale, of each

one drach. Aloe one drach. and a half : these being beaten small together, temper them with the juice of Mints wherein *Agaricus* hath been four and twenty hours steeped : of these pills may one swallow two or three morning and evening, especially if the pain of the stomach have long endured. These following do strengthen and assuage the pain of the stomach : Take *Pillule Alephangina* one drachme, *Opii* and *Bevercod*, of each one grain, make five pills thereof with *Oxymel*. Item, take washt Aloe one scruple, and make two pills thereof : take them one hour before meat, and especially before that he be purged.

Pills which will not purge, but onely strengthen.

TAke beaten Mastick and the juice of Wormwood, of each a like quantity, set it covered close in a warm place until it be dry, that one may make pills of it, whereof every day two hours before noon, you may take one pill.

Now we will declare what is to be used outwardly for such bad stomaches : for which we have expressed many plaisters, as hereafter do follow. Take Pitch, and Rosin, of each one ounce, Mastick, Mints and Cloves, of each half an ounce, *Trochisci de Bolo*, and *De Terra sigillata*, Amber, Bloodstone, Dragons blood, *Hypocistis* and Mommy, of each one drachme. *Gallia Muscata* and red Styra, of each half a drachme, the juice of Quinces, as much as is needful for to make a plaister with it. This is not onely good for the stomach, but is also much better for that flux which cannot be stopt or stayed.

Another. Take red Styra, Spica, Squinant, Wormwood, Calamus, Mastick, of each a like much, temper them with old wine and the juice of Quinces unto a plaister, and lay it on the stomach. Item, take Mastick, Galangale, Zeduary, Ameos, Mints and Wormwood, ana. 3. ʒ. Turpentine and Wax, ana. 3. ʒ. temper them with the oyl of Mastick to a plaister.

Or take oyl of Mastick, oyl of Wormwood, of each one ounce, oyl of Mirtles half an ounce, Cloves, Cinamom, Galangale, of each half a drach. Lignum Aloes and Ginger, of each one scruple, vinegar one spoonful, Wax as much as will suffice. Another. Take Bayberries and Mastick, ana. 3. ʒ. Cinamom, Lignum Aloes, Cyper roots, Saunders and Cucubes, ana. 3. ʒ. Mints, Wormwood and Roses, ana. ʒ. 4. Spica, Mace, ana. ʒ. 1. *Gallia Muscata* 3. ʒ. 1. Galangale, *Calamus Comin*, Frankincense, ana. ʒ. 2. *Laudanum* one quarter of an ounce, Rosin and oyl of Mastick, as much as sufficeth to make a plaister : then spread it on a piece of leather, and so lay it upon the stomach.

Item, take Wormwood and Roses, of each one handful, Mints half a handful, *Calamus*, *Lignum Aloes*, ana. 3. ʒ. 1. ʒ. yellow Saunders, Galangale, and Nutmegs, ana. 3. ʒ. washt Turpentine with wine, ʒ. 2. Mastick, ʒ. 3. and oyl of Mastick, as much as is needful to make a plaister.

Another. Take the juices of Mints, Wormwood and Marjoram, of each two ounces, Frankincense and Mastick, of each half an ounce, Cloves, Mace, Nutmegs, of each two drach. temper them with Turpentine until they be thick, as a plaister ought to be, then spread it on leather, and cover it with red Syndal : you may also temper a little *Laudanum* amongst it, and so lay it thereon. Item, take Mints and Wormwood, of each one drachme and a half, red Coral half a drachme, *Laudanum* three drachmes, Wax an ounce, Turpentine half an ounce. First, melt the Wax, Turpentine and *Laudanum*, and then mingle the rest amongst it. Item, take the uppermost leaves of Wormwood, Mints, Roses, of each half an ounce, Cinamom, Galangale, Mace, Nutmegs, *Lignum Aloes*, of each one drachme, Mastick one quarter of an ounce, Frankincense one drach. and a half, and Marmalade three ounces : pownd all small which are to be pownded, and afterwards temper the rest in it with Malmsey. This so tempered, spread it on leather (as is said) and sprinkle it with beaten Cloves and Mastick, of each half an ounce ; then with oyl of Mints make a plaister thereof.

Yet another : Take Mastick, Cinamom, Cloves, Violets, Spica, *Lignum Aloes*, *Gallia Muscata*, *Calamus*, and Galangal, ana. 3. ʒ. 1. ʒ. red and white Saunders, prepared Coriander and Sorrel seeds, ana. 3. ʒ. 1. *Laudanum*, ʒ. ʒ. boyled Pitch (as is taught in the Introduction) ʒ. 1. Musk two grains, and then make it to a plaister with oyl of Mastick.

Another ; Take Mastick three ounces, Galangale, Ameos, Zeduary, of each half a drachme, dried Mints and fresh Wormwood, of each one drach. Turpentine half an ounce, pownd

pownd them all together, and temper them with the oyl of Mastick unto a salve, and spread it then on Fustian.

The plaister of Bayberries, which is called at the Apothecaries, *De Baccis Lauri*, is also specially commended for a cold stomach, it is made as followeth; Take Frankincense, Mastick and Myrrhe, of each half an ounce, new pownded Bayberries one ounce, Cipres roots, Costus roots, of each three quarters of an ounce, clarified Hony eight ounces: seethe it till it be thick, and then temper all the other things amongst it, and so make a plaister thereof. This foresaid plaister is not onely good against all pains of the stomach, but also for the bowels, for the liver, kidneys, bladder, belly, and all other parts of the body, where is any pain through cold winds. And how much more Cipres roots you put unto it, so much the stronger do you make it to expell the winds, and especially it is very good for the dropisie called *Tympanites*, a Tympany.

Item, take Cloves, Mastick, Spica, Galangal and long Pepper, of each one quarter of an ounce, Wax, Laudanum, Ammoniacum, of each one drach. oyl of Spikenard as much as sufficeth for a plaister.

Here followeth now all that is to be outwardly applyed upon the stomach.

Take a great Onion and make it hollow, and put therein Saffron flowers about one drach. and a half; this Onion must then be woond wet in towe, and afterwards roasted in ashes.

This being done, you are to make it clean, and stamp it to pap; lay thereof upon a cloth, the thicknesse of a finger, and then lay it upon the pit of the stomach, and as often as it is cold, take another again which is warm. This is passing good for a cold stomach.

Also you may seethe Mastick in wine, and of this Wine must you lay upon the stomach with a cloth, as hard as you can suffer it.

Item, unwashed Sheeps wool kemmed must you let soke upon thick red Wine, where in is oyl of Spikenard, and so laid warm upon the stomach, the same taketh away the pain of the stomach. Or steep the foresaid wool in oyl of Mastick, oyl of Wormwood, or oyl of Spike, then wring it out, and so lay it very warm upon the stomach.

Another; Take Ginger, Mints, Southernwood, Costus roots, to wit the sweet root, Wormwood, wild Thyme, and Mastick, of each half an ounce, Frankincense one quarter of an ounce Spikenard, Cloves, Lignum Aloes, Cassy wood, of each half drach. let all these seethe together in nine ounces of Sallad oyl and three ounces of good Wine, untill the wine be clean consumed; afterwards strain it through a cloth, and then lay it upon your stomach like as is before said.

For this is also very good Pellitory of the wall, with oyl of Spike, of Mastick fryed, one drachme, of Saffron put thereto; likewise a Swallowes nest boyled in Wine untill it be clean through mollified and dissolved, and so laid warm upon the stomach. Or take water of Mints, Wormwood, and Malmsey, of each six ounces, Cloves, Mints, Cinamom, Lignum Aloes, Galangal, of each half a drachme, temper them all together, and make a piece of felt wet therein, and so lay it warm upon the stomach, like as is taught before.

Item, cary upon the stomach a young naked child, or in stead of him a young naked Dog; they do both of them warm the stomach, and strengthen the same. The same doth also a Cushion of fine feathers: likewise also a warm hand holden upon the stomach. It is also found good to rub the stomach with vital waters. One may also make a cloth wet therein, and so lay it warm upon it.

Bags to be laid upon the Stomach.

Take Mints, Wormwood, wild Vine leaves, Rosemary and Penniroyal, of each one quarter of an ounce, Cloves four scrup. Nutmegs, Mace, Mastick, of each two scrup. Galangal half a drachme, Roses and prepared Coriander, of each two scruples, Galia Muschata one drachme, beat them all together grosse, and make a bag with it.

Another; Take Wormwood, Mints, wild Vine leaves, and white Mints, of each one drach. Cloves one drachme and a half, Nutmegs and Mace, of each two scruples, Galangal

Galangal half a drachme, prepared Coriander and Roses, of each two scruples and a half, Mastick, Cinamom, Calamus, of each one scruple, Gallia Muscata four ounces, Laudanum one quarter of an ounce; make thereof with red silk a bag to apply unto the stomach.

Or take this next following; Take Lignum Aloes, Wormwood, white Mints, Betony, Mastick, Frankincense, Cipres roots, Costus roots, Caraway, Fennel, Roses, and Briony, of each one drach. Jujubes, Mace, Cinamom, Cloves, Spica, Nutmegs, white and long Pepper, of each half a drachme, Calamus, Cassy wood, and red Corral, of each two scrup, this being all beaten grosse, make a bag thereof for the stomach.

Oyntments and Oyles for all cold Stomachs.

Take Oyl of Mastick, Wormwood, Spikenard, of each one ounce, Cloves, Mastick, Ameos, of each one drachme, beat them well together, and make an oyntment thereof.

Item, take oyl of Mastick, and of Wormwood, of each one ounce, oyl of Myrtles half an ounce, Cloves, Cinamom, and Galangal, of each half a drachme, Lignum Aloes and Ginger, of each one scruple; make an oyntment of it with a little Vinegar.

Or take Roses five drachmes, Wormwood one quarter of an ounce, Spica one drach. Cloves two scruples, long Pepper half a drachme, Mastick, rumbled Mints, of each one drachme, these being well beaten, then take oyl of Mastick three ounces and an half, oyl of Roses 3.6.β. Wax 3.1.β. (but the oyl and the wax must be leysurely molten together) and then temper the rest together unto an oyntment, wherewith you are to anoint all the breast very warm. And if it be in winter, and that the party must go abroad, then lay upon the breast anointed two or three leaves of writing Paper, for it preserveth natural heat, and defendeth the stomach from all outward cold.

Another; Take distilled oyl of Mastick, or in the stead thereof oyl of Camomil, Wormwood, Mints, Quinces, and Roses, of each one ounce and a half, Mace, Mastick, Nutmegs, Cloves, Cardamom, Grains, Galangal, and Lignum Aloes, of each one quarter of an ounce, red Corral, prepared Coriander, Roses, Mints, Wormwood and Camomil, of each two drach. and a half, crums of new Rie bread which have been steeped 24. hours in sharpe Vinegar four ounces; take them out and beat them to pap; afterwards melt three ounces and a half of Wax in oyl, and then temper it unto a salve.

Another which is used in Italy; Take oyl of the blossoms of Orenge one ounce, powder of Benfeine one drach. and a half, Cloves, Mace, of each half a drach. Laudanum one quarter of an ounce, temper them all to a salve.

Another; Take oyl of Quinces, of Spikenard and Mastick, of each two ounces and a half, red Styrax, Squinant, Cipres roots, red and white Corral, Roses, Mastick, of each one quarter of an ounce, Cloves, wild Vine leaves, of each half a drachme, Wax and Rosin, as much as is needful for to make a salve. This doth strengthen the stomach, withstandeth the wambling, and is also good for all humidity of the stomach.

Item, take oyl of Mastick, Spike, oyl of Quinces, of each three ounces, oyl of Wormwood one ounce and a half, Mastick, Cloves, Nutmegs, wild Vine leaves, Mints and Mirtle seeds, of each one quarter of an ounce, Wormwood, Roses, red and white Corral, of each one drachme with a little Wax, and make an unguent thereof.

Another; If one can get none other thing, then take green or dry Wormwood, seethe it in Sallad oyl with a little Wine, untill the wine be consumed, and anoint therewith the stomach.

Oyl of Mastick is thus prepared; Take oyl of Roses six ounces, good wine four ounces, of grosse beaten Mastick one ounce and a half: let this seethe together untill the Wine be decocted:

This oyl doth not onely strengthen the stomach, but also the brains, sinewes, joynts, and the Liver; asswageth all pain and all swellings in all the parts of the body.

To make Oyl of Quinces.

THis oyl of Quinces is also (next to the oyl of Mastick) very highly commend-
ed; for it is costly and good for all debilities of the stomach, it allayeth all
wambling, it strengtheneth the digestive vertue, and also the sinewes, &c. and it
is thus prepared: Take Quinces that be yet scant ripe, cut them with the Pils in
peece, and take out the seeds; then take juice of Quinces, of the one as much as the
other in a glasse, and powre into it as much oyl as there is of the juice, but rather unripe
oyl then other: this being bounden tight, then set the glasse the space of fifteen dayes
in the Sun, afterwards let it boyl two or three hours in water, and then wring it hard
through a cloth; this must be done three or four times one after another, and so kept
close stopp'd.

For a conclusion of this weakenesse of the stomach through cold, some do use this
brief mean. First, they do ordain a Clister made in this manner following; take Lin-
seed and fresh Butter, of each six ounces, of well washed Turpentine dissolved in Wine or
any decoction (wherein be much Annis seed sodden) one ounce; let the patient also
drink much of some decoction of Cloves, Galangal, Cinamom, Balsam fruits, and Cala-
mus: lay then lastly this plaister following upon the stomach. Take Rue one ounce,
Wormwood four ounces; this being beaten together, temper it with hony, and then lay
it warm upon the stomach.

Of the debility of the stomach through heat. §. 6.

IF so be that this weakenesse of the stomach, and bad digestion of the same be with great
thrist, without appetite, with sour fowl belchings, and with great drought of the mouth;
it is then very easily to be adjudged that the same is caused through heat. If there be *Cho-
lera* mingled amongst it, then followeth wambling and parbreacking, and that after the
taking of light meats, as Eggs, Fowles and other good flesh. The mouth is bitter, and
sometimes there cometh a shooting pain; he desireth all cold things, and all which is
hot goeth against him. The digestion of the stomach is strong, if the heat endure not
too long, which otherwise spoileth the same. These are the signs of the Gall or *Bilis*,
which troubleth or inflameth the stomach, and (as is said) molesteth the same with vomit-
ing and a sharpe scowring. Now for to remedy this pain of the stomach, it is to be
marked whether the sick person were not wont to cast, and if he were, he is then to use
this sirupe, which is necessary for it; Take the juice of soure Quinces eight ounces, white
Sugar four ounces, Vinegar two ounces, seethe them to a sirupe; this sirupe doth
not only cool unnatural heat of the stomach, but also strengthen it for to effect her work;
and expelleth the windiness of the same. For this is also very commodious the sirupe
of Verjuice, or *De Agresta*, which doth also the same.

Item, the sirupe of Pears, Peaches, and especially of Apples, which is described in the
second part, the 6. Chapter and 4. §. which be also these following that be made of the
juice of Bayberries, Sorrel, Roses, water Lillies, Lemons, Citrons, Myrtle seeds, and the
juice of Pomgranats. Item, *Oxyfaccara*; Julep of Roses and Violets, sirupe of Oren-
ges are also highly commended for this, which be every where described.

Item, sirupe of Roses laxative, *Oxymel*, sirupe of Endive and of Vinegar or these fol-
lowing; Take Endive, small Endive, and Lettice, of each one handfull, the seeds of Me-
lons, Cucumbers, Gourds and Pompions, of each one quarter of an ounce, Wormwood
one handfull, Roses, Violets, of each one ounce, peeled Barly one handfull, the juice of
Pomgranats four ounces, Vinegar three ounces, Sugar as much as you think good, make a
sirupe thereof.

Item, Hony of Roses expelleth all cholerick matter from the stomach; and doth
strengthen the same; and if it be needfull to use any purgation for this, then shall you
find good instruction for it where we shall treat of *Cholera*, but chiefly is Cassy commenda-
ed for it, because her cooling operation is very fit and meet for the stomach, for it clean-
seth the same from all moisture, and therefore are the confections of Cassy and Manna
which be described hereafter in the binding of the body, esteemed very meet.

Item, the Tabulates *Diasturbith cum Rhabarbaro* and a certain powder more, which

is expressed in the same place. Amongst the simples are Sene leaves the very principal, which have a property to purge the hot Cholera; the like doth also Aloe, Coloquint, the juice of wild Cucumbers, *Epythimus*, and twenty or thirty seeds of *Palma Christi*, which be very good, but that they be somewhat prejudicial to the stomach.

Esula is somewhat too strong, for if the same be not well prepared, then is it venome in the body. Lawrel and the flowers of *Mezereon* be exceeding sharpe and perilous to be used. The Polopdy root is very safe, but yet somewhat hurtfull to the stomach. The yellow Mirobalans above all other do purge *Cholera*, and loose very necessarily. There be of such laxative simples many more, but we have onely here recited here these simples for example, whereby to choose that which liketh him best, and to forbear that which is to be eschewed. When he hath purged, then it is counselled by divers that this Potion following be taken after it. Fumitory, Violets, Wormwood, of each one ounce; let these seeth so long in water, until about four ounces do remain of it. You are then to steep in this decoction one quarter of an ounce of yellow Mirobalans the space of a whole night, and being wrung out, then are you to temper amongst it one drach. or one quarter of an ounce of *Hiera Picra*, and in the morning early to drink it warm.

The order of Dyet.

THe patient is to be sustained with such meats as be somewhat sowre, and that have also an astringent vertue, as flesh boyled with unripe Pomgranats, or for sauce for his meat Verjuice, wine of Pomgranats, juice of Orenge, Lemons, and Prunes of Damask, Lettice, Purslain, both of them made sowre with Vinegar, and so used.

Barly pap, Quinces, Roasted Pears, or stued Pears strewed with Fennel or Annis seed, eaten after meals, do shut up the stomach; The like do also wilde dry Pears.

Before in the first part, the twelfth Chapter, and first §. you have an especial good stomachical powder which is very good for all pains of the stomach which proceed of *Cholera*.

Item, take Roses ten drach. burnt Ivory three drach. prepared Coriander seed five drach. give him half an ounce thereof with sirupe of Pomgranats, or sirupe of Quinces. For this, are also good these confections following, as Triasantalon, Diarrhodon Abbatist, Rosata novella, and Aromaticum rosatum which is wholly of a temperate nature.

Confecteds things which do cool the stomach.

THe Conserve of Raspes and of Lettice are both of them good for to cool the stomach; they make also a desire for meat, and do quicken the appetite. Musk pears do stay the vaporizing or fuming up into the head. All preserved Cherries, Barberries, Cicory roots, unripe Grapes, for what they be good, and how they are to be confected, shall sufficiently be taught in the last part. Item, take new conserve of Roses four ounces, sirupe of Apples as much as you please; temper them all together, and take half an ounce fasting in the morning. Or take Mastick one drach. Roses, burnt Ivory and Mints, of each half a drach. prepared Coriander one quarter of an ounce, red Coral one drach. and a half, Marmalad six ounces; make these with the sirupe of Apples a little soft, and stamp them all together in a mortar, and mix them all well together, Marmalades without spice (whereof be divers described in the last part) be also good remedies for the stomach, they stay the Flix, strengthen all inward parts, and make appetite. The conserves of Peach blossoms is also good. Conserves of Roses delay the sharpnesse of the cholerick matter which causeth vomit. Conserves of Cicory are also made for this.

Of the Trochisks these are special good, *De Spodio*, *Diarrhodon*, *De Camphora*, *De Barberis*:

And as touching his drink, he must eschew all strong Wine, and drink a smal thin Wine.

Cherry Wine cooleth and moisteneth the stomach and all inward parts through his temperate nature. Julep of Violets, and all other cooling potions may be used. Hereafter in the Treatise of Melancholy, there shall be described a very pretious Wine, beginning thus: Take pickt Currans, &c. which may be also very commodiously used for this.

Now for to come to the things which one may use outwardly, we will speak first of the plaisters, and describe some of them.

Take the juice of Plantain and Rose water, of each six ounces, Vinegar one ounce.

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red and white Saunders, red Coral, and prepared Coriander, of each one quarter of an ounce, Quince kernels, Sorrel seed, of each one drach. this being beaten small together, make a plaister thereof with Barly meal, yet let it not be too hard, and lay it on the neck of the stomach.

Another; Take red and white Saunders, Sorrel seed, bay berries, Quince kernels, and the juice of Quinces, of each one quarter of an ounce, oyl of Mastick one ounce; pownd all that is to be pownded, seethe it by a mild fire or on hot ashes untill the juice be wasted, then strain it through a cloth, and make thereof a soft plaister with Wax as much as is needfull for it. This plaister following is cooling and astringent.

Take Roses, burnt Ivory, Mastick, Coriander, Myrtle kernels, and the juice of Sloes; *Sandaraca* and Dragons blood, of each half a drach. Laudanum one quarter of an ounce; *Gallia Muschata* half a drach. Pitch and Rosin, of each three quarters of an ounce, Wax as much as is needfull for a plaister; let all these be molten together in $\frac{3}{4}$. of the juice of Quinces, and seethe it slowly untill all the juice be consumed, and it will be like to a soft plaister: it strengtheneth the weak stomach of heat, of Cholera, and of an Ague; it quencheth thirst, stayeth excessive vomiting, scowring, and also the pain of the stomach.

Out of all the foresaid things may you make salves with oyl of Roses, Violets, Quinces, and Mastick (which you please) untill that the salve be soft enough. In like manner is the salve of Roses also especially good for the heat of the stomach. The stomach is also to be anointed with this oyl following; as the oyl of Quinces, oyl of Mastick, and chiefly when there be Vine tendrels decocted therein.

Of Bags, Applications, and Fomentations for the stomach.

Take red and white Saunders, red and white Coral and Citron seed, of each one drach; prepared Coriander one drach. and a half; these being all stamped together grossly make a bag thereof.

Take Rosewater, Endive water, and water of Mints, of each twelve ounces, the juice of soure Quinces two ounces, of red and white Saunders, prepared Coriander, red Coral, and Roses, of each one quarter of an ounce, Wormwood half a handfull, wherewith you may foment, and put the decocted herbs in a bag, and so apply them to the stomach:

Of the debility of the stomach through drought. §. 7.

VHeresoever is any weaknesse of the stomach caused through drought (whereof hath been spoken at the first) it causeth great thirst drought of the tongue, and falling away of the whole body, as also contrarywise they find ease when they find moist things. In this disease is the patient to drink Milk and Barly water, for the same do cool, moisten, and cause the body to increase again. In like manner he is also to be fed with moistning herbs, as Lettice, Mallowes, and such like: also with Veal, Lamb, River fish, Eggs drest with wine are also good for him, for that they yeeld good nourishment. Item, there be very good and commodious Pullet broths drest with cooling herbs, Capon water, Marchpanes, and other things more, which before in the Consumption or *Phthisi* in the second part the fifth Chapter and 22. §. and afterwards in the sixth part of the Ague *Hectica*, are expressed, all which be prepared for to moisten. He shall also oftentimes bath before meals and after meals, but a good while after. His drink must be small wine. Rest is good for him, and much motion is hurtfull, he is further to rule himself in all things as for the Consumption, and as is taught for Ague *Hectica*. But in case there strike great heat into it, then use the salve of Roses and Saunders, the cooling salve *Galenii*, oyl of Roses, of Violets and Waterlillies, and such like. But this plaister following is highly commended: Take new sliced Gourds, Purslain and Willow leaves, of each two ounces, white Saunders one quarter of an ounce, Camphire one drach. Rosewater as much as is needfull: temper them and lay them upon the stomach. You may lay also a bladder of cold water upon the stomach.

But this is here to be noted, that the cooling things must be laid upon it in such manner, that the places adjacent about it, to wit, the Midriffe, the Liver, and the Milt, may not thereby be harmed, and lose their natural action; for which, it is also advised that when the same is perceived, that the same place be anointed with warm oyl.

Of the Scalding in the throat, and of the hartburning. §. 8.

Although this hartburning be caused diversly, yet neverthelesse doth the same come alwayes for the most part through heat, or through ascending vapors, through strong wine drunken, Spices, fat meats, and such like, against which these things insuing are to be used; to wit, conserve of Betonie, Gilloflowers, and the wine of both these: Also the first stomachical medicine described above in the 5. §. Item, Marmalade, and preserved sowre Peares. Some do hang about their necke for this disease the herb Agrimony. Others do hold in their mouth the stone in the Carps head. Others do eat five or six Peach-kernels, or bitter Almonds upon it, &c. of which every one may choose that which liketh him best.

Of inappetency or lost appetite, and whereby it may be remedied. §. 9.

OF all the foresaid debilities of the stomach, like as also in the diseases incident unto it, the Appetite commonly is taken away, except the infirmity of the unnatural hunger. Yea, there is sometimes such lothing of meats therewith, that they cannot abide to smell them. The causes thereof are divers; the first is heat, wherein the Patient hath very small desire to eat but great list to drinke, with drouth of the tongue, and lothing of all warme things; if it be mingled with *Cholera*, then is there alwayes bitternesse with it, with a wambling. Or if so be that there be any *Phlegma* with it, then doth the Patient alwayes find some kind of brackishnesse in the mouth.

Secondly, this may also be caused through cold, whereby the constringent vertue and taste of the stomach are destroyed. These are the signes; small thirst, much spittle and other filth about the mouth of the stomach; the Patient doth feele heavinesse or pinching. Otherwhiles he parbraketh some *Phlegma*, be it sweet or sowre he shall feel it in the mouth. All warme things are welcome unto him; cold things go against his stomach. This disease may also be well caused by eating too much cold fruit, or drinking of water.

Thirdly, the hot Agues do also take away the appetite. Fourthly, impostumes of the stomach, of the liver, and of the milt, which be not with out an Ague. These may be perceived by swelling and pain of the same parts, whose remedies are taught in the description of the selfe same members. Fifthly, this is also caused through a tough slimy matter which lyeth in the mouth of the stomach, and there doth take away the appetite. The signes of them are these; if one do cast up again all that he hath eaten, be it sowre, sweet, hot, cold, like as Olives, and such like. And albeit they do remain in the stomach, yet do they make great pain and distention. Sixtly, there appeareth a certain debility of the retentive power in the flesh, in the small veins, in the muscles, and other members, whereby (as behooveth) they cannot draw their nourishment unto them, so that the stomach may also thereby bear the lesse meat. The signs whereof are these; the Patient is meetly desirous of meat, but when the same is set before him then can he eate but very little of it. Seventhly, it is sometimes caused, for that melancholy very slowly or nothing at all hath his course towards the mouth of the stomach, which was wont there to excitate appetite to meat; which may well be perceived hereby, if he be given to eat sowre meats; by which meanes the appetite partly returneth again. The cause may also be wormes, whereof shall be spoken hereafter. Ninthly, it may well happen for that the Melancholy too abundantly runneth towards the mouth of the stomach, whereof the signs be vomiting of melancholick humors, and sowrenesse of the mouth, black colour of the face, debility of the stomach and heart. The tenth cause is, when women begin to bear, whereof the signs be sufficiently knowne. Eleventhly, the over hot time and ayr may likewise cause the same, like as doth also exceeding cold and much watching; which causes and signs may be learned of the Patient, & demanded of them that do tend him. Twelfthly, through great vexations of the mind, as anger, sorrow, care, anguish, great joy desire of Venerie, which cannot be obtained, as well as that which may be obtained. Thirteenthly, this lost appetite may be caused through any corruption in the stomach, which may be perceived through stench of the breath, or through the ordure. This is also otherwhiles caused by reason of the scowring called *Diarrhea* with intolerable stench. There be also many more causes: but the above said shall be sufficient unto us for this time. Now we will proceed to prepare remedies for those lost appetites, whereby otherwise, people might perish at length.

First

First, if so be that this lost appetite proceedeth through heat and *Cholera*, then is the Patient to be brought to vomiting, for that by reason that the matter is light and liquid, therefore may it easily be expelled, and for to prepare for the same, let the patient take *Oxysacchara* and syrup of Vinegar which shall immediately hereafter be described, and thereupon use this mild and gentle purgation.

Take Fumitory and Wormewood, of each two ounces, put them in water until that there remain about four ounces, then steep therein one ounce of grosse beaten Myrobalans one whole night, afterwards wring them well out, and so give it to him.

Also one may purge with the confection of *Triphe*ra and Rubarb. This syrup following is very much welcome unto the stomach; Take the juyce of Apples that be somewhat sowre, and the juyce of Quinces, of each eight ounces both well clarified, then seethe them together with eight ounces of Sugar unto a syrup, whereof every morning and evening give him two ounces at one time. Also Marmalade may be used alone. But if you would have it stronger, then take eight ounces of the foresaid confection, and temper it with a little wine; and when the same is a little cold again, then mix amongst it one ounce of beaten Roses, *Species Triasandali*, half an ounce, *Spica*, and *Lignum Aloes*, of each one quarter of an ounce. For this be also good, Services, Pears, Syrup of Mulberries, syrup of Vinegar, *Oxysacchara*, *Oxymel*, confection Coriander, Melon seed, and all that is sowre.

On the outside shall you apply as followeth: Take a Quince pear, cut it very small and take out the coare, and let the same boyle in oyl of Roses; afterwards beat it very small, and temper therewith the seeds of Butchers broome, Barberies Roses, and red Saunders, of each one quarter of an ounce, the Pils of Graps three drachmes beaten small, then spread it on leather, and weare it on your stomach.

Vinegar eaten with Lettice is also very good; so are also Quinces, a little Sorrel, Verjuice, Limons, the juyce of Citrons, Oranges, sowre Apples, Pomegranates, and Mulberries that are, and all, yet scant ripe. Also all they that have lost their appetite of eating, must beware of all fat flesh and meat, that is drest with much oyl and butter.

You shall have also a further resolution or advise in the sixt part, where we speake and discourse of Agues, what is needful to be done for the defect of the appetite.

But if so be that this lost appetite do proceed of cold, then are these preparatives to be used. The syrup of Citron pils, Wormewood and Mints, of each half an ounce, tempered in Barley water, and so drunken four or six mornings one after another.

For to purge use *Pillula stomachica*, *Hiera Picra* sharpned with a little of the *Trochisci Albandali*; this is passing good if one have a fowle matter stinking in the stomach. Afterwards he may take any of these confections ensuing, *Diacyminum*, *Aromaticum Rosatum*, *Diatrion*, *piperion*, *Diacalaminta*, and sometimes some Treacle; also Marmalade with spices, Green Ginger, and *Chebuli*; the stomachical powder which is described in the first part, twelfth chapter, and first §.

In like manner also the *Salsamentum Regium*, which is thus made; Take Fennel and Salsamentum Regium, Parsley seed, Cinnamon, Cloves, of each a like quantity; let them seethe well in Vinegar, then put unto the broth a good deal of Sugar, and so use it for all other meat in stead of sauce; This hath an especial operation to quicken the appetite.

For this may also be used Onions, Garlick, Spices, confection Cinamon, and Annis seeds, roasted and stued Peares sticke full of Cloves. And this salve for the stomach may also be made thus; Take Sallade oyl six ounces, Mints, Wormewood, Marjoram gentle, and Marsh Mints, of each one ounce, Nutmegs, Cipres nuts, of each one quarter of an ounce, Annis, Fennel, Cloves, of each half a drachme, white wine six ounces; cut and beat all grosse together, and so let it seethe until the wine be decocted away; afterwards wring it out hard through a cloth, and annoint the place therewith warme. Afterwards strew this powder following upon it; Take Frankincense and Masticke, of each half an ounce, Cypres roots one quarter of an ounce, Mints, Wormewood, and Nutmegs, of each one drachme, and then apply unwasht sheeps wooll upon it meetyly warme.

Forasmuch not onely here but in other places more, the syrup of Vinegar is specified: therefore we will here describe it after two sorts, like as the same is used at the Apothecaries: the first is called *Syrupus Acetosus simplex*, and is thus prepared. Take good sharp Vinegar three ounces, Sugar five ounces, clarify it with the white of an egge, and let the vinegar be decocted to a syrup. This syrup is very good against all corrupted humors: for it doth attenuate all thick slime, and causeth all tough matter to avoid, softneth

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the hard, and expelleth all bad humors: it openeth all obstructions, and provoketh urin; in fine, it is good for all bad corruptions of the body, and is also very good for all pestilent Feavers, for it quencherth the thirst.

The other syrup of Vinegar do the Physitians call *Syrupum Acetosum compositum*, or *Acetosum cum Radicibus*, and is made thus; Take fair well water about one quart, the rootes of Fennel, Smallage and Endive well clenfed, of each one ounce and a half, Annis, Fennell, and Smallage seeds, of each half an ounce, beaten grossely; let them seethe unto the half, then wring out hard all the liquor, and put thereto eighteen ounces of white Sugar, twlve ounces of strong Vinegar: seethe them to a syrup. This syrup doth cause grosse humors to avoid, and chiefly the cholerick slime which will hardly be expelled from the Lights; It openeth also all the oppilations of the Liver, Lights and Kidnyes.

Of the Wambling, and the loathing of meat. S. 10.

ALl they that have lost their desire and appetite to meate, have commonly such a loathing of all meate, that they can neither abide to see nor to smell it. This debilitie of the stomach do the learned call, *Subversionem*, *Fastidium*, *Nauseam*, and the Grecians *Anorexian*, which is, when all things do go against the stomach, and hath no delight in any, after which followeth wambling, and then *Atrophia*, when the Patient cannot sustain himself any longer. Also when one careth for no meat, and when the stomach is molested with continual wambling and parbraking, and yet notwithstanding cannot cast up, the body falleth away, and doth utterly come to the consumption *Tubes*; for this *Atrophia* is a spice of a consumption. So that these things, as inappetencie, or losse of appetite, wambling and loathsomnesse, do commonly depend on each other, and are almost caused of one manner of cause, therefore have we described them beside each other. The causes which provoke this losse of appetite and wambling, may well be these hereafter following, to wit, when one beholdeth some loathsome thing or any other filth, as when another vomiteth, whereby the imagination is moved, and the stomach also urged to vomit, and yet neverthelesse cannot by any meanes parbrake at all; as it cometh often to passe, when as any be stricken hard upon the stomach. Also the same may be caused through over great heat or cold; Also if one have overcharged himself with meat or drink, and chiefly with Porke, with Eeles, with water Fowles, and with excessive Wine, or such like, and then thereupon followeth no exercise, whereby such crudity might be digested.

These diseases may also be caused through some bad and slimy humors which are in the stomach, whether it be through mixture of heat, *Cholera*, or cold *Phlegma*, or otherwise; the which notwithstanding, how late soever that it be, do trouble the stomach, cause wambling, but not so forcibly that the stomach is able thereby to expell them.

The signes thereof are for the most part apparant to the eye, and to be enquired of the sick person. If it be long of the stomach, then is some heat to be perceived in the feeling of the stomach, which also is by the complexion augmented, as old age, the time of the year. And if otherwhiles there be somewhat parbraked or vomited up, and that the same cometh through cold, then causeth it neither thirst nor heat, the Patient desireth rest and quiet. If so be that it do come through heat or cold, then do come all things for the most part by the foresaid feebleness of the stomach, for which are the remedies here expressed to be used; yet is this here especially commended.

But if so be that this wambling or loathsomenesse do proceed of *Cholera*, with heat and bitterness of the mouth, drought of the throat and tongue, then prepare the matter with syrup of Vinegar, and with *Oxymel simplex*. The vomiting and purging must be brought to passe through these meanes following; take Violets, Borage flowers, and Buglosse flowers, of each half an ounce, 15. or 16. Damask Prunes, seethe them together with 18. ounces of water unto the half, then lay to steep therein a whole night, half an ounce of yellow Myrobalans, Rubarb, 3. 1. or more, afterwards wring it out very hard, and drink it betimes in the morning. After purging strengthen the stomach with syrup of Apples, of Pomegranates, or of Quinces which is made of Sugar. And for this is to be used also the confection *Triasantalum*, conserve of Roses, or *Rosata Novella*. First, he must eate Lettice, Purslain, and Sorrel, with Vinegar, and Strawberies if they be ripe. His meat must be tempered with the juyce of Sorrel, Orenge, and the juyce of Limons.

But if this wambling or this loathsomenesse do proceed of cold, then must the matter be prepared with *Oxymel diureticum*, or with syrup of wormewood, and with wine of wormewood

Wormewood, and afterwards must the patient be constrained to vomit.

For to purge must be taken *Diaturbith* or *Hiera Picra*, which is sharpned with a little *Esula* and Mastick; after purging, Marmalade with spices is to be used, and *Aromaticum rosatum*, *Diaplis* with Muscus, or *Letitia Galeni*. Also make a sauce of Parsly, Sage, Mints, Cloves, beaten together, and tempered with Vinegar. Moreover, all manner of other meanes are to be used to quicken the appetite. Outwardly is the stomach to be annointed with oyl of Mastick and Wormewood.

Plaisters and other things more which be fit for this, are to be found in the treatise of the debility of the stomach. But if this disease be caused through repletion of the body, then is the cure to be begun with letting blood, and afterwards to purge (whether it came through heat or cold), and so to proceed with other things.

Of Vomiting or vomiting through weaknesse of the Stomach. §. 11.

As we have spoken of the lothsomenesse of meat; so we will now make mention of the third, which is of the vomiting. This is partly a desire, and partly a constraint of vomiting. But to speak advisedly of it, there be two kinds of vomiting; to wit, that which is called of the Grecians *Anastrophe*, and of the Latinests *Inverso* (which is a turning upside downe of the stomach) wherein all that is beneath in the stomach is yeelded upward by vomit; the other manner of vomiting is called *Cholera*, or *Cholerica passio*; the which not onely with parbreacking, but also with a strong scowring doth take one, whereof we will now write. Concerning the first kind of vomiting, it is thus described; Vomiting is a motion of the stomach, whereby it doth cast upwards that which is grosse, and all that is hurtful unto it. The causes of this casting are many; namely, to strike on the stomach, to fall, or such like, or upon any other parts, which have some symphathy with the stomach, as the braines, and other strong motions. Item, when it happeneth to those that are upon the boysterous sea; or if there fall into the stomach any corrupted humors, and there destroy the digestion of the stomach. Also this parbreacking may be caused through some kind of meat which provoketh vomit, as we have shewed heretofore. Item, all things whereof nature hath a loathing, as Frogs and Snailles, &c. Also the Cough may otherwhiles be too strong, and so provoke one to vomit. Likewise also impostumes, tumors of the stomach, or the Lights; for nature cannot suffer, nor abide any matter. Lastly, all such vomits do come also through debility of the vertue retentive, and violence of the vertue expulsive, or if any one have taken needling roots, or any such like.

The signes of the parbreacking are these; when one beginneth to feel a wambling and when the lower lip begins to quiver, the uppermost intrailes begin to stirre, and feelee the pain of the head and heart; giddinesse, and when the mouth is full of slime; the which be for the most part all the signes, that the stomach is charged with *Cholera*. But if the causes of parbreacking proceed of outward things, then are they to be demanded of the sick person and of them that be with him. Or if any do come of any stinking matter which is in the stomach, that is to be perceived by the stench of the nrin, or by that which is cast up, or by the stench of the ordure, wherewith the matter is otherwhiles admixed, and the Patient shall well feel the same in his mouth, like as we have sufficiently spoken thereof already.

But before we come to the remedies of these diseases, it is first needfull to add some common rules for this parbreacking.

Whereof the first is that whensoever the parbreacking doth chance naturally, and the Patient findeth ease by it, that it is not then to be prohibited, in case that the natural strength be not thereby enfeebled, which is then to be holpen by all meanes possible.

The second rule is, when nature beginneth to expel by vomit all that is hurtful for her, that then it is yet more to be procured. Thirdly, persons that be narrow in the brest, and have a long lean neck, weak sight, and feeble braines, they are by no meanes to be brought to this vomiting. Fourthly, if one would have any body parbreak, which is very hard to be brought unto it, then is he first to eat much meat and other things, which causeth the humors to be loofe, and also to drink much whereby the vertue retentive is weakned, and the expulsive strengthened, whereby the vomiting may be more easily effected, but this is of no value for the Ague. Fifthly, rough and grosse things taken are not to be expelled through parbreacking, that the throat (through which the same is to passe) be not hereby

hereby bruised. Sixtly, the vomiting is very dangerous for the stomach. Seventhly, in them that have an impostume in the stomach, it is very dangerous to provoke vomiting. Eightly, odoriferous things are very acceptable unto the stomach, and assisting, especially when they be admixed with alimantal meats, therefore be they commonly joyned with those things that provoke vomit. Ninthly, to withdraw the matter & humours of these excessive vomitings, are the outward members to be bounden, to wit, the armes and legs, and also to set the feet in warme water. Tenthly, when it is seen that this vomit happeneth in a violent disease, after the manner of *Crisis* or ending of the disease, then is the same not to be stayed at any hand, if so be that it come not too vehemently whereby nature might be weakned, but then is the same to be cured with his contraries. Eleventhly, for this unmeasurable and excessive vomiting may the matter be conveniently drawne downwards by Clusters.

These now be rules which are to be observed in all manner of vomiting. When as the vomiting proceedeth of hot causes, which is presaged by the bitterneffe of the mouth, desire and longing for cold things, then is the matter to be prepared with *Oxyssacchara*, or such like syrups, and to provoke vomiting by drinking warme water, and oyl of Violets, and by putting a feather into the throat. But if the same will not be, then are you to purge, especially with yellow Myrobalans, and afterwards to strengthen the stomach, whereof we have given good advice before.

If the Patient be of a plethorick constitution, then must there be no neglect of opening the *Basilica*, for thereby shall the matter be diminished, and the whole body cooled. But the principallest things that be requisite for this, are Roses, Saunders, prepared Coriander, Violets, sour apples and Peares, Peaches, Quinces, Camphir, blossomes and pills of Pomegranates, Coral, Bolus, Dragons blood, the rindes of a medlar tree, Quince tree, Oke, and Plume tree; Vinegar, the juyce of Sorrel, sodden juyce of Quinces, the juyce of Medlars and of Services, syrups of Roses, Violets, Rasps, Citrons, Limons, Oranges, and such like. Of the foresaid things you may, if you please, make confectiions, Conserves, Syrups, Potions, or any thing else what you please. It is especially observed, that Purslain eaten with Vinegar, taketh away parbraking through heat. But there is to be layd upon the outside of the mouth and the stomach and pit of the heart, this plaister following; Tak the pills and blossomes of Pomegranates, the seeds of Butchers' broome, and of Myrtles, of Roses and Bayberries, of each half an ounce, Mastick, Mints, of each two drachmes and a half, *Lignum Aloes*, one drachme, juyce of Quinces and of wild Peares, of each a like quantity, or so much as is needful for to make a plaister with it. And to the end this may be the more piercing, mix therewith one ounce and a half of Vinegar, and then spread it on a cloth, and lay it thereon, as is sayd. But if the juyce of Quinces and wild Peares be not to be gotten, then take the juyce of Plantain instead thereof; Or heat Vinegar, and wet therein a peece of felt or a sponge, and so lay it over the stomach either hot or cold, and then lay on the top thereof a Rosecake, which is made wet over the vapor of Vinegar; but annoint the stomach before with the juyce of Mints, and then strew the powder, of Roses and Myrtle seed upon it.

Here before in the twelfth rule is spoken of a Clister whereof you have one here for example; Take Mallowes, Hollihock roots, Violet leaves, and Beetes, of each one handful, peeled Barley and Bran, of each half a handful, eighteen or twenty Prunes, let them see the, then take 16. ounces of this decoction, and put therein an ounce of Cassy, and of *Succo Rosarum* half an ounce; temper all together, and use thereof two or three one after another, until the powder be well opened.

But if the parbraking be caused through cold and *Phlegma*, and the patient do not vomit much nor often, and that nature be not much diseased, then must be given to the Patient *Oxymel* of Squils, *Syrupus de Calamintha*, or warme water, wherein Dill, field Mints, and Sage are decocted. And afterwards he is to purge with *Hiera Picra*, which is sharpened with a little of the *Trochisci Alhandali*, or with pills of *Aloe lota* or *Stomachicis* tempered together, or each apart.

Vomiting must be furthered or procured; and although to this end there be many medicines described, notwithstanding is this hereafter following not to be omitted; Take the juyce of Squils, the juyce of Onions, of each one ounce and a half, Sugar three ounces, see the these so thick that it will make Tabulats, or Sugar Plates, each of the weight of three drachmes. When you will use them, then dissolve them, and drink them, and then looke if you can vomit afterwards, the Squils have an especial power to vomit.

When

When as then the matter is thoroughly purged, then to comfort the stomach with sirup of Quinces, with *Mina*, and with sirupe of Mints and Wormwood. His meat must be drest with good Spices, his drink shall be good old and pleasant Wine. He must anoint the stomach with the oyl of Mastick, and with the oyl of Spike tempered together, or each alone, then strew thereon powder of Mastick, and lay a clean cloth upon it.

This plaister ensuing may also be made and prepared for the same; Toft white bread so hard that you may pown it, and temper it with Vinegar and the juice of Mints, put thereto one ounce of Mastick, more or lesse according to the quantity of the white bread, make them warm, and then temper therewith a little oyl of Spike and Mastick, and so lay it warm on the pit of the stomach. Or take tosted bread as before, and temper it with the juice of Mints, and strew halfe an ounce of this powder following upon it: Take Mints, Ginger, Wormwood, Cipres nuts, Cinamom and Spike, of each one drach. Frankincense, Mastick, of each half an ounce, and make a powder thereof; it warmeth, strengtheneth, and astringeth. There may also be made of this toresaid powder Confections, Plaisters, Oyls, and all whatsoever one will.

It hapneth also sometimes that with this vomiting a laske or flux is adjoynd. For to stay the same are these things following good, parched Cresses seed, Cipres Nut leaves, Myrrhe, Lignum Aloes, red Styra, Amber, Laudanum, Indy Spica, Spica Romana, Calamus, Cloves, Mints, Wormwood, Citrons, Lemons, Orenge, Frankincense, Mastick, Rue, *Agnus Castus*, tosted bread, Gallia Muscata, and Alipta, and almost all kinds of Spices. Also Treacle taken with the juice of Mints stayeth vomiting.

Item, make a plaister of Mastick, with a little sidden Turpentine, and lay it on the stomach; for this are you to set boxing cups upon the shoulders.

For this also is Marmalade with Spices very good, and preserved Quinces, and these are comon means against the vomiting through a weak stomach; but it through heat or cold. You shall also find many more described in other places of this book, amongst divers sicknesses, as before in the second part, the fifth Chapter and 2. §. is discovered for the spetting of blood, and such like. We will now passe over to another manner of parbreacking through *Cholera*.

For all diseases and slimes and filth in the stomach, I have used my vomiting potion with good successe, which is thus made.

℞. of castoreum, Angelica roots, ana. 3. 3. powder and searce them, and with hony make an electuary not to thin. Take thereof 3. ℞. or ʒ. 2. mix it with white wine 3. 4. or 6. Stibium powdered very fine ʒ. 3. or more, let them stand in a glasse Bottle, or viall four or five hours, then shake it together and drink it, and provide a fat Hen, seethe her in water with a crust of bread onely and let the party drink the broth off, as he vomiteth; and make thin posset ale to drink. If the party vomits not, put hony into some posset drink and it will make him vomit, for it is not good that the party should purge with this medicine, and not vomit.

Of Parbreacking or Vomiting, with the laske or Scouring, §. 12.

THis malady do the learned name after the humour whereby it is caused, *Cholera*. The later Physicians call it *Cholericam Passionem*, and it is thus described: *Cholera* is a very sharpe, troublesome, and heavy disease, which immediatly molesteth one with the Rheume, whereby vomiting, great flux, or scouring, Collick, pain of the bowels, and an Ague is bred. Or, *Cholera* is a violent sickness, with vomiting, great scouring or laske, with Cramp in the sinewes, Thighes and Legs, whereby all outward members are cold, and the pulse is small and slow.

Or *Cholera* is such a malady, whereby one immediately doth scour and rid upward and downward many kinds of humours and slime, with the meat; so that he detaineth nothing in his body. This sickness cometh first of spoyled and corrupted meat, which remaineth too long in some place of the body, as in the stomach or bowels, and therecauseth a bad alteration, and also giveth little nourishment. Also this sickness is sometimes caused of cold and waterish humours, which gather themselves together in the bowels, and in the stomach, that do debilitate the retentive vertue of the stomach above and beneath. But the sickness for the most part is caused through much *Cholera* and red gall, that do so lye and bite in the stomach and bowels, that within the space of one hour the

parbreaking and going to the stool do so haunt a body, that otherwhiles the strongest body on the third day is deprived of his life, and this is worse then all other. The signs of a cold cause are these, before the sicknesse be upon one, much windinesse is felt in the bowels: also some dayes before the sicknesse, he feeleth pain and shooting about the Navel, whereupon presently ensueth a vehement laske or flux, with vomiting of much slime and other illflavored matter. This is also the sooner caused, if the patient have used great store of Phlegmatical meats.

That which is caused through heat is hereby known; there falleth much Cholera into the stomach and bowels, with great and mighty parbreaking, and also with great thirst; and if one drink cold water, then doth the vomiting stay until that the water be warmed in the stomach. The flux is so vehement, the patient sometimes thereby swouneth, and also utterly looseth the pulse, with an unstedfast heat, and bereaving of his senses.

When as then it hapneth that one feeleth a continual pain in the stomach or bowels, with great heavinesse of mind, and perceiveth parbreaking and vomiting; then is such verily to be taken for Cholera: for this, there is to be given to the sick body luke-warm water to drink very often. And if so be that this parbreaking and scouring continue still, then give him warm water to drink again, as before, and that so long till you find that he have avoided some corrupted meats, slime, or some of the gall. This will free the Patient of more other sicknesses.

For this are more other things to be used; to wit, that expell this sharpe matter: so that *Phlegma* with things necessary for it, and *Cholera*, with those that helpe it, might be taken in hand, because parbreaking will be cured by parbreaking, and scouring by scouring. When as then the scouring is stayed of both ends, then is the patient to bath one hour long; afterwards to eat a little, and that light meat, because the stomach is very much weakned. After that, he is to eat a little Marmalade, which is tempered with prepared Coriander, and so go to sleep. He is to use this Marmalade as long as the scouring or parbreaking endureth.

His diet must be Hen broth, decocted with Verjuice, steeld Goats milk, Barly and Oaten paps, foddren Lettice and Purslain; but principally if there be any heat and bitterness of the mouth remaining: but if so be that there be any cold in the stomach, then are these herbs at no hand to be used. When as the patient beginneth again to feed well, then be good for him all field foules, and chiefly Partridges which have a proper hidden vertue to strengthen to stomach. Amongst other meats may well be used Lemons, Citrons, Orenes, Verjuice and such like.

Item, all sowre fruits, Services, unripe Medlars, sowre Pears, Apples, and Quinces. Also he shall eat (although not gladly) sops of white bread in the juice of Pomgranats; and if so be that he vomit up the same, yet must he take more again, and do this so long till that he do hold and retain it.

As long as he is not through whole, then is he to drink steeld water with sirupe of Quinces, or old conserve of Roses. When he beginneth to be whole, then is he to drink good relished wine, which is tempered with the juice of Pomgranats. And if so be that he parbreak it up, then let him drink of the same again, but a little at once, that the stomach be not overcharged.

Here followeth now what is to be used for this scouring and parbreaking, and chiefly when it is seen that these diseases do increase. For which one is not to be discomforted, but much more bestir him to help the sick person with these remedies following: First you must give him one or two drachmes of *Trochiscos de Olibano*, with water or juice of Pomgranats: and afterwards to bind his legs fast; like as is taught before against the parbreaking, when the vomiting getteth the upper hand; so must his arms likewise be bounden, when the scouring getteth the mastery. But above all, sleep is passing good. Item, Rose water laid very cold over the legs, or from the upper part of the legs downward wetted and washed therewith, and the feet set in it, is also very good.

In like manner is this plaister ensuing forcible to assuage the pain, and to warm and strengthen; Take rinds of the Medlar tree, of Quinces, and of an Oaken tree, the seed of Butchers broom, blossoms and rinds of Pomgranats, Myrtle seed, *Sarcocolla*, Mastick, Camomil, and Melilot, of each a like quantity; make a plaister thereof with the juice of Quinces, or of wild and sowre Pears, and spread it on a cloth. But if the scouring be stronger then the parbreaking, then lay it warm upon the belly. But if the parbreaking be sorest of all, then lay it upon the stomach. Others do make two plaisters, as hereafter followeth.

Take

Take *Laudanum*, Mastick, of each one ounce and a half, Frankincense half a drach. red and white Saunders, red Coral, seeds of Butchers broom, of each one scrup. yellow Rose seed, the juice of Sloes, *Hypocistis*, blossomes and pils of Pomgranates, of each half a scrup. beaten small together as much as is needful for a plaister; spread thereof upon a cloth, and lay a great plaister thereof over the stomach, before and behind upon the back about the Kidneys. Item, take the juice of Plantain and Rose water, of each three drachmes, Vinegar half an ounce, Mastick, Frankincense, of each half a drach. Lentil meal as much as is needful for to make a plaister withal.

Another called *de crusta panis*: Take Mastick, Mints, burnt Ivorie, red Coral, red and white Saunders, of each one drachme, Crusts of white bread two ounces: steep them half an hour in Vinegar, afterwards beat them all together, and temper amongst it oyl of Mastick and oyl of Quinces, of each one ounce, Barley meal as much as doth suffice for a plaister, and lay it warm upon the stomach. This taketh away the parbraking within the space of half an hour.

For this vomiting and scouring I have onely my vomiting potion mentioned in the 11. Chapter aforesaid. §. 4.

Hereafter follow more Salves and Oyles.

Take oyl of Mastick and oyl of Roses, of each a like much, temper therewith a little Vinegar, and anoint the stomach with it. Item, take oyl of Mastick, of Quinces, and of Mirtles, of each 3. ʒ. Roses, red Coral, and Mints, of each 3. ʒ. Nutmegs, Mirtle seed, of each two scrup. and a little Vinegar; temper them all with Wax, and make a salve of them or a plaister. You have a salve also here before in the tenth Chapter, and §. 5. beginning thus: Take Comin and Caraway, &c. which is especial good against parbraking being rubbed warm upon the Stomach and the Navel. You may also rub alone upon it the juice of Plantain tempered with Rose water: but to make it thick, mingle therewith Lentil meal. Take oyl of Wormwood 3. i. oyl of Quinces, Mints, and Mastick, of each 3. ʒ. Malmsey 3. ʒ. let them boyl until the wine be wasted, and when it is almost cold, then temper therewith *Species Diagalange*, *Aromatici Rosati*, *de xylo aloes*, of each 3. i. and Wax as much as sufficeth for a plaister. Item, take red Saunders and Roses, of each one quarter of an ounce, *Gallia muscata*, and Camphire, of each 3. i. Rose water six ounces; temper, and then lay it on the belly; for it asswageth and cooleth. Item, Rose water alone made cold in snow, and laid upon the belly, and when it is warm, laid cold again upon it, is very commodious for this purpose.

Another. Take Bayberries, Medlar leaves, Frankincense, Tormentil, grosse Marjoram, (or them that one can best get) of each half an ounce; cut and see the in red Wine, and afterwards lay it as a warm plaister upon the stomach with Tow wetted therein: This is especial good for all them that cannot keep in their meat. This ensuing is also accounted to have a marvellous operation: Take the juice of Crabs, make a double cloth wet therein; if his body be hot with an Ague, then lay it cold upon it; but if the body be cold, then apply it luke-warm upon it. Item, take toasted bread beaten small four ounces, Mastick one quarter of an ounce; make it meetly hot, and lay it warm in a bag upon the stomach: It taketh wind away, and also the Collick in the belly.

Another. Take Roses, blossomes of Pomgranates, of each one handful and a half, *Gallia muscata* 3. i. ʒ. the juice of Sloes, Mirtles, Frankincense, of each 3. i. Wormwood, *Hypocistis*, Cypres roots, Cloves, Mastick, of each 3. ʒ. red and white Coral, *Spica*, of each 1. ʒ. toasted bread 3. ʒ. Camphire 3. ʒ. beat it small together, and then put it into a bag, and so apply it.

In the mixture of other things is oftentimes mention made of the *Trochisci* of *Gallia muscata*, or *Alipta muscata*: And because that their description is but brief, we wil here adde it unto the rest.

Gallia muscata is made thus: Take Lignum Aloes five drachmes, Amber three drach. Musk one drachme, Dragagant dissolved in Rose water, as much as sufficeth for to make *Trochiscos* with it, and keep them well. The *Alipta muscata* is thus prepared: Take pure Laudanum four ounces, liquid Styra one ounce and a half, red Styra one ounce, Lignum Aloes half a drach. Amber one drachme, Camphire half a drachme, Musk half a scruple, and a little Rose water, and prepare them thus: In the Dog dayes must you set the Styra and Laudanum with the Rose water together in the Sun, let them there dry together

together until they be hard as dow; afterwards stamp them in a mortar, and temper the rest amongst them, then form Trochises of them, and keep them very well, like as you do the other. For this parbraking is also used fomenting upon the stomach; therefore make or chuse your self that which you desire of these things which be prescribed. Take the things which we have ordained for the first bags beaten grossly, seethe them in the juice of Quinces, and in Rosewater, of each six ounces, red thick Wine eight ounces, Vinegar two ounces; make therein a cloth or sponge wet, wring it well out, and hold it very warm upon the stomach.

Another; When the stomach is utterly spoiled, so that the patient can neither abide meat nor drink, then may it be strengthened again with these fomentations ensuing. Take Balm, Wormwood, grosse Marjarom, field Mints, Fennel, and Dill seed, of each a handfull, Mastick, Galangal, Nutmegs, Squinant, Myrtle seed, and Coriander of each three drachmes, wild Vine leaves and the blossoms, half a handfull; beat all grosse together, and seethe them in thick wine, and use it as aforesaid. Item, take garden Mints, Balm, Wormwood, and Roses, of each one handfull, Camomil, wild Vine leaves, Betony, Rosemary, of each half a handfull, Calamus half an ounce; beaten all together grosse, put it into two bags, each one quarter of a yard long; then seethe them in red Wine, and a little water, and then laid upon the stomach, sometime the one, and sometime the other. This fomenting must be so continued the space of a quarter of an hour, and afterwards are you to use the prescribed salve with the spices, and wear one of the foresaid plaisters upon it.

But if so be that the scowring or lask of the belly will not stay, then must boxing cups be set upon the shoulders unpickt, and taken off and on. The like is also to be done for continual vomits, and to set a great cup upon the Navel, to the end thereby to draw the matter downwards; And in case that the sick body can sleep with these cups so fastned, it is so much the better. There is also oftentimes to be holden before his nose, Saunders, Roses, and such like things for to smell unto them. Also some doe counsel to take for this scowring (if it continue) the stalks of Tamariske being scraped clean, and to powder them, and then put thereto as much Harts tongue as these foresaid powders, the quantity of two handfulls, pouring then upon it three pints of wine; of which wine he is always to drink his first draught sitting at the table. This wine is also especial good for the Milt or Spleen.

If there befall swooning, then must there be given to the sick body two graines of Musk tempered in Wine, for this strengthneth much the vital spirits. In like manner is Hen broth and Lamb broth good for him, tempered with a little of the juyce of Quinces. Let the Patient also have rosted Pullets cut in peeces under his nose; for the smell thereof doth much comfort. Also let him chew Frankincense, and swallow downe the same treatably. At the last temper together fine Bolus and Camphir, of each one scruple, and temper them with old wine, and drink it; it doth coole and strengthen the stomach.

All that is hitherto rehearsed, is to be used whilest the parbraking yet endureth. But if it stay, and the stomach begin to retain the meat, then is the Patient to drink good and old strong wine, and compose himself to sleep, and also take of the *Trochiscos de Olibano* the weight of half a drachme, which is thus prepared.

Take fine Bolus and frankincense, of each one ounce and a quarter, Cucubes, Cardamom of each two drachmes and a half; Camphir, *Gallia Muscata*, Cloves of each three quarters of an ounce, make thereof *Trochiscos* with old Wine; these are especial good against parbraking. Item, take the juyce of sower Pomegranats as much as you please, and when it hath stood one night, and the clear is poured off, then seethe it to the thicknesse of Hony. When it is taken from the fire, and whilest that it is hot, put some Mints unto it; so let it cool, then take out the herbs again. This may be used warm, or how one will, and is called at the Apothecaries *Rob de granatis*. After the same manner you may also make *Rob* of the juyce of Quinces. For this is also requisite the sirupe of Verjuice, and of Mirtles. But if so be that there cannot be gotten any of the foresaid things for the foresaid sirupes, then take Wine, Plantain, and Rose water.

Now for as much as in this our Method we are come to the Lask or Flix of the belly, which is commonly caused through a weak stomach and diseased Liver, therefore it is now requisite that we discourse of all other sorts of Lasks whatsoever; but first of all we will make a general discourse of them.

Of the Flix, Lask, or scouring by stool. §. 13.

First, it happeneth often in hail people, who have a plethorick body, and do eat and drink much, that they get a Lask, which cometh not often upon them, continueth not long, also not otherwise then of a strong nature, who seeketh to unburthen her of superfluities, like as it cometh to passe, that thereby the patient findeth great ease. This scowring hath no need of any remedy, unlesse it be caused of over great weaknesse, for the which the same counsel is to be used which is prescribed against the flix of the belly *Lienteria*, so that at this present there is nothing more to be written thereof. If so be then that this scowring of the belly be token for a disease, then is it first to be understood, that the same is caused through many inward members of the body, and also of divers other causes, like as shall be hereafter taught immediately, that the same cannot be ascribed to any one thing. And for that we should not describe this kind of lask by peece-meal here and there, we will now here ascribe this flix to the stomach (as is already expressed:) the which if it be no evident cause of this scowring, yet notwithstanding it is a great help to the same: we will then afterwards adde unto it all that appertaineth unto it, as the constraint to the stool, and binding of the body, and all that is good for it. But first of all we must here rehearse certain rules which are to be observed for all sorts of lasks: whereof the first is, that no scowring or lask is to be stayed before the fourth day, if so be the Patient be able to suffer the same without extreme faintnesse. Secondly, when you will ever use astringent remedies, then must the same be alwaies done before meat, to the end that the meat which is taken after them might be stayed until it were digested. Thirdly, this is to be noted of all binding-meats, of Chestnuts, and such like. Fourthly, when the lask is of heat, then are the remedies to be used which are cold of nature, and for the scowring of cold, contrary remedies. And because that in the cold scouring the digestive vertue is very feeble, warm things are to be used, according to the importance of the case. Fifthly, if so be that there do come a cough to this scourings, then are all sower things to be forbore, and all those which bind much. Sixthly, it is very good for all lasks to force the body to sweating, and to anoint it much with oyl of Camomil and Dill, thereby to draw out the matter, and to open the pores. Seventhly, cups are to be set upon the belly, and kept upon it four hours long. Eightly, he is to be restrained and kept from all Fruits, except Chestnuts, which may bind if they will. Ninthly, rest and sleep are especial good for all flixes; so is also contrariwise bad, great labour, and other motions of the body. Tenthly, when, as in the red or bloody flix the uppermost guts are excoriated, then is the remedy to be ministred in at the mouth: and if the lower guts be perished, then must Clifters and suppositories be ministred beneath. Eleventhly, if the excoriation of the bowels be above and beneath, then are the remedies to be used above and beneath.

And that we may come to the original, the learned do name three Species of flixes or lasks; as namely, *Lienteriam*, *Diarrheam*, (under which is contained the fluxe of the Liver) and *Dysenteriam*: but what difference is between these lasks, that shall in their proper description be declared.

First, this is here alwaies to be noted, that all Lasks be moved of inward or outward causes, as unhealthy meats, unruly life, eating of any venemous things, also heat or cold of the time. The inward causes may proceed out of the head, as if any humors do fall out of the head into the lower parts of the body, be it into the stomach, or into the uppermost or undermost bowels: likewise also into the small veins *Mesaraica*, into the Liver, Milt, and sometimes also into the whole body, like as when the same is too full of humours, or too much wasted away, even as it may be seen in the consumption *Phthisi*, *Hectica*, and the pestilent Fever, out of all which the expert Physicians do take and discern sundry signes and observations.

Of the Lask Lienteria of Cholera and heat. §. 14.

This is an infirmity of the retentive vertue of the stomach, with the illperinesse of the guts, whereby it hapneth that the meat taken very suddenly without digestion, like as it was received, passeth away by the stool.

The cause of this scowring may be great cold and moysture, which doth so benum natural heat, that the meat cannot digest, neither can the stomach retain and keep it.

Contrariwise, may this lask be also caused through outward heat, which doth so dis-
cusse the natural warmth, and cause it to evaporate, that thereby the digestion is utterly
overthrown. In like manner also, this fixe cometh through stripes, falls, thrusts, and
bathing in cold water, distemperature of the stomach, and of other parts, debility of the re-
tentive and strength of the expulsive vertue, a cold complexion, (for that it is seldom cau-
sed through heat) impostumes of the stomach, which expelleth the meat and drink, as
things whereby the stomach is hurt. Item, it doth also come to passe, that the bowels be
too slippery, or that there is too much meat, or that it be hurtful, whereby it doth make
a great disturbance in the guts.

If so be that the meats be not kept or holden in the stomach, but before the due time,
without great alteration, though the laske be expelled, with a gnawing in the stomach,
and with thirst, and when before meat there commeth forth a little corrupted matter;
then may it be well concluded that it is *Lienteria*, which is caused of *Cholera*. To cure
this, and all other scowrings (of whatsoever causes they proceed) this common rule fol-
lowing is to be observed; to wit, that all those things wherewith you purpose to stay it)
are to be used before meat, then doth the same presse the meat downwards, and increas-
eth the laske, like as in the former 13. S. hath been taught.

But to proceed with this laske (wherein the meat is not digested) first give to the
sick body the juice of Pomegranats, burnt Ivory, and Roses, of each one drachme. For
this is also good, boyled Verjuice, Rasps, Butchers broome, and the juice of Quinces:

Whilst that the body is strong enough, and the sickness hath not as yet gotten the
mastery, and that he may tolerate it, then must the *Cholera* be purged, and especially with
yellow Myrobalans, afterwards he is to use cooling, astringent, and binding things, and
to be forbidden all that is hot. These syrups ensuing are passing good, as nameli, sy-
rup of Verjuice, Quinces, Pears, Apples, Pomegranates, and Rasps, moreover certain
Simples also which are worthy to be remembred; like as *Hypocistis*, blossomes of Pome-
granates, Gals, juyce of Sloes, Roses, Araby, Gum, sealed earth, fine *Bolus*, burnt Ivory,
Camphire, Pomegranat seeds without juyce, Purslan seed, seeds of Sorrel, Coriander,
Plantain, and Myrtles, the yellow seed of the Rose, Saunders, Coral, Dragons blood,
Poppy seed, Horserailes, Knotgrasse, wilde Vine leaves, the juyce of sharp Plantain and
the seed, and chiefly when they be parched, and such like more.

The fruits which are fit for this didease be Quinces, Services, Medlars, wild Peares,
black Cherries, unripe Mulberies, and such like Fruits more, which do bind and coole;
You may also give *Trochiscos de Spodio*, two or three drachmes, mingled with the water of
Knotgrasse, or Plantaine, and because that we have before spoken much of them, and
shall be used often hereafter, we shall here learne how to prepare them; Take Roses,
burnt Ivory (which is *Spodium* whereof they have their name) Sorrel seeds, the seeds of
Butchers Broom, blossomes of Pomegranates, and Gum of Araby, of each alike quanti-
ty; make thereof *Trochiscos*, each of the waight of a quarter of an ounce, and give it them
to drinke, as is said, with one ounce of the juyce of Quinces.

Another; Take Roses one ounce and a half, burnt Ivory one ounce and a quarter, the
the seeds of Sorrell three quarters of an ounce, Purslan seed, prepared Coriander seeds,
and peeled Butchers broome seed, of each two drachmes and a half, Starch, blossomes of
Pomegranates, and Barberies, of each one quarter of an ounce, parched Gum one
drachme and a half, temper all together with Verjuice. These *Trochisks* are good for all
Agues which be caused of *Cholera*, and that have a laske admixed, also for all tumors of
the stomach, and continuall thirst.

Other *Trochisks*. Take fine *Bolus*, sealed earth, Coral, Saunders, Sumach, Barberies,
Quince kernels, blossomes and Pils of pomegranats, Gals, of each one drachme, beat them
all small together, and temper them with the juyce of Plantain and of Wormewood, and
then form them into *Trochiscos* when you will use them; then take a drachme or twain
thereof with milk wherein glowing pipples are slaked. But if then this scowring and the
Ague do not wear away with all the use of these foresaid things, then take fine *Bolus*,
sealed earth, and burnt Ivory, of each one quarter of an ounce, Amber, Roses, blossomes
of Pomegranates, the juyce of Sloes, *Hypocistis*, and Cinnamon, of each one drachme and
a half, make them into powder, take thereof five drachmes, Buttermilk six ounces, and
give it him at one time, to wit, before noone.

If so be that the stomach be hurt through the cholera, (which may be perceived hereby,
if there come any corruption or matter with the stoole) then take Barly water and Hony
water

water of each three spoonfulls, and give it the sick body to drinke; it cleanseth all that is excoriated. Afterwards he shall use this following to heal withall; Take dragagant, Gum, Mastick, Frankincense, Amber, of each one drachme, stamp all these into a subtil Powder, and make thereof Pills with the juyce of Wormewood, whereof he isto take twain every morning.

Plaisters are also very requisite for this, whereof here follow twain; Take the juyce of Medlars, Services, green Pomegranate Pills and the flowers, of each one ounce 15. or 16. Prunes, whereof the stones be taken out, the juyce of Quinces, red Wine, of each six ounces, Oyl of Myrtles and Quinces, of each three ounces, Mastick, Colophonia, yellow Rose seeds, Sloes, and Rye meal, of each one quarter of an ounce, the middlemost pills of Chestnuts, three drachmes, Wax as much as is needful, and a little Vinegar; spread it on a cloth and lay it over the whole belly.

The second. Take the juice of Plantain three ounces, Rose water Vinegar, of each one ounce, Butchers broome seed, Barberies, Myrobalans, *Chebuli Indi*, *Embilici*, *Bellirici*, *Citrini*, of each two ounces, red Coral, red and white Saunders, yellow Rose seed, Mastick, of each one drachme, blossomes and pits of Pomegranats, Gals of each half an ounce, Lentil meal as much as is needful for to make a meetly soft plaister. This plaister is of a marvellous operation if there be any unnatural heat with the lask.

His dyet is to be all manner of fowre and cold things, wherewith he must also dresse his boyled and roasted meats. He must temper his drink with Rose water wherein Butchers broome seed hath been steeped; parched Rice decocted in Goats milk, and parched Barly sodden in Almond milke are very requisite for him. All that which is hot of nature, and is laxative must he forbear; as also all that doth augment *Choleriam*.

But if this scouring be caused through weakenesse of the retentive power, be it of the stomach or of the bowels, then are those parts to be comforted, and that with odoriferous and binding medicines, as followeth; Take Cyper roots, Mastick, Calamus, Smallage, and Comin (which hath first been steeped in Vinegar) Gals, Cyper nuts and the leaves, Myrtle seed, Raisins stones, dried Pomegranate kernels, Frankencense, and Mastick, of each a like much; make a powder thereof, and give it in the morning fasting, to drinke one quarter of an ounce, with good wine or steeld milk. Outwardly annoynt the stomach and the whole belly with oyl of Mastick or Wormewood, and weare upon it a plaister of Mastick; He is also to use Marmalade.

But when this scouring causeth no gnawing or griping in the stomach, nor yet yeeldeth any corrupt matter from it, but onely a tough slimy substance, and when there is no great thirst with it, but only some belching; then is it a certain signe that this scouring is caused through *Pblegma*. For this the Patient is to use all such things as extenuate and loose the slime, as Mustard seed, salt fish, and such like. Afterwards shall he force himself to vomit, with salt, Vinegar, sodden hony, or with some other thing, which expelleth flegme. And if that will not suffice, then use this following.

Take Aloes one ounce, the inside of Coloquint, and Indie salt; of each half an ounce, Turbith one drachme; make Pills thereof, and you are to take of these but one Pil at once. For this disease are the purgations commodious, which hereafter be described against the pain of the stomach through *Pblegma*.

Some other doe write a more proper cure, to wit, Take Syrup of Wormewood and Mints, of each three ounces, temper them, and drinke thereof at each time two ounces, with three ounces of the decoction wherein Pease, Mints, and Spike were boyled. Afterwards, purge with the Pills called *Stomachia*; Also use vomiting herewith, as is before rehearsed; for it is very commodious in this case, if it weaken not too much. For his meat he is to use all dry things, as roasted field fowles, and chiefly roasted Larks, Turtle doves, and such like as do not suddenly passe away; yet alwayes a little at once, and no more then the stomach is well able to bear.

This medicine following is not onely for *Lienteria*, but also for the lask called *Diarrhea* very good; it deraineth the meats received in the stomach, which also with the bowels; it doth warme, strengthen and dry.

Take Cyper nuts and the leaves, dried Mints, Mastick, Frankincense with his rindes grosse Cinamom, Mace and Galangal, of each three drachmes, Cresses seeds, Comin and prepared Coriander (altogether a little parched) of each half an ounce, *Laudatum*, are *Syrax*, *Ambra*, Citron Pills, of each one drachme and a half, *Lignum Aloes* and *Spina*, of each one drachme, make thereof Trochisces of the weight of one drachme and a half, and

give the Patient thereof at every time, as wel before dinner, as before supper, with some milk, wherein pibble stones be flaked. Also you may minister of this powder alone one drach. or to make a confection of it with Sugar.

This Patient is also to use some sower and salt things before and after meat, as Capers and olives, which be requisite also for this purpose. For these cold flegmatick scowrings be these simple, warming, and binding remedies very good: parched Comin, Ameos, Annis, Frankincense, Myrrhe, Styrax, Mastick, Nutmegs, Cypres nuts, Laudanum, parched Rubarb, Wormwood, Mints, Lignum Aloes, roots of Cypres, Bucks and Hares rennet. Of confections and confectioned things he may use confectioned Ginger, Diagalanga, Diatrion pipereon, de Cymino, Marmalad with Spices, and sometimes Treacle and Mithridate. Item, there is also very profitable for this, strong Wine, as Muscadell, Malmsey, and such like, and otherwhiles a good pull, or harty draught drunk thereof.

But for a common drink he shal use cleer white Wine, which is meetly strong, which can well heat and dry the stomach.

Hereafter be many things described, which may be used with advantage for this scowring, with this condition alwaies, to discern warmth and cold.

Of the Lask Diarrhæa. §. 15.

THis looseneffe of the belly is thus described; *Diarrhæa* is a watrish Lask, with griping, but without excoriation of the bowels, and without heat, caused diversly, whereby the body is consumed and diseased. This scowring is caused of all humours of the body, that is, of Blood, *Cholera*, *Phlegma*, and of *Melancholia*, and proceedeth not alwaies from some particular part of the body, but rather from the whole body, as through weaknesse of nature, in such as let hands and feet fall through great weaknesse.

The learned do discover six kinds of causes of this *Diarrhæa*; whereof the first is caused of the Gall and the Liver: the second of the stomach onely, but sometimes out of the Liver also, which two are the principallest members, amongst which the other four be comprehended. Thirdly, this scowring is also very wel caused through the obstruction of the small veins which are called *Mesaraica*. Fourthly, of the Milt. Fifthly, this Lask is also sometimes caused of the brains. Sixthly, through windinesse, whereof we shall hereafter write more at large.

When as now this scowring is caused of the Liver and Gall, then is *Cholera* very abundant; or if the same be but very little, yet is the same so hot and so sharp, that nature cannot abide her gnawing and heat, but seeketh to expel the same by all means possible, so that the perfect digestion might not thereby be weakned: therefore you have for this first infirmity these signs following, to wit, when the meat digested passeth away with a subtile, ill coloured and whitish watrishnesse, then it is a sign that the Liver is feeble and overcold. For this, there is to be given to the Patient the confection of Iron dross, which is *Scoria Ferri*, or some other things, which warm the Liver, and strengthen it. For which, you shall find here before sundry remedies, where we have spoken of *Lienteria*, which do warm and strengthen the inward parts in such like lasks, which you may use at this present, each alone, or mixed: here follow the remedies which be requisite for this intent.

Take *Trochiscos de Spodio*, Rubarb, and winter Cherries, of each one scruple, beat them all small, and make thereof with Agrimony water six or seven pils, take them every morning with Smallage water. Item, take Mirtle seed, and Nut blossoms, of each one drach. Amber, Zeduary, of each one scruple, beat and temper them all together, and part them in five equal parts.

This plaister following is also to be prepared; Take Annis, Comin, Cresses seed parched together, and Frankincense, of each 3. drach. the juice of Wormwood 3. i. β. Rose water two ounces, strong Vinegar one ounce, beaten Cypres nuts, as much as sufficeth for to make a plaister with it; these being made, then lay it warm upon the Liver and stomach, and upon the parts adjoyning.

You may also use this salve following; Take oyl of wilde Roses one ounce and a half, oyl of Spica one ounce, Mastick and Rubarb, of each one drach. a little Wax, melt the same in the oyles, and when it beginneth to cool, mix the rest with it.

Item, take Spec. Triasantali one drach. fine Bolus, *Trochiscos de Spodio*, of each half a drach. Mastick one scruple, oyl of Wormwood, of Capers, of each half an ounce, a little Wax, make a salve of them.

But

But if this scowring do proceed of heat, then are cooling and binding medicines to be used for it, like as here before in *Lienteria*, where is sufficiently discovered *Triasantali*, *Diapenidionis*, of each one quarter of an ounce, red Corral, and prepared Coriander, of each half a drachme, Quince kernels, Sorrell seed, Raisin stones, of each one scruple, Cinnamon, Frankincense of each five graines, Conserve of dry Roses one ounce, Rose water two ounces, white Sugar nine ounces; seethe the Sugar in the foresaid water, and make a confection of it. Item, take old conserve of Roses, and Marmalade, of each one ounce; syrup of Myrtles, as much as sufficeth for to make therewith a confection. Another. Take the Species of *Diarrhodon Abbatis*, prepared Wolves liver, and Rubarb, of each half an ounce, Sugar which is clarified with Rose water, as much as you please; make a confection thereof, or cast Tabulats of it. You are also to mix amongst it as much burnt Ivory as you please.

Or take at the Apothecaries the confection called *Diacracoma* or *Diacurcuma*, and Currans, of each one ounce, Rubarb, prepared liver of a Wolf, of each one drachme, burnt Ivory half a drachme, *Philonium Persicum* one drachme, *Syrupi de Byzantiis*, as much as is needful, for to make therewith a confection, then take alwayes thereof about the third day one quarter of an ounce, or a little more at once.

This following is also very good; Take old conserve of Roses four ounces, Marmalade two ounces, prepared Coriander one drachme, Nutmegs half a drachme, confectioned Myrobalans *Chebuli* one ounce, cleansed Pistacies half an ounce, Almonds three drachmes; beat them all small together, and then make a confection of it with the juyce of Quinces; syrup of dried Roses doth commonly stay all scowrings.

Take cleansed roots of Burres, and seethe them until they be mellow, afterwards fry them in Butter, and eat them. Item, take a Nutmeg be it great or small, let it sweat well in hot ashes, and eat it as it is, or strew it upon a roasted Partridge, or some such like thing. Or take a turtle Dove, prepare it, and fill it with new wax, with Mirtles, and Butchers broome seed, let it then be roasted by a mild fire, and afterwards eat it, it bindeth marvelously. It is also required by expert Physitians, that new laid eggs are to be fried in Wax. Others take an Eg and rost it upon a hot tyle, and strew it upon the powder of Nutmegs.

But if it be not given in due time, then doth it bring more damage then commodity.

This powder following are you also to prepare; Take *Species Aromatici Rosati*. 3. i. Cinnamon one drachme and a half, prepared Coriander two scruples, Roses and red Corral, of each one scruple, Sugar four ounces. Item, take parched Cresses seed and Mastick of each one drachme, give him this with the syrup of Quinces. Some do give Cresses seed alone, with the syrup of Quinces.

We will now recite certaine Potions; Take Myrtle seed one drachme. give it him with rain water or Plantain water three ounces, and let him drinke it. Or take Liverwort one handfull, Endive roots, Fennell, Smallage, Butchers broome, Sperage, and Parsly, of each two handfuls, Agrimony half a handfull, Currans one ounce, cut all that is to be cut, and let it be sodden in Pullet broth or water, until that the third part be wasted; then drink thereof a cruse full, and temper amongst it half a drachme, of prepared Fox lights. Item, take Tormentil one drachme, give the Patient to drink thereof four or five times in red Wine.

Or take the rinds of a Peare tree one handfull, a good pint of red Wine; let them sethe together so long as one may seethe an hard Egge, and drink a good hearty draught of it very warme. But for his accustomed drink he may prepare this following; Take about 15. Sloes, and pour upon it about a good half pint of seething Wine, afterwards cover it close, and let it be cold together; this being done, then pour altogether into three pintes of Wine, and drink thereof a good draught.

A roasted Quince peare eaten early in the morning; is also very good: Some do say that one must drink Beer or wine which hath stood a while upon *Bolus*. For this, is also steeled water good, wherein is flaked Steel, Iron, Gold, Silver, or Pibble stones; yea, all the Patients meat is to be dressed with it.

Item, take of the Pizzel of a Hart as much as you please, shaven or grated small, and put it in your drink. Item, take a dried Otters liver, beat it to powder, and drink thereof the quantity of a Bean with warme milk, or with red Wine, it is said that it is tried.

Likewise is commended Plantain decocted in Vinegar, and the broth being drunken; The

The water also of Oaken leaves doth stop much, being drunken warme. The like doth also the juyce of Sloes, with the stones of Raisins being beaten together, and the water distilled thereof and drunken. You have also in the first part, the first Chapter, and 3. §. a good water of the crums of burnt bread which is especial good for this scowring or lask.

This plaister following is also especially commended for this; Take broad Plantain 12. ounces, the leaves of the Pomegranate tree, Comfry, Dasyes, and the leaves of *Palma Christi*, of each two ounces, (being all green) the seed of Butchers broom, Gals, Myrtle seed of each one ounce, prepared Coriander one ounce, sealed earth half an ounce, Dragons blood one quarter of an ounce, fine *Bolus*, three drachmes, Saffron half a drachme, Mace three drachmes, Gum, Dragagant, both parched, of each half an ounce: first beat the leaves, and seethe them in three pintes of water, then put unto it three ounces of red Vinegar, then let it seethe well again, and strain the decoction, then stamp that which is boyled with all the rest. Lastly, temper half a drachme of Camphire with it; and make a supple plaister of it, and lay it over the whole belly.

If so be that this scowring proceed from the stomach (even as it may as well as from the Liver) then hath the same the like cause, to wit, *Phlegma* and *Cholera*. And hereby it may be discerned that it proceedeth from the stomach, if so be that there appear no feebleness of the Liver, and if so be that which the Patient doth avoid be very white and thin, and that the stomach be grieved. The chief cause is, that many superfluous humors do aggravate the same; or, that there is much meat and drink together in the stomach, and especially when as both these things do concur, to wit, many superfluous humors, and much meat and drink. So that then the meat and drink is of necessity for a time expelled out of the stomach, be it through weakness of the retentive, or through the efficacy of the expulsive vertue, or that digestion be of it self so faint, that the meat thereby as half digested must passe through the stomach. And to find good advice for this, the stomach must be strengthened and heated, for which is very meet Marmalade with Spices, but especially this podwer following; Take Pomegranate kernels parched and beaten small one drachme, Caraway, Coriander, both steeped in Vinegar, dried and parched, of each two ounces and a half, *Lignum Aloes*, blossomes of Pomegranates, and Butchers broome, of each one drachme, make powder of all these, and give a drachme of it at one time.

Item, take *Myrobalani Chebuli*, which be a little parched, one quarter of an ounce, Myrtle seed one drachme, syrup of Myrtle one ounce, use this as occasion serveth. Item, take the shales of yellow Myrobalans which be parched, one quarter of an ounce, beat them small, and give them to drink with two ounces of Plantain water. In fine all sorts of Myrobalans a little parched, are good for all scowrings of the belly, of whatsoever cause they do proceed.

Afterwards, you are to use the confections of *Diacalamantha*. In like manner also Anniseed, and roasted hasel nuts. Of the foresaid hasel nuts one may make milk with steeled water, and also the same being confectioned with Sugar. Afterwards you must annoint the stomach with oyl, as namely with the oyl of Mastick, Frankincense, and so cover it warme. The Patient must seethe Mastick with red wine, and drink the same, if so be that the same go not clean against him.

But if this scowring do come through *Cholera*, it may be perceived by the yellow excrements which do smart much in the fundament, as also by the thirst, and by the Ague; then are you to give him *Trochiscos de Spodio*, with parched Barly broth, which is made as followeth; Take parched Barly beaten, and poure so much water upon it until it be well covered, then let it boyl until it be very thick, and afterwards wring it out. Of this decoction are you to take four ounces, and two or three drachmes of these *Trochiscos*, and then mingle it with so much Ivory and Gum, as one can drink at one time. Item, take one drachme, and a half of Myrobalans, *Chebuli*, and *Indi* of each one scruple, parched Rubarbe four scruples, Dragagant half a drachme, steep all these in two ounces of the juyce of Quinces, one ounce of Endive water, and half an ounce of the water of Pellitory, wring it out hard, and take it luke warme.

Item, take Rubarb one drachme or one and a half, parch it, and pownd it to powder, and drink it with three ounces of Plantain water.

Take of the best Rubarb one drachme, and a half, parch it, and beat it to powder, the Pills of Myrobalans, *Chebuli* one drachme, Mastick three drachmes, the juyce of Quinces half an ounce, the water of broad Plantaine three or four ounces; temper them together, and

and drink it fasting in the morning. Some that be prone to this scowring, do accustomé every week two times to eat one drachme of Rubarb parched. Item, take the confection of *Micleta* 3. i. ʒ. *Trochiscos de spodio* 3. i. temper it with 3. 3. of rain water; and drink it early in the morning. Take yellow Myrobalans and Rubarb, of each one drachme, Dragagant and Gum, of each one scruple, parched together, Cucubus, fine Bolus, of each half a scruple, beaten small together, then temper with it sufficient syrup of Myrtles, and when as then you would use it, break it as is aforesaid.

A powder wherewith the patients meat is to be strewed; Take good Rubarb one drachme and a half, yellow Myrobalans one quarter of an ounce, both parched, fine Bolus one drachme, yellow Saunders, red Coral, of each one scruple, prepared Pearles one drachme, *Trochiscos de spodio* one drachme, make thereof a subtil powder. You may also take the weight of one drachme and a half with Plantain water.

For this be also Clisters requisite, as hereafter follow; Take the broth of Lambs head and a Calves head one pint, see the Oaken leaves in it, broad and picked Plantain, of each one handful and a half, parched Barly half a handful; let them see the unto the half, then take of this decoction, and put unto it the yolks of a couple of Eggs brayed well, oyl of Roses two ounces, oyl of Violets two ounces, and then minister this Clister warme.

Item, take prepared Coriander, Myrtle seed, Acorn cups, the seed of Plantain, and juyce of Sloes, of each one handful, Fennel, Comin, and Annis, of each half a handful, pils of Pomegranats two handfuls; let them see the together in sufficient water: then take of this decoction twelve or sixteen ounces, oyl of Roses three ounces, Hony of Roses one ounce, Deers suet two ounces; melt it, and make a Clister of it. Also the decoction of Rice is good, if the cause of this lask be in the lower guts.

Hereafter be described commodious pils; Take the stones of all Myrobalans, beat them when they will be parched, Rubarb parched, fine Bolus, and Amber, of each a like quantity, make a masse of pils of it, with Dragagant and Gum, dissolved in Plantain water; but if there be an Ague with it, then use Barly water.

Or take one quarter of an ounce of Rubarbe, which is parched, burnt Ivory one drachme, make of it as is before said.

Item, field steel one drachme, Cypers nuts one quarter of an ounce, Mastick, Amber, Comfry, Dayssies, Plantain seed, of each one scruple, Gum and dragagant both parched, of each half a drachme, Cinnamon, Galangal, and Graines, of each two scruples, make pils thereof with the juyce of Plantain, for they do bind much.

Others more. Take unsalted Deers rennet one drachme, *Trochiscos de spodio*, *de Carabe*, *De Terra Sigillata*, of each one scruple, well parched Rubarb, Plantain seed also parched, of each half a scruple, beat them small together, make pils of them, with the juyce of Plantain; when they be tempered with the syrup of Myrtles, then do they bind the more.

Item, take *Hypocistis*, blossomes of Pomegranates, Butchers Broome, Barberies, Sorrel seed, of each one drachme and a half, Purflan seed, and Plantain, both parched, of each one quarter of an ounce, Dragons blood, Worme-eaten Galls, the juyce of Sloes, yellow seeds of Roses, of each one quarter of an ounce, Henbane seed one scruple, *Opium* two scruples and a half; make pils thereof with the juyce of Plantain, and forme seven of a drachme. But note yet, that they be very strong, and that one must not use many.

This following is more gentile; Take Gum, Mastick, Frankincense, Amber, of each half a drachme, temper them with the syrup of Roses unto pils, and take alwayes thereof twice a day, a little or much before meat, according as the scowring is violent.

For this scowring is alwayes good all rost meat, fryed Eggs, Rice, and Lettice, (if it be with great heat) Calves feet, conserve of Rosler fruits, Musk Peares, before meales old conserve of Roses, conserve of water Lillies, Marmalade, preserved Bayberries, and also preserved Sloes.

The drink for this Patient must be steeled water, wherein Myrtle seed is decocted, also Harts tongue, Wine drunken warme. These syrups following are very good, as namely, syrup of Myrtles, dryed Roses, Mints, and also of Hony of Roses; for it hath a mild binding, and an astringent vertue, like as verjuyce hath also.

The smoke or reke of frankincense is also very good. Milk put into Clisters when it is steeled is commended for this purpose. Note ye, that all that we have sufficiently written of before is also good for the red or bloody flux, whereof wee will shortly hereafter speak and discourse.

Of the scowring which proceedeth of the Liver and
Stomach. §. 16.

IT cometh also verily to passe, that the Liver and the Stomach do cause this scowring, which is then very dangerous: so that the Dropsie, called *Tympanites* is wont to follow it. Therefore is an order made and ordained, what one ought to observe for this. Wherein first it is needful that he forbear all meats and drinks which be laxative, or do in any wise molest the body, as Spinage, Beets, Mallows, Mercury, well boyled Coleworts, and such like.

He must also be restrained from new wines, and them that be not very old. Likewise also of all sharp, salt and sower things, as Radishes, Onions, Garlick, hard meats, unleavened bread, and that which is not well baked. And he must eschue fruits, and specially them that be laxative, as Figs, Grapes, Prunes, and such like. In fine, for this sickness the patient is to be kept very sober in eating and drinking, and feeding, and feed onely upon that which is light of digestion. He must also abstain from all violent motions, and that chiefly after meat, from venery, much watching, and anger. All his meats (be they sodden or roasted) must be drest with Deers suet. Secondly, he must beware of many kinds of meats, especially against night. Thirdly, before every meal he must eat a roasted Quince, Pear, or four or five Medlars. Fourthly, Lentils are very hail meat for him, if they be drest after this manner: Let them first see the a little in vinegar, after that boyl them with two parts of water and one part of Vinegar. Fifthly, every evening he is to take three of these pills ensuing: Take parched Dragagant and Gum, of each one drach. Butchers Broomseed, Mirtle seed, Acorn cups, burnt Ivory, Squinant, Roses, Cypers roots, of each two scruples, whereof make pills with the juice of Daisies. Before-noon he is to use this confection ensuing: Take Marmalade without spices three ounces, prepared Coriander and Mastick, of each one drachme, temper them with the juice of Quinces, and use each time half an ounce or more.

Also once every eight daies take two of these pills: Take *Trochiscos de Spodio*, one quarter of an ounce, parched Rubarb, 3. ʒ. burnt Ivory and parched Dragagant, ana. ʒ. i. Hares rennet, or the rennet of a young Goat or Kid, 3. i. ʒ. make pills thereof, and use them as all the rest.

This plaister also following is to be made, and worn upon the navel: Take two ounces of Rosin, Cypers nuts one drach. and a half, Plantain seed, the juyce of Sloes, burnt Ivory, Roses, Iron dross that is prepared, of each one drach. Mace two scruples, but the Rosin must be boyled in red vinegar. When it is sufficiently sodden, and almost cold, then temper all the foresaid Species with it, spread it upon a piece of leather the quantity of a quarter of a yard four square, and lay this plaister upon the navel downwards. As often as the patient goeth to stool, he is to fume his fundament with this powder ensuing. Take *Colophonia*, *Gallia Muscata* and red Styra, of each half a drach. *Lignum Aloes* one drach. red Coral, burnt Ivory, *Sandaraca*, of each two scruples: pownd them all together, and temper them all together. Afterwards strew some of it upon hot coals. It is also good advice, that there be alwaies boyled, in his meat, as much Comfrey as the bignesse of a great finger.

Lastly, he must continually wear this bag ensuing upon the stomach. Take Mirtle seed, prepared Coriander, Marjoram and Nep, of each one handful, Mace half an ounce, Mastick, *Gallia Muscata*, red Styra, red Coral and *Sandaraca*, of each one quarter of an ounce, *Lignum Aloes* one drach. and a half, parched Comin half an ounce, temper them, and use it as aforesaid.

Thus far have we spoken of this Scowring, and of both the causes of it, as of the stomach and of the liver, and also how they both do come together.

The third cause of this *Diarrhaea* is the obstruction of the small veins, and are called of the Grecians *Mesenterion* or *Mesaraon*, for that as the stomach and the entrails have done their duties, so if these veins do not suck out the nourishment, then doth nature expel the meat in manner of a thick pap, with pain in the right side and in the bowels, and so out of the body, especially if one have eaten much grosse and sweet meat before. Also this scowring may be well caused of an impostume, which might be about the small veins, or about the upper guts, at which time is commonly perceived an Ague, heat and pain: which obstruction doth also proceed for the most part, of grosse and tough humors.

For

For this disease vomiting is one of the best remedies. Also this sirupe following is to be used: Take the roots of Smallage, Parsley, Butchers broom, Sperage, grasse and Cicory, of each one drach. the seeds of Smallage and of Parsley, Cumin and Fennel, of each one ounce: let this see the well together, and wring it out, and to this Colature add half a pint of hony, and boyl it again, and clarifie it as becometh: Give thereof to the Patient every morning four or five ounces. Also the seeds of Smallage, *Ameos* and Parsley decocted in Wine may be used for this, being given the Patient to drink: in like maner parched Rubarb with wine or Endive water. This patient shall also oftentimes, but at each time eat a little, and take ever after it some penetrating things, as *Diacalamintum* one drach. and a half before meat, and half a drach. after meat. His drink must be likewise old white wine. Also to take otherwhiles some Treacle is very commodious. It is also very good that the belly be strongly rubbed before and after noon with a rough cloth.

The fourth cause of this lask proceedeth from the milt, the which may be known hereby, to wit, when his excrements are a black and dark gray, if the pain be in the left side, if the Patient be melancholike, quiet and tractable. When the matter is very sharp and blackish, then is there great danger with it. But if it happen in the end of a quartain Ague, or of any other sicknesse, then doth it bring ease with it, and is a sign of health. What is fit for this, you may see hereafter, where we discourse of the Milt.

The fift cause proceedeth from the brains, which may be discerned by the pain of the head: also by the rheume, and by the slime of the mouth, which after sleep runneth out of the same, and is also expelled by stool. These diseases are to be cured like as all other rheumatick diseases, whereof you finde sufficient discourse in the second Part, the 12. Chapter, and 2. §. But it is especially commended, that parched Melilot shall be laid upon the forehead. Otherwhiles a bag with Cammomil and Roses, and so to govern himself, as abovesaid, in the second cause of the stomach.

The last cause is windinesse, which puffeth up the stomach, spoileth digestion, and provoketh a scowring, like as hereafter shall be taught in the description of windinesse of the stomach. It is also counselled to every such Patient (like as is often shewed before) that he must be very sober in eating and drinking, yea he must suffer hunger as much as is possible, and that he exercise himself well before meals, and use the confection *Diacyminum* or *Diacalaminta*, which do strengthen his stomach, and let him govern himself in all things else, as hath been said before in *Lienteria*.

Of the Lask Dysenteria, called the red Flix. §. 17.

THis name *Dysenteria* is of the Grecians so called, being an ulceration or excoriation of the Entrails, and is thus described: *Dysenteria* is a pain of the Entrails, which enflameth, fretteth and excoriateth the same: so that with the matter of the scowring, blood is avoided; and it causeth much gnawing, which maketh the Patient to go often to the stool.

Or thus; *Dysenteria* is a scowring, with an exulceration of the bowels, which is increased through outward causes, as heat, cold, drink, hard meat. The causes of this noysome scowring are sharp humors, which passe through the bowels, and there exulcerate the same, fret and take away their fatnesse. Item by the taking of too sharp medicines, as *Diagridion*, *Esula*, and Neefing woort, or when too much of these hath been taken at once.

Also this scowring is occasioned, when the body is overcharged with *Cholera*, *Melancholia*, or *Phlegma*, of which superfluities, if the expulsive vertue be strong, nature seeketh to unburthen her self. Likewise also, when the meat in the stomach, or humors in the veins do putrefie.

In like manner also of great and long alteration of the ayre, be it in hot ayre, dry ayre, or when these meet together; like as dry ayre it self is wont to cause *Cholera*. Item, of the use of such fruits which do quickly putrefie; therefore it is not commendable, and especially that children should eat the same.

The signs of this red scowring or bloody Flix are these, which do not come suddenly upon one: also before it getteth the mastery, it provoketh pain and gripings in the bowels, and also round about the stomach. This scowring likewise burneth and pricketh sore, whereupon doth first follow the scraping of the bowels; mixed with a little blood, until it corrode somewhat deeper into the bowels; then is the pain felt most above

above the Navel : and if so be that the disease be in the great guts then is the pain most under the Navel. Also the scraping of the lowermost guts are much fatter than of the uppermost : and it doth come also in greater abundance, with many more such demonstrations.

But there be described two sorts of *Dysentery*, whereof the first is here before discovered. The second hath the name of *Dysentery* unjustly, by reason that it is without scraping of the bowels, and very suddenly falleth upon one, with much blood. This with good right is to be called rather an Hepatical Flix than *Dysentery* : but we will here first of all write of the right *Dysentery*, and afterwards of the Flix of the Liver.

If we desire to prevent this red Flix or *Dysentery*, then is the same to be done both through outward and also inward means. But first we will shew what is best to be used inwardly for it : wherefore you are first to keep in your memory the common rules which have been rehearsed before in the Lask *Lientery*, to wit, that all those things wherewith you will stay this scouring, be alwaies ministred before meats, for that after meat these binding medicines cause a sick body to scour the more.

For this scouring or red Flix all expert Phisitians do use commonly at the first parched Mirobalans, and chiefly the yellow, steeped in Plantain water, and put also unto it parched Rubarb, beaten to powder. But the same must not be infused but in substance and powder, like as you have seen before in some potions, for the scowring of *Cholera*.

Item, take parched seeds of Fleawort two ounces and a half, seeds of Plantain one ounce and a quarter, Gum, fine Bolus, of each three drachmes, in the juice of Quinces defecate.

Or take dried Quinces, beat them to powder, and give thereof one drach. and a half, with Plantain water, once or twice a day, wherewith you may also temper parched Nutmegs, and the seeds of Plantain. Item, take parched Gum one ounce, sealed earth three quarters of an ounce, fine Bolus half an ounce ; make powder thereof, and give of it, 3. i. ʒ. at once.

Item, take Shepherds purse, S. Johns wort, and Pennyroyal, of each a like quantity : make a powder of it : and give two drachmes thereof at once in the morning early, with a new laid egge : this stayeth the scouring evidently. Burnt Harts horn washt in Rose water or Plantain water, a drachme, or a drachme and a half, taken with wine wherein a little Dragagant is dissolved, is a very expert medicine, if it be taken twice a day. The like also of one drachme of the rennet of a young Hare taken with wine.

Another : Take broad Plantain seed, and Colombine seed, both parched and beaten to powder, of each a like quantity, and give each time thereof two scruples or one drach. with red wine.

Item, take small beaten Bloodstone, well washt in Plantain water, three drach. red Coral one drachme and a half, roots of Tormentil, and *Trochiscos de Spodio*, of each one drach. shaven Ivory, burnt Harts horn, of each two scruples, prepared Pearls one quarter of an ounce, fine Bolus half a drachme : beat them all small, and take two drachmes of this powder in the morning with Wine. You may also strew the meat with the same.

Item, burn Frogs to ashes in a pot, and use thereof as before, for they have a marvelous operation to stanch blood.

In like sort may for many purposes be used Mirtle seed, the seeds of Butchers broom, Pomegranate kernels, sealed earth, fine Bolus, and other binding medicines, which are to be beaten to powder, and as the case requireth, may be used well enough for the red Flix.

Here followeth now a notable confection against all species of scouring, and the same may be used after what sort one will. Take pils and blossomes of Pomegranats, Gals, and Acorn cups, of each one quarter of an ounce, Raisin stones, Mirtle seeds, hazel nuts, dry Pomgranate kernels, yellow Rose seed, the juice of Sloes, Butchers broom seed, of each two ounces, red Coral, Frankincense, Mastick white and black Poppy seed, parched Gum, the seed of Fleawort, Starch, Dragons blood, of each one drach. and a half, Sugar six ounces ; temper them well together, whereof you may make a confection with Sugar, or with Plantain water, or Tabulates ; or strew the powder alone upon the meat,

meat. You may also make pills thereof, which are to be used in the morning betimes, and in the evening two hours after supper; but of the confection may be used three or four times a day, like as necessity requireth, at each time one quarter or half an ounce.

Here followeth yet another, which may be used after the same manner: Take Butchers broomseed, fine Bolus, and Gum, of each three drachmes and one scruple, Dragons blood, and burnt Ivory, of each one drachme, and seven grains, Cloves strigs, Annis, of each four scruples, *Hypocistis* one scruple and three grains, Blood stone two drachmes, and a half, red and white Coral, of each two scruples, Amber one quarter of an ounce, Comfry, Daisies, Roses, of each one quarter of an ounce and one scruple, blossomes of Pomgranats, Dragagant, of each one drachme, and seven grains, Myrtle seed three drachmes and one scruple, Quince kernels, white poppy seeds, of each five drachmes, Knotgrasse, Sorrel seeds, yellow Rose seed, broad Plantain seeds, and Calamus, of each one drachme, and seven grains, one pound or more of Marmalade, dissolved with Sugar or Hony, and the other spices tempered amongst it.

Another. Take Marmalade boyled with hony, and white bread well tosted, of each four ounces, red beaten Saunders one ounce, then put thereto a little red Wine, and pownd them all together, whereof the Patient may take otherwhiles the weight of half an ounce. Spread it also upon a cloth, and lay it upon the stomach. This hath been approved. Take old conserve of Roses, and Marmalade, mix them both together unto a confection made with steeled Goats milk.

Item, take confected Quince Peares, or Marmalade, three ounces, Mastick, Mints and Mace, of each one drachme; temper them all together with a little of the juyce of Quinces, and make Trochiscos thereof half an ounce in weight, and you shall alwayes take one of them before meat.

Or take old conserve of Roses three ounces, Marmalade two ounces and a half, red Coral, one drachme, Tormentil, *Bistorta*, *Trochisci de Carabe*, fine Bolus, of each half a drachme, prepared blood stone one quarter of an ounce, temper all together with the syrup of of Myrtles.

Iem, take old conserve of Roses three ounces, Marmalade two ounces and a half, conserve of Buglosse and Burrage, of each one ounce, prepared Bolus one drachme and a half, Coral and Roses, of each half a drachme, prepared Pearls two drachmes and a half, *Bistorta* one drachme, Tormentil two scruples; beat them all small and make a confection of them with the syrup of Quinces.

It is to be noted, that the old conserve of Roses is very good for all manner of loosenesse of the belly. Some commend that which is made with Sugar alone, and not with Hony. Others use both kinds, according as the scowring is with heat, or with cold.

Conserve of *Cornus*, called at the Apothecaries *Rob de Cornibus*, hath great force in binding, for all kinds of loosenesse of the belly, and also for womens excessive menstrual fluxes, and for all other sorts of bleedings, and it is thus prepared; Take ripe *Cornus* fruits, boyl them so long in red Wine, until they may be driven through a hairen Searse or strainer, and then let that which is strained, see the until it be thick by a mild fire, stirring it about continually, untill it be a thick conserve, and preserve the same.

Mithridate and Treacle do also stay the scowring, like as doth also the conserves of water Lillies, if there be a great heat withal. In like manner conserves of Barberies used with meat in manner of a sauce.

Hereafter follow yet other things more, which may be taken for this confection; Take *Trochisci de Carabe* three drachmes, Dragons blood and fine Bolus, of each half a drachme; Plantain seeds or Endive seeds half a drachme, Sugar four ounces; see the them all together with Rose water and make Tabulats of it.

This ensuing is taken to be a very good and approved remedy. Take a Nutmeg, burn it at a Wax candle until the oyl drop out, pownd it to powder, and temper with it the whites of two Eggs, and as much Bean meal as will make a dough. Afterwards make pellets of them as big as a Nut, and put them on a stick and rost them softly until they be thoroughly dry, whereof give to the Patient in the morning and also at evening.

But if you will have the scowring speedily stopt, then take the more Nutmeg, and the lesse meal.

In like manner are also highly commended hard sodden eggs eaten out of vinegar, and

strewed with powder of Nutmegs. But some prefer roasted Eggs alone.

Dryed Peaches boyled in water and eaten, do stay the red flux. Others do confect Peaches in this manner; Cut the Peaches in two peeces, and take out the stones, tye them to a threed and dry them in an Oven. And when you will use them, then infuse them in water. Then be they good for the stomach, stay the scowring, quench thirst, moysten the throat and drought of the tongue.

Concerning the drink and such like, steeled milk is very good for children. Item, Rose water 6. ounces, Cloves, Mastick, Butchers broom seed, of each one drachme; pownd them small, and put it into a glasse, and let it see the in water, and give the children one spooneful of it.

Another drink; Take Grew that is burnt in a baking Oven four pound, pownd it small, and pour fair fountain water unto it; let it see the a waume or two. Lastly, lake 3. or four times in it glowing steel; afterwards strain it cleer out, and make Almond milk with it. Item, the juyce of Sloes, and of Barberries are very commodious, each apart or mingled together or drunken with wine, like as is taught in the 15. §. of the scowring *Diarrhaea*, and of the Sloes. You have also in the first part and 3. §. another water of Sloes, which may be used also for this red and bloody flux.

Syrup of Mints is much used for all loosenesse of the belly; therefore it is not amisse to shew at this present, how it is made after two manner of wayes. Take the juyce of ripe Quince Pears, the juyce of sweete, meetly sweet, sower Pomegranates, of each four ounces and a half, infuse therein four ounces and a half of rumples Mints the space of four and twenty houres with half an ounce of Roses, afterwards see the them all together by a mild fire until the half be boyled away, and then wring it through a cloth. Further, put good hony unto it, or Sugar, six ounces, and let it see the well and thick; lastly, hang in it a peece of silk with *Lignum Aloes* five grains, Amber three grains, Musk one grain. This syrup doth not only stop all scowrings, but is also good for all diseases of the stomach which proceed of cold, and it doth also take away all wambling and vomiting.

The other is made thus; Take clarified juyce of Mints, sweete and sower juyce of Pomegranates, let this see the all together with sufficient Sugar, unto a syrup.

The syrup of Quince Peares is also of the same efficacy, which is also made diversly, as followeth hereafter; Take the seeds of broad Plantain two ounces, Cipres nuts, the middle rinds of an Oaken tree, Chestnut tree, and butchers broome, of each two handfuls, Myrtle seed one handful, sower Quinces, Services and Medlars, of each six, the juyce of Sloes half an ounce, *Hypocistis* one ounce; see the them all together in Plantain water, and make thereof a syrup with syrup.

Another; Take rain water or Rose water sixteen ounces, and see the therein one ounce of Myrtle seed, Roses, Sumach, the juyce of Sloes, *Hypocistis*, blossomes of Pomegranats, burnt Ivory, of each half an ounce, ten or twelve unripe Services, Licorice, Dragagant and Gum, of each half an ounce; pownd all that is to be pownded, and when it is sodden away unto twelve ounces, then strain it thorow a cloth and put a pound or twain of Sugar unto it; then let it see the again together, clarifying it unto a syrup.

The third sort of syrups is called at the Apothecaries *Miva*, which is also made two manner of wayes, as followeth; Take of the juyce of Quinces strained well, twelve ounces, see the it away unto the half, and then pour good wine unto it, and nine ounces of Sugar, then let it boyle again unto a thick syrup. This syrup stayeth the lask and comforteth the stomach.

The other sort of *Miva* is called *Miva Citoniorum aromatica*, for that it is prepared with good spice, like as followeth; Take of the juyce of sower Quinces seven common pounds, old wine half as much, clarified hony two pound and four ounces, or one may take Sugar instead of hony; let them see the away seumming it, and afterwards hang in this syrup bounden in a cloth, Cinamom, Cardamom, of each one drachme and a half, Cloves one drachme, Ginger, Mastick, of each two scruples, Saffron one drachme, Mace two scruples, Musk half a drachme, *Gallia Muscata* one drachme; this being all beaten grosse together, wring it often out, that the force of these may come into the syrup. This syrup is much warmer than the other, and therefore it is not to be used for the loosenesse of the belly which commeth through heat: otherwhiles it strengtheneth the stomach, the Liver, and all inward members; it causeth appetite to meat, it helpeth digestion, and taketh away the vomiting.

The syrup of Myrtles will we add unto it, for that the same is very fit for all scowrings.

ings or fluxes. Take Myrtle seeds twelve ounces, the juyce of Sloes and Butchers broom seed, of each fifteen grains, Roses one ounce, burnt Ivory and *Hypocistis*, of each one quarter of an ounce, Mints one drachme; seethe them all together in rain water unto the half, then strain it through, and put unto it six ounces of the juyce of Quinces, hony twelve ounces, but clarify it well, and let it boyle unto the consistence of a thick syrup.

Another which is very common at the Apothecaries. Take Myrtle seed ten drachmes, white Saunders, Butchers broome seedes, blossomes of Pomegranates, of Barberries, of each fifteen drachmes, Medlars six ounces and two drachmes, juyce of Pomegranates, juyce of Crabs of each twelve ounces; boyle the foresaid simples in these juyces, and with thirty ounces of Sugar make a syrup of them.

For this are also fit these usual Syrups following, viz. the syrup of Rasps, *Oxyacchara*, of dry Roses, and of Peares, for therewith will the sharpnesse of the matter be delayed.

Clisters are also fit for this disease (whereof some be here set down.) First, they are to be made, which the Physitians do call *Lavativa*, which be those that do wash the bowels; for which there is none other to be used but barley water onely. Secondly, if it be desired to have them cleanse more, then temper with it some hony of Roses or a little light Sugar. The third sort is binding and asswaging the pain; Take a handful of parched Barley, seethe it well in water, take of this decoction twelve or sixteen ounces, light Sugar three ounces, oyl of Roses two ounces, and two yolks of Eggs. This Clister may be often used.

It is to be noted that there is to be taken for it oyl of Roses, which is made of Rose buds, so that it is better for this purpose. You have also a Clister before in the fifteenth §. which was made of the broth of a Lambs head. For such a one you may use steeled water, and to seethe therein the seeds of Plantain. But if so be that then the scrapings of the bowels passe not away withal, there must be tempered amongst it one ounce of Deers suet, and a drachme of Dragons Blood.

For to know whether the uppermost or the undermost bowels in the red or bloody flux be perished, take a handful of Dogs dung, and dissolve the same in steeled milke and give this to the patient; then if so be that he presently with pain, purulency and blood avoid the same again downward, and be mixt with the excrements, then it is a sure signe, that the disease is in the lowermost bowels. But if he go much to stool after the pain (the blood being separated from the excrements) and if the pain be about the Navill, then it is a signe that the place of this flux is in the uppermost bowels.

If you desire to stay the bloody flux, then are these things following to be used, to wit, steeled water, the juyce of Plantain, the juyce of the herb Mullin, and the juyce of Sloes, wherewith one may temper a few paper ashes, and one or two yolks of Eggs sodden hard, the powder of sealed earth, or fine Bolus, and the oyl of Myrtles, of which you may chuse that liketh you best and can get soonest.

This Clister ensuing dryeth and healeth; Take unwormeaten Gals, Butchers broom seed, and Bolus of each one quarter of an ounce, Deers suet or Goats suet one ounce and a half, two hard sodden yolks of Eggs well beaten one ounce, of the juyce of Plantain and rayne water, as much as is needful for to seethe the premisses in it. Or take the decoction of butchers broome seed. This Clister is the Patient to keep with him as long as ever he can.

Another. Take peeled Lentils, Millet Roses, blossomes of Pomegranates, and Gals, of each one handful; seethe these together in a pint and a half of water unto the half, take thereof ten ounces, of the oyl of Roses one ounce, paper ashes one drachme, and Deers suet one ounce, and the yolk of a roasted Egg, and make thereof a Clister.

Suppositories. Take white Henbane seed, *Opium*, white poppie seed, burnt Ivory, blossomes of Pomegranates, and Frankincense, of each a like quantity, boyled Hony one ounce alwayes to a drachme of the premisses, make Suppositories of it. They be strong, they thicken the humor, procure sleep, and take away the pain; but they be not to be used but when the pain is tollerable. These Pessaries may be made for women to be used in the Mother. Take Frankincense, Linseed, and Sarffon, of each one drachme, temper them well together and bind it in a fine cloth with a threed at it, that it may be well pluckt out again. In great extremities may the stupefactive be used, which do numm the sinewes, yet are they not to be used unlesse all inward and outward remedies have been applied.

But first of all are outward medicines and afterwards inward to be adhibited. Like-
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Likewise the remedies which be ministred by the mouth, are first to be tried, and afterwards from below.

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xes of blood.*

For this are these Pils ensuing also used. Take the blossoms and pils of Pomgranats, Mirtle seed, Comfry roots, Dragons blood, fine Bolus, the juice of Sloes, Roses, Argal, Hipocistis, Butchers broom seed, and Saffron, Gallia Muscata, Gals, Cinamom, burnt Ivory, Mace, and Gum, of each one drach. *Opium* one drach. and a half: make of them with the juice of Plantain, as small pils as Hemp seeds, and give thereof nine or eleven at one time. Item, there was a woman which voided eighteen pound of blood at three times, and she was cured with *Philonium Persicum*, which was tempered with the juice of Plantain and parched Rubarb. But in these weighty matters an expert Physitian is to be sent for, because (as we have told already) there is no jesting with this *Philonium*.

For this red flux, use the Mastick pils and diet, mentioned in the 15. §. precedent.

What ought to be outwardly used for this disease.

First of all it is good to bind the arms, but not the legs; then is also a bath to be made, wherein be decocted the leaves of Quinces, Pears, Medlars, Service tree, Cornus leaves, Butchers Broom, Gals, Myrtles, Acorn cups, Roses, and such like binding things, wherein the sick persons are to be set even up to their Navels. Thus may you also see the foresaid things, and wet clothes in the decoction, and then lay them warm upon the belly; or in the stead of them to use the juice of Plantain, or any other juices of binding herbs, as Butchers broom seed, or Mirtle seed: and temper also the powder amongst it, whereof be made *Trochisci de Terra sigillata*.

These sick persons do complain also of great pain, when the sharp humour scoureth through the excoriated bowels. Now for to assuage the same, you are to take of the first mentioned things, which you will; but you must put alwayes Camomil and Melilot unto it, and afterwards let them see the in wine or stealed water, and then lay them with a cloth wrung out, or with a sponge upon the pain. You may make also three or four bags of the foresaid things, and see the them in wine, and so lay them warm upon the pain, and when the one is cold, then to lay another upon it again.

There be also fumigations used for this sicknesse, for which is to be taken Cipres nuts, Myrtle seed, Butchers broom seed, Pomgranat pils, and Worm-eaten Gals, of each one handful, the juyce of Sloes, prepared Coriander, Hypocistis, Plantain seed, Roses, Frankincense, *Sandaraca*, *Gallia Muscata*, Bloodstone, and Marjoram, of each one handfull, Cinamom, Mastick, and parched Caraway seed, of each one drach. Colophonias, one ounce and a half; make a powder of them, and strew thereof upon the cools, and receive the fume from below.

Another; Take Marjoram, seeds of Butchers broom, Myrtle and Coriander, of each one handful and a half, blossoms and pils of Pomgranats, Hypocistis, and yellow Rose seeds, of each half a handful, roots of the herb mullin, roots of *Carduus Benedictus*, the rinds and roots of the Mulberry tree: make all these to powder, and then make also a bag for to fit upon, and take therewith the first above mentioned things, and boyl them in wine.

For a plaister; Take a shive or twain of Rye bread, tost it well, and besprinkle it with Vinegar or red Wine; afterwards beat it, and put unto it Gals, Acorn cups, the blossoms and shales of Pomgranats, and the rinds of the Medlar tree, of each 3.2. Roses, Starch, the juice of Sloes, fine Bolus, sealed Earth and Dragons blood, of each 3.1. make them all to powder, and put it then amongst the foresaid bread. Further, make a plaister with a sufficient quantity of the oyl of Myrtles, Roses, and Rosewater, with as much Vinegar as sufficeth, and so lay this plaister warm upon the stomach.

This patient may also use such salves for this disease, as do hereafter follow. Take oyl of Roses, of Myrtles, oyl of Quinces, and of Masticke, of each half an ounce, Gals, Roses, blossoms of Pomgranats, Myrtle seed, fine Bolus, Dragons blood and Mastick, of each 3.1. Wax as much as is needfull for to make a salve. This following is stronger; Take Mastick six ounces, oyl of Quinces and of myrtles; of each three ounces, Mastick, the juice of Sloes, and Dragons blood, of each three quarters of an ounce, red Coral, Amber, sealed Earth, of each half an ounce, the innermost pils of Chestnuts, prepared Iron dross, of each one quarter of an ounce; fine Bolus, Pomgranats pils and Frankincense, of each one quarter of an ounce, Rosin half an ounce, Wax as much as sufficeth

for

for to make an oyntment thereof, wherewith the belly must be anointed 3. or 4. times a day. This unguent is specially good against excessive flowing of the flowers in women, the same being laid upon the Hips and upon the Thighes.

Item, take Rosin three ounces, the seed of Butchers broom, prepared Coriander, and Myrtle seed, of each half a drach. Mastick two scruples, Hypocistis, red Saunders, of each half a drach. oyl of Myrtles and of Quinces, of each one ounce and a half: melt the Rosin in Vinegar, and make a plaister of it, or a salve, and anoint therewith the whole Belly, and about the Ribs.

Boxing cups are also very meet for this purpose set on unpickt upon the Navel, upon either side of the Navel one: this will draw back the blood. Let them also remain thereon the space of four hours.

Some also do advise for to open the Median, other the Liver vein, thereby to delay the sharpnesse of the humour, and to withdraw it, and also to cool the Liver with it; but it is somewhat dangerous, and ought not to be effected at any hand, except it were for some great cause, and therefore is here the counsel of a learned Physitian to be required.

For a lotion of the feet you are to take of the forementioned things, and therewith to rub the shins and the legs.

In fine, what simples soever are to be used for this red or bloody flux through heat or cold, are these; to wit, in heat, take the blossoms of Pomgranats, Galls, Butchers broom-seeds, the juice of Sloes, of Roses, Barberries, Quince kernels and the rinds, Pomgranat pils, sealed Earth, Bolus, burnt Ivory, Hypocistis, Pomgranat kernels, Sorrel seed, Plantain seed, Raisins stones, and all binding Fruits, as unripe Melons, unripe Mulberries, unripe Sloes, Medlars, Services, the fruit of Cornus, and such like. Of compounded things be Trisantalum, Diacodion, old conserve of Roses, and many other more which are before mentioned. Simples, which bind and warm, are Nutmegs, Cipres nuts and the leaves, Frankincense, Myrrhe, Laudanum, red Styrax. Amber, Ameos, Cinamom, parched Annis, and such like. The compounded be *Diamintha*. *Diacinnamomum*, and all that are of the like nature.

The other kind of Dysentery or bloody Flux. §. 28.

IT hath been shewed before, that the learned have described yet another manner of bloody flux, the which by the unskilful is wrongly called by the name of *Dysentery*, for it cometh without any scrapings of the guts, and with much more blood then the former. Wherefore it is rather to be taken for a flux of the liver then for ought else. This flux is also threefold: first, idle persons that are full of blood, and that eat and drink much; also they that omit their wonted exercises, are very subject to this infirmity, for these of necessity must have overmuch blood, which nature seeketh to expel as she doth all such things that in any way are troublesome unto her, but especially in the Liver, albeit that some other inward parts might cause the same.

The signs of this flux are first clear blood, which with a great quantity doth suddenly passe away at one time, and returneth again afterwards. It may also be well caused of sharp medicines, which may be understood and known of the Patient.

Secondly, it may also happen through weaknesse of the retentive vertue: for if there be no perfect digestion, then seemeth the blood like unto water wherein flesh had been washed, and so is avoided with the ordure by stool. In like manner it may be caused also very well through melancholy, and in the scouring is the blood blacker. But if it come through the inward piles, then is the blood clear, yet somewhat blackish. Sometime it is caused through some vein, which causeth to break within the body: And then doth this scouring come very suddenly, little or much, according to that the vein so broken is great or small. The difference between all these fluxes of blood is, that the Hepaticall flux is without pain, where to the contrary, all other are not without pain and anguish of the place, from whence the blood issueth.

Thus for to cure this bloody flux, plethorick persons who be infected with this scouring, must betake themselves to all manner of sobriety in eating and drinking: open a vein, use some exercise, and purge if need require. But if so be that the same be caused through any sharp medicine received, then is this scouring to be stayed by taking 3.3. of Cresse seed with steeled milk, or through any other binding medicine before mentioned.

This plaister following is to be applyed on the Liver: Take Roses, red Saunders, of each half an ounce, Spike one drach. Barly meal two ounces, Wine and Vinegar, as much as will suffice for to make a plaister, lay this warm upon it. If this scouring proceed through heat, then give him *Triasantalon*: Or if it come through cold, then give him some warming Confection, and other things more which be rehearsed before. Secondly, if there run any black blood amongst it, then open the Median. It is also good for this, that the body be well rubbed morning and evening about the place where the disease is, so that those things whereby these parts are nourished, might be drawn thither. But if so be, that there be any vein broken, then look what is written of the casting up of the blood, which is caused through a broken vein, in the second part, the fifth Chapter, and 18. §.

Of all bloody Fluxes in general. §. 19.

FOR a conclusion of all these bloody Fluxes, there is to be added unto them, to wit, if so be that through any excessive scouring, (of whatsoever occasion it be) the patient fall into a swoond (like as it hapneth) what is then to be done in it? First of all, he is to be cherished with water, and more other means are to be used for it, as in the second part, the sixth Chapter, 2. §. hath been said of swooning.

Further, the patient is to be nourished with good meat, and Wine, to wit, with roasted Pullets, Turtle Doves, and other Doves, Cloves, Rose water, Galangal, and Lignum Aloes, which be very meet for him. When as then the swooning is past, then are all means to be sought for to stay his scouring, and to bring the patient to rest and sleep. There is also to be given unto him one drachme of Treacle, or Philonium, and if so be that he can abide it, then let him bath, even as is here before admonished.

Item we will moreover add hereunto a general rule, how a man is to govern himself in these bloody fluxes.

First, he must beware of all moist meats, because that thereby the moisture of the body is augmented; but there is much rather to be all that is dry, like as hard baked Eggs, and such like, without much salt, and much fat. Also all things are to be drest with steeld Water, Oaten pap, Barly pap, and Pullets broth are not forbidden, neither yet shives of bread baked in fat or butter. He shall also eat white bread; and red Wine is better for this sickness then white; but if you get no red Wine, then take old white Wine which is not so sour, and temper the same with steelded water, temper therewith some parched Gum, Bolus, and burnt Ivory.

In like manner also temper some juice of Barberries in his drink, or in stead thereof, use wine of Barberries.

Almond milk made with steeld water may he also drink, but not to drink much is best for all looseness of the belly.

And whereas in this sickness the patient commonly loseth his appetite, yet are there some Physicians who permit the patient to eat what he most longeth for, albeit they do counsel most of all for bread and other meats, which be most necessary for this sickness. Between meals be conserve of Roses and Marmalade very commodious to be eaten.

For in this sickness is the patient to be kept quiet, warm, and well covered, and rather to let his ordure and excrements in a bowl under him, then to rise often, for the lesse that he is stirred, the sooner will the scouring be staid.

All that is too hot and looseth much, is forbidden in this infirmitie, whether it be Spice, or any herbs: likewise also very strong Hony, Milk, Fruit, Cheefe, Fish, and all doughie meats.

Of the Constipation or binding in the Body. §. 20.

WE have hitherto discovered many kinds of things which do stay the flux or lask. But it is well known to all men, that the health of man is oftentimes neglected, through Constipation of the body, and when the excrements have not their natural course: therefore it is the principal determination of all famous Physicians, to keep open the body for all manner of sicknesses, whereby the superfluous matter and bad humours may be avoided, even as every where may be seen throughout this whole Book. And albeit this binding of the body proceed of divers causes

divers causes; yet it is not needfull to dispute further thereof, because that in certain sicknesses which be caused through this constipation, is sufficiently spoken of it: We will here therefore speak of the binding of the body in healthy persons.

For this is first needfull a common and necessary rule, to wit; all that is taken to loose the body, it be done fasting, that is, when the stomach is emptied of other meats, and that one fast an hour or twain after it; for if so be that the meat be mixed with the medicine, then can it not perform his operation as it behooveth, for it will thereby be hindered and enfeebled. Secondly, to begin alwayes with the weakest and easiest things; and if they work not strongly enough, then are after that more forcible things, to be used. And because no safer things can be used, then Suppositories and Clusters, therefore we will first of all begin to speak of them.

Suppositories to provoke Stools.

There be made many kinds of Suppositories, whereof these are the easiest; Take Honey as much as you please, seethe it hard, and to prove if it be sodden enough, let a drop fall upon a cold stone, or upon an Iron, which being cold, will spring in peeces if you strike upon it; if that it do not cleave, then is it sodden enough. Afterwards temper amongst it salt and meal, and pour it on a stone table, or on a Tin trencher, and roll up the Suppositorie as thick as you will have it: then cut it off and make both the ends sharpe and even by the fire or candle, and afterwards reserve it in Sallad oyl, or in Line oyl. These Suppositories are to be put into the fundament, and to be kept therein as long as is possible. In like manner doth also this ensuing: Take two parts of meal and one part of salt, make a Suppositorie thereof with the white of an Egg, and keep it dry.

Other some use in stead of this Suppositorie, that which followeth hereafter: They beat the white of an Egg, and stir a good deal of salt amongst it, and a little Soot: they put the same in a fine cloth the quantity of a Nutmeg, and bind it fast, and let a threed hang at it: being anointed with fat or oyl, put the same into the fundament, and when you will go to the stool, then pluck it out again.

Stronger Suppositories, which are to be used at the Apothecaries, are these; Take Species Hieræ simplicis one drach. Salt half a scruple, Honey one 3. seethe these all together hard, and make Suppositories of them. These may be used with all safety. But if you will have them yet stronger, then put half a drach. of Sal gemmæ unto it.

The foresaid Species Hieræ be thus made: Take Cinamom, Mastick, Asarabacca, Balsam fruit, Saffron, Balsam wood, and Cassie wood, of each one drach. Aloe 3.2. make a powder of them. There be also Suppositories to be made (if there can nothing else be gotten) of salt Lard cut in long slices; of Allom cut also of the longest fashion, and of Venice sope, &c. For young children are also Suppositories made of fresh Butter, Figs, and Beet roots, and such like. Also there be made for especial sicknesses many kinds of Suppositories, which be not here specified.

The Clusters be marvellous requisite to open the Constipation of the body, and of more effect then the Suppositories: because that through their moisture and slipperines, they enter further into the bowels, and do there supple, soften, and provoke the going to stool. Of these Clusters we have every where described divers in this our book; yet we will recite here certain more, which do open the body without any pain. Take Mallows 3. handfuls, Beets, Mercury, of each 2. handfuls: seethe them together and wring them out: then take of this decoction 12. or 16. ounces, 3 yolks of Eggs, oyl of Sesamum, or Lindseed 3.4. Sal gemmæ 3. 3. temper them together, and minister it warm.

Item, take Mutton broth, Veal broth, or Hen broth, as much as before, melt therein fresh butter, and Ducks grease, of each one ounce, Saffron half a drach. oyl of Dill and of Lillies, of each one ounce and a half, Indy salt one drach. and then temper them together, this is somewhat stronger.

There may also be taken in stead of the foresaid oyl, S. Tho. Sugar, and oyl of Violets, of each two ounces: but if so be that the pain be great, then may be tempered with it one drach. of Philonium, and one ounce of the oyl of Mandragora. In fine, all common Clusters be fit for this which be made of fresh broth, Sallad oyl, oyl of Violets, boyled Mallows, Beets, Pellitory of the wall, Camomil, Melilot, and such like suppling things.

Some do use also these things following in the stead of Suppositories: Take new Milk

and Butter, of each two spoonfuls, make it warm, and use it as a Clister.

There be also many easie Conservees and Confections which do also loose the body, like as conserve of Pellitory, which by long continuance doth loose if one take it alone. First, you have before in the first part, the 12. Chapter, in the 2. §. a conserve of Currans, and others which be very requisite. How commodious also the Cassia is, hath in many sundry places been seen; yet hereafter ensueth a very notable and safe Confection of Cassia and Manna for to keep the body open. Take Damask Prunes one ounce, Violets one drach. and a half, fair Well water nine ounces, seethe them together unto the half, and temper in this decoction Cassia two ounces, four Dates half an ounce, Manna one ounce, sirupe of Violets two ounces, Sugar candy, and Sugar pennets, of each half an ounce; bruise the four Dates in the decoction, and then boyl them thick with other confections, pour then the dissolved Manna unto it, that through seething it loose not the force. This confection is requisite for all dainty persons which are bounden in the body, for it hath no unpleasant tast, it doth loose very gently, expelleth *Choleram*, and asswageth an Ague.

Also for a gentle laxation one may eat Cassie out of the pipe one ounce, casting away the stones.

For the same purpose are these Confections following also fit: Take a quart of good Rhenish wine, steep therein the space of 6. hours half an ounce of Sene husks, and 3. i. §. of Sene leaves, let them boyl well; temper afterwards in this wine Currans powdered small one pound, fat Figs 3. 3. rub these through a Strainer, being done, put four ounces of Sugar candy unto it, and then let it boyl untill it be meetly thick. Lastly, you are to mix with it half an ounce of Cinamom, whereof you are to use half an ounce at a time.

These laxative confections following are commonly ordained in Mineral baths: Take rinds of yellow Mirobalans, and of Indy, of each 3. i. bruise them well with Currans, Sene husks 3. 2. Polipody roots one ounce and a half; let this seethe together unto the half in the water of Betony, Sage and Buglosse, of each six ounces, water of Mints three ounces, temper amongst them *Agaricus* one drach. and a half. Rubarb one quarter of an 3. Ginger one scruple, Thyme and wild Thyme, of each half a handful. When it hath sodden meetly well, then let it stand a night, and in the morning wring it out, then mix four ounces of Cassie amongst it, the juice of Currans, (which is *Looch de Passulis*) two ounces, beaten Cinamom one ounce, *Spec. latissia Galeni* one quarter of an ounce, Sugar six ounces, seethe them with Betony water unto a sirupe, and make a confection of it.

Sour Dates be also a blessed medicine, for they purge very mildly; and therefore they be seldom used alone, but what force and vertue they have, is sufficiently shewed in the first part of this book.

The laxative confection of Prunes (called *Diaprunis lenitiva*) is very pleasant and meet; it doth not onely loose the belly, but delayeth *Choleram*, it quencheth thirst, and is good for all heat, but especially when the Ague is in his prime, and it is thus prepared: Take fifty Prunes (the stones pluckt out) seethe them in sufficient water, then bruise them through a Strainer, that the skins may tary out: afterwards put the broth or liquor into the same pot where they were sodden on the fire again, and put unto it three quarters of an ounce of dried Violets, and let it seethe up twice or thrice, then strain out the decoction, and put it unto the foresaid bruised Prunes. This being done, put six ounces of Sugar unto it, and let it seethe again until it be thickish, and then take some of the liquor remaining, and therewith temper Cassie and four Dates, of each one quarter of an ounce: Lastly, mix all together, and let it boyl softly untill it be as thick as a confection.

Item, take powdered Rubarb half an ounce, fresh conserve of Roses two ounces, temper and use thereof about one quarter of an ounce at a time.

There is scant any confection which is not onely more meet for this matter, but in many other causes more, then that which is called at the Apothecaries *Electuarium de Sebesten*, and is therefore worthy to be reherfed.

Take *Sebesten* and Prunes (having both of them their stones taken out) of each two 3. and a half, Violet water six ounces, water of blew flower deluce, and Pompeon water, of each three ounces, Mercury water two ounces, Sugar pennets four ounces, *Rob de Prunis* six ounces, peeled Melon seed, Pompeon seed, Gourd seed, and peeled Cucumber seed,

seed, of each one ounce, Diagridion one drach. and a half beaten small; boyl these fruits in the waters, then drive them through a strainer, and boyl them with the Sugar, and when it is almost cold, then add the seeds cut very small, and the Diagridion beaten finely. This confection is very good for all hot Agues: for it easeth thirst, watching and bitterneffe of the mouth, and doth cause much urine to be avoided.

There be also many kinds of Spices prepared, whereof Confections and other things be made of which we will hear describe some: to wit, *Diaturbith cum Rhabarbaro*, which is thus prepared: Take *Turbith* and *Hermodyli*, of each one ounce, Rubarb one quarter of an ounce, *Diagridii*, ʒ. ʒ. white and red Saunders, Violets and Ginger, ana. ʒ. i. ʒ. Annise, Mastick, Cinamom and Saffron, of each one drach. and a half, Sugar fourteen ounces and a quarter of an ounce: make of all these premisses a powder or Confection.

Diaturbith cum Rhabarbaro

Another: Take Rubarb half an ounce, Cloves and Galangal, of each one quarter of an ounce, *Hermodyli* and white Sugar of each three drach. *Diagridii* six ounces, Sene leaves one quarter of an ounce, *Indy Spica*, Saffron, Ginger, Annise and Mastick, of each one scrup. lastly, make a powder of it. Both these are fit for to purge all bad humors, be they *Cholera*, *Phlegma*, or *Melancholia*.

The purging Tabulats of Ginger be made thus: Take beaten Ginger one quarter of an ounce, Cinamom and Cloves, of each one drach. Nutmegs and Galangal, of each one scrup. Saffron fourteen ounces, *Turbith* half a drach. *Diagridion* one drach. Sugar two ounces; make Tabulats of it: exhibite not above one quarter of an ounce at once, for they be meetly strong. The like purging confections you may finde very many at well furnished Apothecaries; to wit *Diaphoenicon*, *de succo Rosarum*, &c. Take *Epithymum*, Polipody roots, and Thyme, of each one drach. Sene leaves three quarters of an ounce, Argal three drach. Cinamom and Annise, of each one drachme, the powder of Dill leaves one quarter of an ounce, make them into powder: take a drach. of it, tempered with fresh broth.

Tabulats of Ginger laxative.

In Italy they have a powder called *Pasaphan*, which is there much in use; and is thus prepared: Take Sene leaves three drach. *Turbith* one quarter of an ounce, good Rubarb one drach. Liccorice, Annise, Fennel, of each half a drachme; *Indy Spica* five grains: these being all powdered, and then given one drach. at the most with wine or with any kind of water.

The powder Pasaphan.

This powder is very common at some Apothecaries, and is thus prepared: Take *Turbith* half an ounce, Cinamom and Ginger, of each one quarter of an ounce, Galangal, Mastick, Cardamom, Cloves, of each half a drach, Annise, ʒ. i. *Hermodyli*, *Diagridion*, Sene leaves, ana. ʒ. ʒ. Sugar, ʒ. 3. temper these together, and give him a drach. of it at the most.

Medicamen de Turbith is also common, whereof here do follow two sorts: Take white Ginger, Mastick and *Turbith*, ana. ʒ. ʒ. Sugar, ʒ. i. ʒ. mix these to a subtil powder.

Medicamen de Turbith.

The other: take *Turbith*, ʒ. ʒ. Ginger one quarter of an ounce, Mastick ten grains, Sugar, ʒ. 3. this being beaten small and tempered well together, purgeth slimy humours: of the which may well be given to young children, women in child bed, old folks and all dainty persons, one drach. at the least at one time. Of all which may be given according to the ability of the person more or lesse.

Sene powder called *Pulvis Sene preparata*, is not onely laxative, but also purgeth marvellous well the head.

Pulvis Sene preparata.

Take Sene leaves one ounce and a half, Ginger and Nutmegs of each two drachmes, Cinamom and Argal, of each one drach. and a half: make a powder of it, and give one drach. of it at once.

A powder: take *Turbith* one quarter of an ounce, Ginger, Cinamom, Mastick, Galangal, Cardamom, Cloves, Annise, *Hermodyli*, and *Diagridii*, of each one drach. Sene leaves half an ounce, Sugar one ounce: or put unto them as much Sugar as you think good, for without Sugar it is not to be taken above one drach. Item, take Sene leaves half an ounce, Ginger, and Cinamom, of each one drach. Sugar one quarter of an ounce: take the half thereof, and strew it upon a slice or shive of toasted bread, that hath been steeped in wine, and so eat it. But if it do not loose, then eat another slice of bread and the rest in a morning. It is surely good.

Amongst the things that one doth eat, some mix Mercury leaves in a Sallad, for they do easily loose them that be apt to go to stool.

Item.

Item, Oates, Mirobalanes, stued Prunes strewed well with Sugar, do loose the body very mildly. Likewise also Damask Prunes stewed with Raisins, do loose also if one sup up the broth withal; five or six Figs eaten before meat, do open the body.

Item, Currans washed in sweet wine, and steeped therein, and afterwards dried and strewed with Sugar, are also very good for this purpose. Or take Raisins, (as is said) which be steeped, half a pound, beat them and wring them through a hairen strainer, Sugar two ounces, Sugar of Roses, and hony of Roses, ana. ʒi. ʒ. seethe them well by a mild fire unto a confection, then take of it as often as you will the quantity of a nut.

Also you may steep these Currans in oyl of sweet Almonds, strewed with Sugar and then eaten, for much Sugar hath a laxative nature, and especially in young children.

Now will we write of certain laxative potions, of which be divers ready at all well furnished Apothecaries to be had; and albeit you may use the same alone, yet notwithstanding have all Physitians ordained, that the same shall be commonly tempered and taken with purging medicines, whereof here shall follow some, which the Apothecaries at *Augusta* have at all times in a readinesse.

Decoctio communis

First, they have a drink which they call *Decoctionem communem*, which is a common decocted potion, made after this manner: Take ten or twelve Prunes, Licorice, Currans, Annise seed, and Fennel, of each half an ounce, flowres of Burrage and Buglosse, of each one drach. and a half, powr a quart of water unto it, seethe it so long until a third part be wasted, then strain it through. This drink ensuing is of a temperate nature; for it is somewhat more cooling, and the same is to be used in the Summer.

Take Currans, Licorice, Prunes, Jujubes, Violets, Barley, peeled Melon seed, Pompeon seed, Gourd seed, and Cucumber seed, of each one quarter of an ounce, boyl them together in water like as is said before.

Decoctio aperitiva major

Take Fumitory, Betony, Mints, Mugwort, of each half a handful, flowers of Burrage and Buglosse, of each half a ʒ. Annise, Fennel, Asarabacca, of each half an ounce, wild Saffron seed three quarters of an ounce, Calamus one ounce, Polipody roots, Agaricus, of each one quarter of an ounce, Sene leaves one ounce, the seeds and roots must be beaten grosse, (letting them seethe first a little) afterwards put unto it the herbs, flowers and Agarick, and so let them seethe again: when it is then cold, wring it out hard, and keep it well very close stoppt in a cool place. In like manner there is prepared a stronger which is called *Decoctio aperitiva major*, and is made thus: Take Endive, Cicory, Fumitory, of each one handful, Agrimony Windweed, and Harts tong, of each half a handful, flowers of Burrage and Buglosse, of each one quarter of an ounce, Thyme and wild Thyme, of each two drachmes and a half, roots of Fennel, Smallage, Parsley of each half an ounce, Annise and Fennel seed, Melon seed, of each one quarter of an ounce, sliced Licorice half an ounce, roots of Cypers, rinds of Tamarisk, of each three drachmes, Sene leaves two ounces, Polipody roots one ounce, *Agaricus* half an ounce; seethe them all together in water like as is said before, then wring it well out. You are to steep in this decoction Rubarb three drach. and a half, Indy Spica one scruple, Sal gemma half a scruple, Cinamom two scruples, let them stand together to sleep all a whole night, afterwards seethe it once in boyling water, strain it very well out, and put six ounces of Sugar unto it.

Decoctio Sene

A decoction of Sene leaves called *Decoctio Sene*: Take Sene leaves two ounces, and Sene husks one ounce, roots of Cicory, Agrimony, Hyssope, of each a handful, Polipody roots one ounce, seethe them together in a quart of water until the third part be decocted away, then wring it, and keep it in a cool place.

Infusio Sene

Another, *Infusio Sene*: This decoction is much used for the Pocks at *Augusta* in Germany, for which it is most meet: Take the husks and leaves of Sene, of each five drach. Ginger two scruples, Burrage flowers, Violets, Roses, of each one scruple, Polipody one quarter of an ounce, Currans half an ounce, ten or twelve Sebesten, sliced *Agaricus* half an ounce; powr upon them sixteen ounces of boyling water, and let it be steeped the space of ten hours by the warm ashes, afterwards wring it out and keep it well, whereof is commonly three or four ounces taken, and sirup of Fumitory, or *De Bizantiis* one ounce and a half, or two ounces tempered together, three or four dayes one after another.

There be also used many other laxative potions, like as this Wine following: Take

Seneleaves two ounces, *Thymus* and *Epithymus*, of each one ounce and a half, flowers of Burrage and Buglosse, of each three handfuls, Harts toung, and roots Cicory, of each two handfuls; Rosemary, Stechas, of each one handful, Roses and Balm, of each three handfuls; these are to be put dry and sliced into a little runlet, and powr fifty quarts of Milt upon it, and then let it stand and clarifie, when as need doth require, then may you take a good draught of it before meat.

Item, drink Pullet broth wherein Prunes are decocted, and to eat the Prunes is very commodious. But this broth relaxeth better when it is boyled with Currans and with Sugar. In like manner new Whay well salted and drunken warm doth loose, but better if it be sodden with Prunes.

In like manner also you are to take Wormwood, Hony, and Sugar according to the ability of the person, see the this together in water, and drink a good draught thereof. Item, take Sanicle with the roots, see the it well, and drink off four ounces, tempered with hony of Roses.

If so be that pills cannot be used, then take four ounces of water wherein Mallows were before decocted, and dissolve Sugar therein or Hony of Violets, and so drink it. Or take Linseed, Hops, and Burrage, all together, or each apart, decoct them to a potion, this looseth also. The same doth also one ounce of Polipody, and half an ounce of Fennel seeds decocted together. Item, take conserve of Eldern one ounce, or one ounce and a half, dissolve it in fresh broth one pound, and drink fasting a good draught thereof. Fumitory and Goats milk boyled together doth not onely loose the belly, but also cleanseth the blood.

The decoction of Charvil and of larks spurs do also open the body. Item, the decoction of Coleworts, of Beets, and of Lentils, in every of these are you to temper the quantity of an hasel nut of fine Turpentine, and to drink it warm, which is also good for the exoriation of the guts.

The decoction of Crevises, and of all other fishes are also very good for relaxation, but sweet oyl of Almonds is most commodious for this purpose, more sure and most pleasant being taken with Sugar. It asswageth all griping of the belly, and of the breast; which oyl is thus to be made.

Take Almonds as many as you please, make them clean, beat them small, rost them a little on hot ashes, or on a small fire, stirring them alwaies about; put them afterwards very hot into a strong bag, which is made wet in Rose water, and presse it out forcibly, then have you a fine and clear oyl, whereof may be used for aged folks four or six ounces tempered with course Sugar, for children, and also for the first born, each according to his age.

Oyl of Almond.

Thick or puddle Wine, doth not onely bind the body, but doth opilate also the Liver, the Milt, and the kidneyes, this do they which drink much of it, therefore it is to be refrained.

Of all laxative medicines and potions, Manna is not the basest, but is highly commended above all other things, for it is one of the blessedst medicines, like as is mentioned more at large in the Introduction. This Manna is ministred diversly, according to the ability of the person, like as water of Burrage, fresh broth, and such like. You may also give of this Manna to young children, to each one according to his age, be it in their Drink, Milk, or Pap.

In like manner is Cassia also a very notable and laxative medicine, even as is shewed here before at large in the Introduction: for it is much more commodious to be taken after the form of a conserve, than in any kinde of potion, by reason that there must be put unto it so much moysture, thus will we here prescribe for an example how the same is to be used: Take the roots of Polipody chopt small one ounce, see the them in the water of Burrage eight ounces, and dissolve therewith one ounce and a half or two ounces of Cassie, letting all that is black be washed clean off, and then drink this warm, it looseth very gently.

The use of Cassie.

Here before in the first part, in the first Chapter and 3. §. you have a good mead of Seneleaves for children and other persons very necessary to be used, yet, this following may be prepared: Take Seneleaves half an ounce, Ginger and Annise, of each one quarter of an ounce, beaten Licorice, 3. 3. see the them all together in 16. ounces of water even to the half, drink the one half in the morning, and the other half in the evening.

Also

Also there be certain Sirupes used for the loosing of the body, whereof the chiefeſt is the laxative ſirupe of Roſes, which is before deſcribed in the firſt part.

*Sirupe of
Sene leaves.*

Also there is made a ſirupe of Sene leaves, as hereafter followeth. Take right Endive, Cicory, Agrimony, of each half a handſul, Venus hair, Harts tongue, of each half ſo much, ſeeds of Melons, Pompeons, Cucumbers, and Gourds, of each one drachme, wild Saffron ſeed, Polipody roots, ſeeds of Endive, Cicory, and Licorice, of each two ſcruples, Barly one ounce, winter Cherries, Windweed, of each one quarter of an ounce, Fearn roots, Smallage, Fennel, and Sperage, of each half an ounce, Currans three drach. fix or ſeven Prunes, flowers of Burrage, Bugloſſe, and Violets, of each half a drachme, ſeethe them all together in a quart of water almoſt unto the half, wring it well out, and then lay to ſteep in this decoction one ounce of Sene leaves, prepared *Agaricus* half an ounce, Rubarb three quarters of an ounce. When it hath ſtood ſo one night, and is wrung out, then temper with it, *Syrupum Capillorum Veneris*, which is the ſirup of Venus hair, the ſirup of Violets, of each one ounce, white Sugar three ounces, let this ſeethe by a ſoft fire unto a ſirup: Laſtly, put more unto it half a drachme of beaten Cinamom, and one ſcruple of yellow Saunders, and ſo keep this ſirupe until that you will uſe it.

Of this ſirupe you may boldly give one ounce, or an ounce and a half, or more, unto all delicate perſons, yea to women alſo with child, and that with freſh broth, or any diſtilled water, for it is very ſafe.

Another Syrupe. Take Endive, Liverwort, Venus hair, all green, of each one handſul, red and white Saunders of each one quarter of an ounce, Melon ſeed, Gourd ſeed, Cucumber ſeed, Pompeon ſeed, and Burrage, ana. $\frac{3}{4}$ β . Sene, *Epithymum*, of each one ounce, Rubarb three quarters of an ounce, Turbith, $\frac{3}{4}$ β . Indy Spica, $\frac{3}{4}$ β . Ginger, $\frac{3}{4}$ β . Sugar, $\frac{3}{4}$ β . 12. diſſolved in Endive water, make a ſirupe of it like as is taught in the firſt part, the firſt Chapter, and 6. \S .

Hony of Roſes looſeth alſo very well, eſpecially that which is made of the juice of Roſes, even as it is deſcribed in the firſt part, the fourteenth Chap. and 4. \S .

For this are alſo ſundry pills prepared, and that after this manner followings: Take Bdelium and Aloe, which have been ſteeped the ſpace of three daies in Sheeps milk, of each one quarter of an ounce, temper them, and form pills of them, uſe thereof one ſcrup. or half a drach. at once, they will do you much pleaſure. Item, take before ſupper one drach. of waſht Aloe.

This ſalve following is alſo laxative, if that the belly and the navel be annointed with it: Take the ſalve of *Agrippa*, and the confection of *Hiera*, of each half an ounce, the juice of Swines bread and Scammony, of each three grains, *Euphorbium*, Turbith, Coloquint, ana. $\frac{3}{4}$ β . 1. beat them all together. Item, take Pitch and Frankincenſe, of each a like quantity, caſt them on hot coles under a cloſe ſtool, and ſit over it with the bare buttocks, it looſeth.

For a concluſion, there is to be found through this whole book, how that the body is to be looſed and opened for all manner of ſickneſſes; but this is onely ſpoken of all them who be in health, and cannot go to ſtool.

To keep the body ſoluble.

Seethe beets in water and honey, and drink the ſame. Also ſeethe Garlick, Malloes, Mercury in hony and water, and uſe it morning and evening, or as you pleaſe.

Also ſeethe Coleworts a little while in water, take of that water lb. 2. and with hony and ſalt drink it.

Of the ſtraining or unſatiable deſire of going to ſtool, which is called Tenasmus. \S . 21.

For as much as through both the foreſaid maladies, as well of the exceſſive going to the ſtool, as through binding in the body, this ſtraining which the Grecians do call *Tenasmus* and *Teneſmus*, may be provoked: therefore we cannot omit, but add the ſame unto the reſt, and is thus deſcribed.

Tenasmus is a diſeaſe or malady in the end of the Arſegut hard by the Fundament, with great

great pain, and continual desire to go to the stool, where notwithstanding the Patient can be discharged and rid of very little or nothing at all. We do call these kindes of scourings properly a straining to go to the stool; for it commeth for the most part alway with such a force, that it driveth out the Arsegut, and the fruit of women conceived. The cause of this scouring may be as well inward as outward cold, like as when any one doth sit upon cold stones, or it is gotten of the cold ayr, or in the water: contrariwise also it may be caused through heat and drought. Item, of any sharp rheume of the stomach or Liver, of corrupted meats, or much moisture, through the use of much fruit, through Worms, impostumation of the bowels, binding in the body, swelling of the Pyles, and also of any tough and subtile *Pblegma*. The signs whereof are easily to be discerned by the report of the Patient, and view of the place, and ordure. Now as touching the remedies, Clisters are best of all for it. If this malady do come of cold, then make the Clister thus: Take Mints, Marjoram, Cammomil, Melilot, field Mints, Southernwood, of each one handful, decoct them in sufficient water. Take of this decoction twelve or sixteen ounces, oyl of Cammomil, and of Lillies, of each one ounce and a half; then make this Clister very warm; but if there come any binding or stopping with it, then temper therewith *Benedictam laxativam*, or *Hieram picram*, three quarters of an ounce. The herbs and all that be decocted for this Clister, stamp them all to pap, and temper them with oyl of Rue and of Lillies, and let it boyl a little while, and lay it upon the place where the pain is, and when it is cold, then lay on another that is warm, doing this three or four times one after another. When as then this straining of going to the stool is red, then are you to use this following. Take steeled Cow milk or Goats milk, Mutton broth, or Veal broth twelve or sixteen ounces, melt therein one ounce, or one ounce and a half of Sheeps suet, and two ounces of the oyl of Roses, then temper them together, and use this Clister oftentimes.

Item, take twelve ounces of Malmsey, the yolk of an Egg, let them boyl together in a drinking pot or kan in a Kettle of water until it be very hot, then give it afterwards unto the Patient, it is a very safe remedy. When all necessary medicines have been used to this kinde of lask, and yet pain doth not diminish in ten dayes, then may one use the Clister which is described in the 17. Section, beginning thus: Take peeled Lupins, &c. and that two or three times as the case shall import. If these scourings be of a cold cause, then rost Millet or Panick with salt, and lay upon it, or fill three bags with bran, let them boyl in wine or water, lay one of them upon the belly, another upon the back beneath, and the third upon the fundament, as warm as may be possibly suffered, and when they be cold make them warm again. Afterwards annoint the place with warm oyl, or with the salve *Marciaton*, and sprinkle wine upon a hot stone, then lay a cloth upon it against the burning, and sit upon it with the buttocks as hot as may be suffered. Others do counsell for to foment the fundament with red Wine, wherein the herb *Verbascum* hath been sodden, and afterwards to sit upon a hot Oak or Cyper wooden boord. Some do commend for this a Poplar boord: if one cannot get such a one, then a Fir boord, and as soon as one is cold, then to take another warmed again, and using this so long until he feel the warmth within the belly. Then is the fundament to be annointed with molten Harts suet, or to fume it with Pitch, like as not long ago hath been rehearsed. Item, take Hollihock roots, Linseed, Fenegreek, Cammomil, Melilot, the upper sprigs of Coleworts, of each three ounces, pownd them all together, and see the them in reasonable water. You are therewith to wet a Sponge, wring it out, and sit thereon; and lay it upon the fundament, yea, to sit also in the water. Item, take the seeds of Plantain, prepared Coriander, Mirtle seed, Acorn cups, yellow seeds of Roses, Cipers nuts, ana. 3. i. ʒ. Gum, and Dragagant, (both parched) of each one ounce, beat them together, and put them in a bag, and see the them with Wine, then must you sit thereon. Item, see the oaken leaves with water in a bag, and hold the fundament unto the heat of it, and when it is cold, make it hot again, and do this oftentimes one after another.

For a salve: Take oyl of Roses one quarter of an ounce, Saffron 15. grains, Sheeps suet, Deer suet, of each one ounce, make a salve thereof, it doth marvellously take away the pain.

Another. Take Frankincense, *Lycium*, Saffron, Gum, *Opium*, ana. 3. i. unripe oyl of Olives, *Colophonia*, ana. 3. 3. Wax as much as is needful for to make a salve with it, the Lard of a Bore, and of all four footed beasts: also the fat of all Fowls is especial good to be used for this disease.

You

You shall take for a plaister Hollihock roots, Linseed, Fenegreek, of each one ounce, seethe them well, and pownd them together, and temper amongst it half an ounce of pownded Camomil, the yolks of two Eggs, and lay it against the fundament. For this, may you also take Garlick boyled to grout, the heads of Leeks fryed in Butter, with oyl of Roses, and a little Wax made into a salve may also be used for this purpose.

For this is also requisite the fume and vapour of divers things, as the leaves of a Pear-tree, of Medlars, Quinces. Dragons blood, fine *Bolus*, blossomes of Pomegranats, and sealed earth, whereof you may seeth (which you please) with Wine. When as then the Patient hath been at stool, then is he to receive beneath the vapour of this wine powred on a hot stone. Item, take a hot brick, sprinkle it with Wine and Mastick, use it as before. Or make a fume with *Celophonie* or Pitch.

This Confection also following may be used; Take Mirtle seeds, Pomegranate blossomes, Roses, and Pomgranate pils, of each half a handful, Butchers broom seeds, Sorrel seeds, the seeds of Plantain, yellow Rose seeds, Barberries, white Saunders, Mastick, burnt Ivorie, of each one quarter of an ounce, Annis, seeds of Endive, Cypres roots, and Frankincense, of each one drachme and a half, prepared Coriander, Cinamom, red Coral, of each half a drach. the juice of Sloes, *Hypocistis*, Storax, Cypres nuts, parched Gum, of each one drach. white Poppy seed 3. drachmes, pownd all that is to be pownded, and with dissolved Sugar make thereof a confection: you are also to put unto it some juice of Pomegranates. Item, take the bones of the head of a fresh taken Pickrel, the weight of a drach. and a half, stamp them small, and drink them with Wine, or any fresh broth. This is taken for to be a most sure experiment.

Suppositories which are to be used are these; Take Frankincense, Myrrhe, Gum, Linseed, of each one quarter of an ounce, *Opium*, Saffron, of each half a drachme, temper all these with the white of an Egg, and make thereof short suppositories, then bind thereon a strong threed, so that you may pluck them out when you will. Some do put Smallage unto it. These are now the principal remedies for this scowring; but if so be that there be other causes with it, as worms, obstructions, and swellings, whereof we have here before made mention; you may read of either in his proper description.

And for a conclusion, all bitter, sharp and sower things are to be refrained, for that all such make the going to the stool, gnawing, excoriating, and painful. Pullet broth, Barley pap, oaten pap, and such like light meats, are very commodious for him, and above all things must beware of cold.

For the Tenasmus.

Rx. of the rindes of Pomegranates, and rindes of the ash-tree, seethe them in wine and drink it.

Or Rx. of Olibanum, Ameos: ana. 3. i. and with honey make a suppositorie.

Or take Cumineeds, Anniseeds, Dill seeds and Colophonie, and put them upon a chafing dish of burning coales, and let the party sit over it when he goes to stool, and receive the fume.

And anoint the reins of the back unto the Fundament with warm honey, and strew upon it the powder of Colophonie, the powder of penny royal seeds, hyssop seeds and organ seeds, and bind it on with a roller.

Of the pain in the stomach in general. §. 22.

These kinds of Lasks and bloody fluxes have a while seduced me from the infirmities of the stomach, and because these Lasks (as hath been shewed) for the most part proceed from the weaknesse of the stomach, with an infection of the Liver and other parts more, it would in no wise have been decent to have treated of them elsewhere. But now we purpose to proceed with our intent, and write of the pain in the stomach, and of all that appertaineth unto it.

The pain of the stomach may be caused of divers and sundry means, to wit, of some outward blowes, falls, wounds, of a piercing cold, or extreame heat, of a bad digestion, that hath long continued, of overmuch meat or drink, eating either too hot or too cold things, or of winds contained in the stomach: and in fine, of all the four humours of the body, also with or without an impostume. And indeed in this pain of the stomach, and also in all pains of the Liver, it were very needful to use the counsel of an expert Physitian, that might discern and know whence these infirmities proceed, and whereon each symp-
tome

come dependeth. For if in this point any error be committed, then is this malady imparted unto all the parts of concoction. Wherefore great heed must be taken what ought to be used in every accident, for as their causes be divers, so also do they differ in their signes.

If this infirmity be procured by some outward occasion, that is to be known of the Patient himself; or if the cause be a bad digestion of the stomach, that is perceived by the sower belchings. If it come by overlading of the stomach and bad digestion, then doth the Patient find a heaviness in the stomach, with wamblings and vomitings, and good ease after them. If it be caused of heat, then feeleth he a gnawing, heat, drought, and sweetness in the mouth, because it proceedeth of blood. If it be procured of choler, then hath the Patient a bitterness and a taste of Verdigrease in his mouth. The pain that cometh of phlegme, hath alwaies a salt taste with it. Also the spittle may shew what the cause is, whence this infirmity might proceed.

Melancholy is known hereby, that there is neither heat, nor pain with it, but onely a sower and a bad savour in the mouth, which also otherwhiles is perceived by that which is brought up by vomit; unto this is commonly adjoynd a hardness in the spleen, and a pain in the left side. But if this pain of the stomach proceed of winds, then may you perceive a wambling and belching, or breaking of wind upward.

These are the commonest signes of all pains in the stomach, and first we will write of the pain in the Stomach that is without an impostume.

Of the pain of the stomach without impostumation through heat. §. 23.

FOR all pains of the Stomach where there is great perturbation, great wambling, par-breaking and vomiting, it may be justly adjudged, that it doth proceed of an hot occasion, for which, vomiting (by taking of luke-warm water) is to be provoked; or if the same be too weak, then to put some Sallad oyl unto it, or oyl of Dill, or oyl of Violets: the same doth also the seed of Orage, tempered with Vinegar. But there be in other places other remedies more described for to purge the Patient by vomiting; and if this ease him not, then it is needful that the Patient be purged; but first he is to take some preparative potions, even as hereafter follow.

Take husked barley two ounces, Endive and small Endive, of each one handful, Roses, seeds of Melons, Gourds, Cucumbers, and Pompeons, and the juyce of Pomgranates, of each one ounce, Sugar nine ounces, make a clear sirupe of it, until there remain about twelve ounces, give alwaies two ounces of it at once with Barley water, or Endive water.

For this is also *Oxysacchara* good, made with the juice of Limons or the juice of Roses, wherein is decocted a little of the juice of Wormwood taken with Barley water. When as these potions be taken, then is to be given for a purgation one ounce of *Hiera Picra* with Endive water; or if the Patient fear the bitterness, then may he take this following.

Take Violets and Burrage flowers, of each half an ounce, nine or ten Prunes, sower Dates one ounce, Currans one quarter of an ounce, see the them in twelve ounces of water, so that there remain after the straining out four ounces of the decoction; then lay to steep in this warm Colature one ounce of the rindes of yellow Myrobalanes, let it stand the space of one night upon warm ashes, being strained through in the morning, temper half an ounce of Cassie with it.

There is also to be given daily to the Patient, bread which hath been steeped in the juyce of Pomegranates, and *Syrupum Acetosum*, de *Cydoniis* with it, and (as is said before) Mutton broth and such like. Moreover, the Julep of Roses, of Violets, wine of Pomgranats, Verjuice, with water wherein Lettice, Purslain, and Endive were boyled, be very good for this malady. After purging, the Patient may drink otherwhiles Buttermilk and Well water, if so be no impostumation in the stomach do let the same. He may also eat well Lettice and Purslain with small Vinegar, Melons, and Cucumbers; all his other meats must be light of digesture, as Hens, Pullets, Partridges, and small fishes drest with Vinegar, Citrons, Oranges and Limons be very meet for him.

White clear wine is tolerable for this if it be well watered, but if so be that there come a drought with this heat, then must moyst things be ministred, as namely Mallowses, Spinage, and such like. And further also to use water baths: in fine, all that wanteth for
this

this is to be taken and had in the sixth Section; where we have discoursed of a weak stomach through heat.

Of the pain of the Stomach Without impostumation through cold. §. 24.

IF so be that this pain of the stomach be bewrayed through belching, then is it easily to be marked; that the same pain is caused through some wind, which is ingendred through cold. Therefore are we here to shew whence the same is caused: But as much as concerneth the Belching, it shall hereafter be spoken of.

Of the pain in the stomach through wind. §. 25.

THIS is the malady of the stomach, the which we call Belching, and the Latinists do call it *Ructum*, the which is none other but the wind which nature expelleth through the mouth, and it is thus described.

Belching is an ascending wind which cometh out of the stomach, and is not digested, but is driven out through the expulsive vertue of the stomach.

This is caused of a flegmatick matter, or meat which is resolved in the stomach into wind, through the feebleness of natural heat, and is expelled out of the stomach. Like as for example we apparently see, that in time of great heat, or great cold, the weather is least of all cloudy or foggy.

The causes of these belchings may well be a feeble heat of the stomach, which cannot digest sufficiently. And albeit there be warmth enough, yet hath he nothing but windie meats to work upon; and the belching which proceedeth of great heat, happeneth but two or three times one after another. The windy meats are these, *viz.* porridge of Beans, Pease, Rye bread, Swines flesh, Chestnuts, Figs, dried Cherries, Must, and all cold meats, which do abate the natural heat; also roasted Eggs, Onions, Radishes, and all that be of such natures.

This belching may also be caused of superfluous meats or drinks, for if they cannot be consumed, then do they ingender wind.

Also this may well be caused by a cold rheume, which falleth also into the stomach, through want of sleep, through some unnatural heat or cold, through over hot or cold baths, through mighty motions, and through thrusts upon the stomach, and also by bruising or wounding of other parts, which hinder digestion.

The signs of this belching are these: First, when one hath neither smelling nor taste, before he have taken his meat. Secondly, the stench declareth an ulceration or stinking matter in the stomach. Thirdly, if the rising of the meat taken, be sower, and the smatch cometh up again with it; then is it a sign of a bad digestion. Fourthly, if the belching do come after *asthma*, or after an heavy breath, then is it good and profitable. Fifthly, in like sort it is very fit, if that any wind comprehended in the stomach be belched up. But if the wind will not avoid the stomach, then is there some other infirmity to be looked for. Sixthly, the reasonable belching (if so be that the digestion be not thereby annoyed) is very commodious, and the digestion much holpen with it. Seventhly, all they who have many sower belchings, do not lightly get any pricking or shooting in the breast. Eighthly, all they which be awaked out of their sound sleep, do not well digest, and be much subject to belching, and that more or lesse according to the meat received. Ninthly, the belching which tasteth like Verdigrease betokeneth a great heat and a stinking matter in the stomach.

And now to proceed to the remedies for the belching, there be first certain sure rules to be kept and observed.

First, if there ingender any wind in the body which nature would willingly expel, then is it not to be detained at any hand; notwithstanding, for reverence sake, to forbear it in the presence of other folks. Secondly, one ought to beware of all sursetting and superfluity of meat. Thirdly, all cold is to be refrained, and especially coldness of the feet. Fourthly, all they that be plagued with sower belchings, are to use *Diatrion Pipereon*, and such like, and to drink it with Wine; but they who have onely certain vapours ascending from the stomach, they are to be holpen with Wormwood or *Hiera Picra*. Fifthly, all they that do belch of an ill stomach or bad digestion, they must live very soberly. Sixthly, sobriety and warmth of the stomach is passing good for all belching from the stomach.

Now

Now if that this belching do proceed of a cold stomach, then is the Patient to be kept marvellous sober, and to eat nothing but light meat, and therewith to use one of these things following, as *Diacyminum*, *Dianisum*, *Diagalanga*, *Diapipereon*, *Aromaticum resatum*. Or let these confections be made: Take *Species Diacinamomum*, *Diambra*, *Diagalanga*, of each one drachme, Sugar six ounces, see the them with the water of Mints or Hyssop, and make Tabulats of it. This being made, then use one quarter of an ounce of it, or half an ounce at once. It expelleth all winds of the stomach, it consumeth all cold matter of the bowels, and is very commodious for the stomach and the Liver, taken before meat. Item, take powdered Galangal one drachme, drink it every morning with wine. Item, Cinamom chewed long in the morning doth also avoid all wind. In like manner the confection of Bayberries doth vehemently expel all winds out of the stomach, and out of all other parts. Or make this following; Take Annis, Spikenard, Mace, Lovage, and seeds of Rue, of each half a drach. Comin one quarter of an ounce, Sene leaves one ounce, Argal one drach. and a half. Hony of Roses four ounces and a half, Sugar half an ounce, the Sugar and Hony shall be boyled until they be thick, in the water of Hyssope, and temper the rest amongst them; take sometimes also half a drach, or one drachme of fine Treacle, or Mithridate in good wine.

Potions, and such like.

TAKE an old Cock or Hen, stop it full of Cinamom, Cloves, Ginger, and Zeduary, as much as you think good, let them see the well, and drink of this broth every morning eight ounces at one time. Or drink in the morning a good draught of wine, wherein be steeped Nutmegs, Galangale and Cloves. A little *Aqua vite* is also very good. You may likewise use for this vital waters, conserves of Betonie, of Eyebright, Gilloflower wine, Betony wine, and wine of Eyebright, are very meet for all cold diseases of the stomach.

Of sirupes are especial good for this disease, the sirup of Wormwood, of Mints, of Quinces, and above all *de Calamintha*. Or make this following; take Marjoram, rumped Mints, Wormwood, and Penniroiall, of each one handful, Hony water four and twenty ounces, one quart of good white wine: see the the herbs even unto the half, then strain it and clarify the broth, put as much good Hony unto it as you think good; temper afterwards amongst it Ginger, Galangal, *Lignum Aloes*, Citron peels and Spikenard, of each one quarter of an ounce, then make a sirup of it, like as in the first part and the 6. §. is taught. Also you may temper with it Comin, Fennel, Caraway, Annis, Cloves, Mother cloves, or Cinamom. For all these things do expell wind, and strengthen the stomach.

These Pils following do not purge, but expel wind; Take *Asarabacca*, Comin, Fennel, and Annis, of each one quarter of an ounce, the seeds Rue, roots of *Mandragora*, of each one scruple, Bevercod one drachme and a half; make as many pils of it as you please, and use one drachme or one drachme and a half of it at one time. For when one will purge, then take these pils following; Take Indie salt half a scruple, wash *Aloes* two scruples, *Pil. Alephangina* one quarter of an ounce, temper them together, and make seven or eight pils of them, and use them at one time.

Suppositories Which do draw downe the winds.

TAKE *Ammoniacum* one quarter of an ounce, *Opopanax* one drachme, Wax two ounces, Turpentine three ounces, Indie Salt one drachme and a half, Saltpeter two ounces and a half, Rue, Caraway, Silvermountain seed, Cuscuta, Centory, Coloquint, Comin, Swines bread, of each one drachme and a half, *Colophonina*, one quarter of an ounce, melt the Gum, the Wax and Turpentine, and temper the rest (being beaten) amongst it. Then make suppositories of it the bignesse of a small finger.

Others do take *Ammoniacum*, *Galbanum*, *Opopanax* of each one quarter of an ounce, *Sagapenum* one drachme and a half, dissolve them in Vinegar, temper them afterwards in 4 ounces of molten hony, and put Swines bread into it, Coloquint, Turbith, and the roots of Fern, of each one drachme, Scammony one quarter of an ounce, parched Salt one ounce and a half, then make thick Suppositories of it; for this are you to abate or increase the described weight more or lesse, according to the importance of the cause; for

they be very strong and draw down the wind, and the ordure very vehemently. This powder following is also very good for all winds; Take Marjoram, Rue, Mints, Ameos, Mastick and Frankincense, of each three drachmes, Cloves, half a drachme, make a powder of them, and give thereof one drachme at the same time.

Another, Take Cinamom one ounce, Ginger three quarters of an ounce, Cloves, half an ounce, Galangal, one quarter of an ounce, Nutmegs three drachmes, Cardamom one drachme and a half, Mace one drachme, Pepper one quarter of an ounce, *Spica* one drachme, Comin three quarters of an ounce, Saffron one drachme and a half, Sugar one ounce and a half: Take one drachme thereof with good warme wine.

Here followeth that which is outwardly to be used.

Take Mellet and salt, parch them well, then put unto them Parietary and Nettles, and lay them upon the stomach. Or see the Rue, Marjoram, Camomil, and Mints in wine, and wet a sponge in it, or woollen clout, wring it out, and lay it warme upon the stomach. You may also see the same herbs in Sallet oyl, and anoint the stomach with it, and then lay it warme thereon with undrest sheeps wooll.

Another oyntment: Take Rue one handful, Bevercod one quarter of an ounce, Anis one ounce, Aristology two ounces, red wine three ounces, Oyl of Bayberries four ounces, pound them all grossely that are to be pounded, and let them see the upon hot ashes, until the wine be boyled away: then wring it through a cloth, and with Wax make a salve of it for the stomach.

These oyles following are very necessary for him: to wit, Oyl of Rue, of *Mandragera*, of Penniroyal, of Dill, of *Spica*, and Bayberries, mixt together of each alone. This plaister following is very good for to consume the wind of the stomach, of the Liver, and of the Milt: Take *Ammoniacum*, *Opopanax*, Turpentine, Rosin, of each half an ounce, Cardamom, Cypres roots, Savin tree, Saltpeter, Bayberries, Cassy wood, Melilot, Fennegreek meal, Smallage seeds, Marjoram gentle, of each one drachme: melt and pound them as behooveth, and then temper them with the oyl of Spike and of wax, as much as is needful for to make a plaister; spread it on leather, and cover it with syndal, and so lay it over the stomach. You shall have also hereafter a good plaister against the obstruction of the Liver with cold, beginning; Take Roses five drachmes, &c. which plaister is also for this purpose.

This fomentation is also marvellous meet for this: Take Wormwood, Mints, Marjoram, rumbled Mints, Fennel seed, Dill seed, and Comin, of each one handful and a half, Mastick, red and white Coral, *Gallia Muscata*, of each one drachme, Roses two handfuls, Squinant and Myrtle seed and Coriander, of each one handful and a half, wilde Vine leaves one handful and a half, (but not Bryony) cut them all grosse, and then see the them all in three quarts of wine unto the half (except the *Gallia Muscata*) this is to be put last of all unto it, when as the decoction is strained. Then foment the stomach with it with a great sponge. These bags are also to be made; Take the seeds of Smallage, Annis, Silver mountain, Fennel seeds, Stone Parsly, and of Rue, of each one handful, Marjoram, white Water Mints, of each one handful and a half, Hyssop, Pennyroyal, Stechas, Rue, field Cypres, of each one handful, Wormwood two handfuls, Calamus, Cinamom and Cloves, of each one quarter of an ounce, Mace 3. drachmes, cut it and beat it all together, and afterwards put it in a bag. Item, rub the stomach with *Aqua vite*. This is also very good and commodious: Item, set a great boxing cup upon the stomach unpickt, &c. But you shall incontinently hereafter see more of this where we do speak of the griping and pain of the belly, because that they do both proceed out of one kind of cause.

Of the swelling or puffing up of the Stomach. §. 26.

IF the swelling or puffing up of the Stomach be caused of wind, that is easily perceived through the forementioned reasons. But because that it may also happen very well through impostumation and other occasions, and that the same is to be outwardly seen and known, therefore are we here to adde unto this somewhat thereof. When as then any winds do stick in the stomach, that will passe neither upwards nor downwards, then will they of necessity puffed up the stomach, and extend it with great perplexity, and if the same proceed through any impostumation, one may well perceive the same outwardly;

wardly; what then the causes and signs of these winds be, that is sufficiently discoursed in the forementioned third part, and 25. §. But as concerning the impostumation, we will shortly hereafter speak of it: and if so be there be any malady of the Milt with it, then look into the description of the infirmities of the same, and mix the same things with it, which do serve for it.

Of the pain of the Stomach through Phlegma. §. 27.

If so be that the pain of the stomach do come through *Phlegma*, and with a salt humor, then is the Patients mouth salt, and hath also heat and thirst with it. And in case the same be caused of any other kind of *Phlegma*, then is there no thirst with it, but onely anguish and drouth, and one may know by the tongue the taste of the matter which causeth this pain. Or is the *Phlegma* much abounding, then will the appetite be lost, with other causes more, whereof we have spoken already. For this, is first counselled to take *Oxymel* of Squils, with the decoction of Hyssop, and that afterwards he is to be urged to vomit, with Mustard, Hony, Saltfish, Radish, and Garlick: or use this decoction; take Squils two ounces, seeds of Orange three ounces, Radishes four ounces, Vine, or two ounces, and a quart of water, let these seethe together unto the half at least. When you have eaten before two or three slices of a Radish, then drink two ounces of this decoction, tempered with one ounce of Sallet oyl, and a short time after see if you can cast up somewhat. But if the stomach be not therewith sufficiently cleansed, one may perceive by it, to wit, by reason that thereby followeth not any ease at all. Then be these Sirupes following to be prepared; Take Mints, Wormwood, Hyssop, Venus hair all green (if so be that they be to be gotten) of each a handful, Parsly roots, Fennel roots, of each one ounce and a half, Annis, Fennel, *Ameos*, Licorice, Corans, Vinegar, of each one ounce, Hony and Sugar, of each six ounces, make a clear sirup of it. For this, is *Oxymel* of Squils also good.

As it is needful in all other sicknesses, that the *Phlegma* be purged; so is it also needful in this, as thus: Take Burrage, and the flowers of Buglosse, of each half an ounce, Annis one ounce, Licorice, Corans, of each two ounces, roots of Polipodie half an ounce, seethe them all in water so long that there remain about five or six ounces; then steep therein one ounce of the rindes of Mirobalans *Chebuli*, whilst that the decoction is still hot, and so let it stand all night in warm ashes, afterwards strain it out, and take three or four ounces of this decoction, and put thereto half a drachme of *Turbith*, and one scruple of Ginger, and then give it him early in the morning; or give to the Patient of the purging Marmalade, like as it is described in the last part of this book. For this is also to be given three or four drachmes of the rotules of *Diaphenicon*, or the *Electuarium* or *Diasena*. But if in case he had rather take pills, then let him use some of these following, to wit, *Stomachica*, *De Aloe Lota*, and *Cochia*: afterwards must the stomach be warmed with all kind of spiced Wines, as Hypocrasse, and such like. Also with lozenges of *Diatrionpipercon*, *Dialanga*, &c. Item, confected Ginger, Annis, Comin, and Mints, mixed or confected with Sugar. All his meats are to be strewed with Ginger, with Cloves, Galangal, Pepper, and Cinamom, and they are also to be dressed with it.

This confection following is marvellous good for all feebleness, cold, and bad digestion of the stomach, and also against all hoarseness. Take Comin which hath been steeped in Vinegar and is dried again, five drachmes, Annis, Smallage seed, dried Mints, Marjoram gentle, *Calamus*, Rosemary, Marjoram, and Pennyroyal, of each three drachmes, Spica, Cloves, Cardamom, Nutmegs, of each one quarter of an ounce, long and common Pepper, of each two drachmes and a half, *Lignum Aloes* one drachme and a half: temper them together, and make a subtil powder of it, and afterwards with Hony, into a confection. The *Trochises de Rafis* do hinder the matter that it run not again (after purging) towards the stomach. If that half an ounce of it be taken with Wine, it comforteth, asswageth the pain, and very much assisteth digestion. Item, anoint the stomach with oyl of Spike, Mastick, or oyl of Wormwood. For a plaister, may be used that which is described before in the 5. §. beginning thus; Take Mastick three ounces, &c. If there be great cold approaching, then give the Patient one drachme of Mithridate or Treacle, with Wine wherein Annis and Wormwood have been decocted.

Of the pain at the Stomach through Melancholia. §. 28.

THis pain of the stomach bringeth with her, together with the foresaid signes, a slow smatch also upon the tongue, great desire or longing for meat, but without digestion, with disquietnesse, lasks, and vomiting, which do commonly come all together. For these kinds of Maladies do people come commonly to be wonderful feeble and void of might, for that the heart which is neere unto it cannot tolerate this overlading and burthen. Thus then to remedy these grievous melancholick humours which do sink into the stomach, these syrups following are to be used; Take Burrage roots, Parsly roots, and Fennel roots, of each one ounce and a half, the inner part of Squills one ounce, Mints, Hyssope, Harts tongue, Venus hair, being all green, (if they can be gotten) of each one handful, Fennel seed, Annis seed, *Cuscuta*, Licorice, Corans, Vinegar of each one ounce, Hony and Sugar, of each six ounces, make thereof a syrup.

Another. Take Licorice and Raisons, of each one ounce, flowers of Burrage, Buglosse, Fennel, Annis, Fennel roots, and *Cuscuta*, of each half an ounce, Ginger one quarter of an ounce, Hony, and Sugar, of each six ounces, make forthwith a syrup of it, or in stead thereof use *Oxymel* of Squills, with water of Burrage, which taketh away the belching of the stomach.

For to purge, this following may be used; Take water of Burrage, and Buglosse, of each one ounce, Annis one quarter of an ounce, Licorice, and Corans, of each one ounce, Thymus and wild Thyme, Polypodie roots, of each half an ounce; seethe them together, and steep therein one ounce of *Myrobalani Indi* the space of a whole night, then wring it well out, and then temper with it one drachme of Azur stone prepared, and give it to the Patient betimes in the morning.

There may also be used for to purge the confection of Sene leaves, afterwards strengthen the stomach with the confection *Aromatico Caryophilato*, *Diaplyris cum Moscho*, *Lecithia Galeni*, *Diatbamarou*, and annoint the same with the foresaid Oyl. His meat shall he strew measurably with spices. He must drink but little old Wine. He must use moderate exercise, and bathe often. All that is outwardly to be done is to be taken out of the 24. §.

But if so be that there be any belching proceeding of unnatural heat, (which nevertheless chanceth very seldome) then is the Patient to use the syrup of Wormwood, or Wormwood wine, or Wormwood water. In like sort also he is to purge afterwards with *Hiera Picra*, and not to disquiet himself, for that these medicines be hot of nature, because they do purge both *Choleram* and the stomach. Otherwise must this Patient be ordered like as in the debility of the stomach through heat is taught in the 16. §. And good heed is to be taken that the digesture vertue may be strengthened. Set also a great boxing eup upon the belly without pricking the space of an hour, yet otherwhiles taking it off, and afterwards annoint the stomach with the foresaid Oyl, or some other oyl, wherein Annis, Fennel, Rue, or penniroyal, is decocted.

The Aristology hath also a great power to expel all wind and pain of the stomach. And as concerning the order of life, or dyet there is alwayes to be used all light meats, and white wine, and that with sobriety.

Of the pain in the stomach through a bot impostume. §. 29.

THese impostumes which the Greeks do call *Apostema*, and the Latinists *Abcessus*, are like a separation from that which is whole and firm in a mans body, or is separated into two parts, and doth make an exulceration, which we do call in our common speech an impostume, as a word lent us from the Grecians themselves; but in our English tongue wee do call an impostume a Botch or a Boyl, which commeth to an issue, which breaketh out and healeth. The difference between an impostume and an exulceration is, that the impostume breaketh out and healeth speedily; but an exulceration endureth long and corrodeeth, like as the same may also happen in the stomach.

The causes of these impostumes may be blowes, falles, and other outward bruises; all which do make pain in the stomach, which groweth afterwards unto an impostume, through the falling down of some bad humors into it: so that if the foresaid humors be

not drawn thence, then there befallerh more harm unto it. And that we might write somewhat of it, we will first begin with the impostume.

In case then that with the pain in the stomach there be an Ague, and an impostume, which may outwardly be felt through the heat and otherwise; then may it easily be adjudged that this disease is caused through heat and *Cholera*. It hapneth also that the pain is so vehement, so intollerable, and the heat so abundant, that it seemeth that the Patient would burn: So that he loseth his senses, and thereby hapneth also to fall into a frenzy, or some other madnesse, with a forcible vomiting and parbraking.

For this must the Liver vein of Median be opened, and afterwards these Refrigerations to be forthwith layd upon it. Take Rose water six ounces, the juice of Quinces one ounce and a half, red and white Saunders, of each one quarter of an ounce, Camphire one scruple; temper them all together: This is (as it is said) to be used at the beginning. Afterwards, if the cause requireth, there must be sundry plaisters made ready. The first is this insuing: Take red and white Saunders, of each one quarter of an ounce, the seed of Plantain, of Purslain, and Wormwood, of each one drach. and a half, Barley meal two ounces, Camphire one scrup. Oyl of Roses and Quinces, of each one ounce and a half; let them seethe all together until it be thick. But in the increase of the pain, then temper amongst this plaister the grease of Ducks and Hens, as much as is needful: and when as this malady is at the highest, put Smallage unto it, Dates, Fenegreek, *Bellium*, and Vinegar, of each one quarter of an ounce, and then mix it as is afore-said.

But if the disease begin to wax old, that the heat were gone; and yet there remain nevertheless a hardness of the stomach, then be one of these plaisters following to be laid upon it: Take Violets two drachmes and a half, Roses five drach. Spike and Mastick of each three drach. Cyper roots, Squinant and Calamus, of each one quarter of an ounce, Fenegreek meal two ounces and half, Cammomil, Hollihock roots, and Barly meal, of each one quarter of an ounce; temper them all together with the muscilage of Linefeed unto a pap. This pap is also good for all hard swellings of the stomach, and of the Liver; it asswageth the pain, and ripeneth all impostumations. Or in the stead of this you may also use this plaister of *Melilot*, *Diachilon*, or *Ceroton de Hyssopo*, and four hours after meat, when the meat is digested, the stomach is to be annointed with the oyl of Mastick and Wormwood, and further the place covered with sheeps wool. Item, take Pitch and Rosin, of each two ounces, *Colophonia* one ounce and a half, Mastick and Frankincense, of each one quarter of an ounce, Aloe one ounce and a half, molten Lard, one ounce, oyl of Mastick four ounces, green Wax as much as sufficeth for a plaister: you may also make a salve of it; and it is very good both waies.

It is also needful for to purge, which must be effected with milde Clifters, whereof divers stand here and there declared. Afterwards give the Patient one ounce of Cassia, or two ounces of Manna, dissolved in Endive water. And if this do not sufficiently relax, then give him every day one ounce, or one ounce and a half of Cassia. And in case that the Ague do not remit, then open a vein, and purge once again, as before. Take three drach. of peeled Gourd seeds, make thereof milk with Barly water, and three drach. of Rose water, like unto Almond milk, Seven daies after, give him half a drach. of *Trochiscis de Rosi*, tempered with Endive water. He is afterwards to take every day this ensuing: Take of the water of Smallage, and Fennel water, of each one ounce, the juice of Wormwood one quarter of an ounce, Mastick one drach. temper them together, and use one of the prescribed plaisters, Barly paps, Oaten paps, and otherwhiles stued spinage may he well eat. Or Burrage boyled in Hen broth and Almond milk, is very meet for him. Stued Peares, Apples, Quinces, and ripe Plums may he also eat. Water or Sugar water must be his drink. In fine, such kind of sick folk must be kept very sober, for that is the best medicine for this sicknesse.

For all pains in the stomach my vomiting potion, mentioned in the eleventh Chapter Section 4. doth good, as I have often proved when all other means would do no good.

Of the impostumes of the Stomach which be of a cold nature. §. 30.

IF so be that this impostume of the stomach do proceed of a cold and moist cause, which may quickly be perceived through the small pain, the bad digestion of the stomach, small Ague, little thirst, and much spittle; then is the patient to be holden very sober in meat and drink, and beware of vomiting and purging: but at the first must be given him one drach. or one drach. and a half of these *Trochisces* following.

Take Squinant, Cassie wood, Rubarb, and Calamus, ana. ʒ. 3. Saffron, Myrrhe, *Costus*, Annis, and Pepper, ana. ʒ. 1. *Bdellium*, ʒ. 3. Mastick one quarter of an ounce, *Ammoniacum*, ʒ. 1. form *Trochiscos* of it with vine cuist.

Afterwards you may use this plaister following: Take Cammomil and Melilot, ana. ʒ. 1. Fennel, Roses, Cipers nuts and the leaves, ana. ʒ. 1. Fenegreek meal, Oyl of Cammomil, and oyl of Roses, ana. ʒ. 1. temper them together unto a plaister.

Or make this plaister following; take Cammomil, Melilot, Priests crown, Pennyroyal and Dill, of each half a drachme, Wormwood and Spikenard, of each three drach. Mastick one quarter of an ounce, Oyl of Roses four ounces, make a pap of it with the muscilage of Hollyhock roots.

But when this disease is increasing and at the chief, then put *Ammoniacum*, *Opopanacum* dissolved in wine, and liquid Styrax, unto it, of each half a drach, Hens and Goose grease, of each one ounce, oyl of *Spica* six ounces, and make a plaister of it. This is forcible to maturate all impostumes. For this is also good the plaisters *de Meliloto*, and the black *Diachylon*.

For the common man, take oyl of Wormwood and Goats dung: temper them unto a plaister: Or take Oyl wherein Wormwood hath been decocted, Mallows boyled in Mutton broth, and drest with butter.

Now for to expel this cold matter, this sirupe following is to be used; Take Mints, Wormwood, Venus hair, being all green (if they can be gotten) of each three handfuls, Roses one ounce, Annis one quarter of an ounce, Cipers nuts, Spikenard, of each one drach. Hony of Roses twelve ounces; then make a sirupe of it, like as in the first part, in the first Chapter, and §. 6. is taught; give thereof every morning, and in the evening before supper half an ounce, with the decoction of Mints and Mastick. For a purgation he is to take one ounce of *Hiera Picra*, tempered with three drach. of Cassie and Sugar, or dissolve it with the foresaid decoction, and then drink it. Afterwards the Patient is to take every third day this prescribed Laxative.

Heed is also to be taken therein, when as the impostume in the stomach will break out, which may be well perceived hereby; to wit, if there be great pain about the place where the impostume is. Likewise when the Patient doth eat sower and harsh things: if in going to the stool, or in any thing that he vomiteth there be seen any corruption. Item, if there come any stench out of the stomach, and that the pain diminisheth somewhat after he hath vomited: for this the stomach is to be cleansed well in Summer season with Barley water, and that in the mornings especially, and at afternoon, taking every time five or six ounces. Or take water wherein Gum and Licorice have been decocted.

For this is Whay also very requisite. He is two hours afterwards to take one quarter of an ounce of this powder following, tempered with four ounces of the juice of Quinces, or sirupe of the same in water, wherein Butchers Broom seed, Mirtle seed, and Purslain seed have been decocted. In the winter must the stomach be also cleansed at the same time with Barly water, wherein Hyssope, Squinant, Hony, or Hony of Roses were decocted, and thereupon to use this powder following.

Take Roses, blossomes of Pomegranates, and Amber, of each half an ounce, fine Bolus three quarters of an ounce; mix them well together being beaten small. This Patient may also wear this plaister ensuing upon his stomach: Take fine Bolus, Momy, Myrrhe, Mastick, and Aloe, of each half an ounce, Pitch or Rosin as much as is needful for to make a plaister.

Of exulcerations in the stomach. §. 31.

VVhat difference there is between the impostume and the exulceration of the stomach, we have sufficiently declared in the 29. §. therefore have the learned by good reason written of these two kinds of diseases severally. As much as concerneth the exulceration, the which the Latinists do call *Vlcera*, they grow otherwhiles of the impostumes, and chiefly if they be hot. For if the same be not thoroughly healed, then doth this exulceration follow. The same be sometimes caused through cholerick and sharp rheumes, which fall out of the head into the stomach, and there then through their sharpnesse do excoriate the stomach; like as the same hapneth oftentimes to the Lights. Also these exulcerations may be caused of some sharp and corroding meats; like as through the excessive use of mustard, or the seeds, much salt, and such like. For if there come of this sharpnesse into the stomach, then doth the same gnaw and corrode it. Now for to speak of the signs of it, the disease it self sheweth some, and doth demonstrate unto others the place. If there be a pricking pain, then doth it cast out the meat back again, as a thing which is noysome unto it, so that it cannot stay in the stomach: whereby also the retentive vertue is infeebled. Item, if the Patient do take any sower meat or drink, then doth the pain increase, which would not have hapned if he had used milk, butter, or any other sweet meat. Item, if one do smell any kind of stench thorow the belching, with drouth of the mouth, and thirst, which proceedeth out of the stomach; then it is a token of an exulceration in the stomach. Item, for that this exulceration is so neer the heart, there do come also great swoonings, ach of the head, and the losse of understanding. But the signs which do manifest the place of the ulcer, are these; namely, when the neck of the stomach is excoriated, then doth the Patient feel pain in the swallowing down, and especially if it be any thing which is sower or sharp that he swalloweth: which pain he feelth also even to the point of his shoulder blade, but chiefly in the mouth of the stomach, and pit of the heart. Item, if the disease be in the mouth of the stomach, which is very sensible, then is the pain greater, and especially if one do swallow down any sharp and sale meats, whereby the breath also will be much indammaged and hindred.

But if the disease be in the bottom of the stomach, then doth one feel no pain in eating and drinking, but after that it is received: some signes likewise of it may be perceived in the excrements; they that desire to have more other signs, may read in the discourse of the Rheumes. But before we come to the remedies of this ulcer in the stomach, there be certain common rules to be noted, whereof the first is: If this disease must be holpen, then is the same alwaies to be begun with drying things. The second; albeit that it is needful to use drying things, yet neverthelesse must heed be taken that there be no sharp drying things used, as Copperas, burnt Copperas, Verdigrease, and such like, because they be of a venemous nature. The third; all ulcerations of the stomach can be hardly cleansed of the corruption, like as any other which may be outwardly seen, but it must be done onely with things which do drive it downwards out of the stomach. The fourth; these ulcers are not through any vomits to be cleansed, for that the tough corruption is hard impacted in the ulcer, and would through vomiting be drawn all together, the which the purging medicine doth not, for that it stirreth the stomach not so sore, but driveth out the matter gently downwards. The fift; in the exulcerations of the stomach may not any strong medicine be given, that they be not the more harmed by it. The sixt; without a perfect mundification, can no incarnation take any place in any ulcer. The seventh: all which is given to such Patients, is to be done in the morning early, or must be dispatched before supper time, to the end that the medicine through the meat might not be hindred. The eight; whether this ulcer be in the neck, or top, or in the bottom of the stomach, there must be somewhat alwaies added unto the incarnatives that is clammy, as Gum, and Dragagant: to the end that the foresaid medicines might stick the better, or cleave to the place infected. The ninth; because that the stomach so infected is of a bad digesture, you are to give him to eat a little, and likewise light meats.

When as then this malady shall be known through the foresaid signs, and is yet new, then is there to be used none other but astringent and drying things, for which these *Trochisci* following are to be made: Take Roses, blossomes of Pomegranats, Frankincense, Butchers Broomseed, burnt Ivory, and Dragons blood; of each a like quantity, made into *Trochiscs* of the weight of a drachme, and give one of them every morning &c

one every evening two hours before supper, with the juice of Quinces or such like.

But in case that this exulceration of stomach be of continuance, then it is to be feared that there is still some corruption in it. For this, there are to be used certain dayes together mundifications, as Barly water, or Mead, and also incarnatives. Afterwards are Barly water and sirupe of Quinces to be used, and astringent things to be eaten after it, as Medlars, Services, and such like.

Or use in stead thereof Oxysacchara and Oxymel, of each ʒ. i. temper them with Barly water, and use it (as is said.) Then take ʒ. i. of *Trochiscis de Carabe*. Item, there is also good for this disease one drach. of Hiera Picra, often used Barly water or Mead. And if the body have need of any laxative medicaments, then use thereto Cassie, or any mild Clister.

With this disease doth come otherwhiles the lask, which is to be stayed with *Trochiscis de Spodio*, or *De Carabe*. Note ye also here, that many of these things (which be described in the second part, the fifth Chapter and the 17. §. against the bloody flux) are very requisite for this disease.

This patient is to order himself alwayes (as is recited already) with all light meats, as Pullets, Hens, Partridges, new layd Eggs, Barly paps, and Oaten paps. In like manner Lambs feet and Sheeps feet used in this disease, are very meet. Buttermilk is also good for this. His drink must be ripe wine, without any sharpnesse: also Barly water tempered with a stopping sirupe, which liketh you best.

*Of the stinking breath through the exulceration of
the stomach. §. 32.*

VHereas be such cholerick humours in the stomach, there is commonly a foul stench with them, which may be perceived by the breath, and that for the most part with thirst, drouth and bitternesse of the mouth, the which discloseth it self more before then after meat. For this is also good the sirupe of Vinegar and *Oxysacchara* mixt with the sirupe of Wormwood: this is not onely good for the cold, but also for all hot exulcerations. This Patient is also to be purged with Aloe, and yellow Mirobalanes. Afterwards he is to use, the *Rosula Triasantal*, Peaches, dried Melons, Pompeons, Apricocks, Quince pears, Lettice with vinegar, Barly, and other sower things, which be very good for him. Fish, Milk, salt flesh, Onions, Garlick, and such like shall he forbear.

But in case that this foul stench of the stomach do proceed of cold humours, then is the sirupe of Wormwood to be used certain dayes together, tempered with one third part of *Oxymel* of Squils: and afterwards the Patient must be purged with the pills *Stomachica*. And further to use the Tabulates of *Diagalanga*, of *Diambra*, *Diapirus*, and such like, which be hot of nature. Confected Mirobalanes, and especially *Belirici* and *Chebuli*, Conserve of Rosemary, or confected Ginger, are all very good. He must wash his mouth often with odoriferous waters, and cleanse the teeth very well. As much as concerneth meat or drink, we have made before in the first part, the thirteenth Chapter, and 3. §. a very long discourse of a stinking mouth and breath. Item, yet more which may there be used in the second Part, the fift Chapter and 25. §.

Of the schirrosity of the stomach. §. 33.

IT cometh also oftentimes to passe, that the stomach hapneth to harden without any exulceration, which that it may outwardly be discerned, the causes of this hardnesse or schirrosity, may be as well through cold, or through wind, whereof is sufficiently written before in the 25. and 26. Section. Also this hardnesse may be well caused through melancholy, the which through sower smatch of the mouth, and sower belthing, may be known, even as the other proceeding of *Phlegma*, by drouth, and tough spetle, without heat and thirst: For this purpose is this salve following to be made: Take oyl of white *Camelina*, Rue, Cammomil, and wormwood, of each one ounce, the grease of Hens, Kytes, and Geese, of each half an ounce, the salve of *Dialthea* one ounce and a half: annoint the stomach warm with it, and cover it with unwashen sheeps wool. Also you may prepare for this use this plaister following.

Take Cammomil, Cumin, Caraway, and Cresses seed, of each one quarter of an ounce, Frankincense, Mastick *Bdellium*, of each half an ounce, Spikenard, and saffron, of each

each one quarter of an ounce, the dregs of Sallad oyl and Wax, as much as is needfull for to make a plaister, spread the same upon leather, and wear it on the stomach.

Or make this following: Take Wax one ounce, Turpentine half an ounce, Ginger and *Opopanax*, of each one quarter of an ounce, Aloe, Galbanum, of each three drachmes, oyl of Galangal, as much as will suffice for to make a plaister. It is also very needfull for to comfort the stomach, whereof hath been sufficiently admonished before.

Of the Hickcough in general. § 34.

THis disease of the stomach, which we call the Hickcough, and is called in Latine *Singultus*, is a common disease, known unto all men; it cometh seldom, and departeth quickly, and there is no great cunning to drive it away; for it is oftentimes driven away with a bit of bread, or with a draught of wine, or water, as also through the keeping in of the breath, through neesing, through great motions, through wrath, mirth, and other alterations more of the mind: like as if any one be frighted, or see any haynous thing if any body cast cold water into his face, if one do bind hard the outward members, or if one set boxing cups upon the stomach, which are all together small means and without danger.

But there cometh otherwhiles such a Hickcough that ceaseth not, whereby the heart, the brest, and the lights are weakened; against which, the expert Physitians have found out these remedies following.

But we will first of all discover the nature of the Hickcough, and his causes, which be described as hereafter followeth. The Hickcough is a motion of the natural expulsive vertue of the stomach, which is caused through the feeling of any thing that is hurtfull, and that the stomach desireth to expell. This Hickcough may also be well taken for a cramp of the stomach, for they be both caused through the repletion or inanition of the stomach. And like as the cramp is none other thing, but a shrinking or drawing of the sinews back to their beginning, so is this none other thing, but a distention or contraction of the stomach unto the place of her beginning: but herein do they differ, that by the Cramp the sinews are contracted, and by the Hickcough the neck of the stomach. The cause of the Hickcough are two things, namely, repletion and windinesse, and contrariwise also inanition, as already hath been said, which we will also comprehend in this §. Secondly, the causes be also outward and inward. First if the stomach be not well defended and kept from cold: also if the outward members, to wit, the head, the hands, and feet, do suffer too great cold, which draweth up from thence toward the stomach. In like manner, this Hickcough is also caused well through intolerable heat, whereby the stomach getteth a bad quality, to wit, too hot, or too dry.

Item, if the head be sore wounded, that the brains be thereby perished; Item, if the stomach be much overcharged with meat and drink, or that any kind of corrupted humours be gathered therein. Moreover, the Hickcough may be caused through any kind of sharp and biting meats. For if the stomach feel that it hath ever any thing in it that may hurt her, then doth she use two means to discharge her thereof, which is, through parbreacking, or through the Hickcough. It seeketh also thereby to cast out that which lyeth inclosed in the innermost plights.

But that nature desireth to drive that out through the Hickcough, which otherwise through vomiting she doth easily bring to passe, this doth dayly experience teach us; for if one take any thing which is tart or sharp (as chiefly Pepper being beaten small) and drink wine upon it, and the same cometh afterwards into the plights of the stomach, then will the Hickcough be caused through the heat thereof, and the stomach seeketh through the Hickcough to expell the same Wine again.

But by reason that this is caused through inward occasions, then doth it oftentimes happen through the stomach onely, and through other infected members, to wit, through impostumes of the head, of falls, and blowes, through the breach of the Skul, and impostumation of the liver, as when the same is over heated, that it sendeth sharp pricking, & four humours towards the stomach, or that the same run thitherwards from other parts.

If so be that this Hickcough do onely proceed of the stomach then cometh it of tough cold, or heat; and biting humours, whereby some bad impostumes, or exulcerations be provoked. Item, this Hickcough is also caused through great emptinesse or inanition of the stomach, which cometh through lingring Agues, long abstinence, great labour,
much

much purging, continual lasks, and much parbreaking. But if so be that it cometh suddenly upon one without any long precedent sicknesse, and that a body find himself well before meat, and after meat ill at ease, if he have well eaten and drunken, and thereupon do rest a long time, then it is a sure sign that this Hickcough proceedeth of the fulnesse of the stomach. But if they be cold or rough humours, which provoke this Hickcough, then are all warm things very welcome to the patient, and he feeleth alwayes some kind of cold in the stomach. Or if it be caused through heat; then desireth he all cold things, and feeleth alwayes a gnawing pain in the stomach. With the impostumes are alwayes Agues, pains, and in appetencie annexed: also the Patient after parbreaking, and after the lask, feeleth himself somewhat enlightened. When as then the impostume is broken, that may be perceived by tart and four things that one taketh. All other signs of this several malady which is outwardly, may be required of the patient himself, and of such as stand by. In like manner, if the breath savour, then is it a sign of some kind of foul stinking humour, or meat, which putrifieth in the stomach. If it come through cold of the stomach, that may be known through feeling, and all that is cold, is prejudicial unto him, and all warm things be acceptable. Or if this Hickcough be caused through repletion, and fulnesse, with anguishes, straines, and with many belchings, then may it be perceived what humors they be, by the sweetnesse, and bitternesse, and saltnesse.

Of the Hickcough through repletion, and through Winds.

VWhen as then the hickcough cometh on any body, after that he have eaten grosse meat, and hath drunken, then it is certain enough, that it is caused through repletion of the stomach, through coldnesse of the matter, and of winds, which the Grecians do call *Empneumatofin*, which is a distention. For this the stomach is first to be unburthened through vomiting, and to induce his body through loosenesse; for which, there is to be taken Hiera Picra, Rubarb, and Agaricus. And if so be these mild things will not help, then are you to use these precious pills following; Take burnt Ivory, seeds of Endive, of Purslain, and Lignum Aloes, of each one drach. and a half, sowre Dates half an ounce, Rubarb one ounce, this being beaten all small, and if so be that you will, then put Vinegar unto it, or the sirupe of Mints. Or if you had rather have the same soft like a sirupe, then take so much the more Vinegar, or sirupe with it, and take every day half an ounce of it.

For this is also commodious the conserves of Bayberries, *de Baccis lauri*: so is also the confection *Diacymum*, *Diatrion pipereon*, bare and confectioned Annis seeds, confectioned Ginger, Comin, Caraway, Galangal, Mints, Ameos, Mastick, Cloves, Frankincense, Marjoram, and field Mints, through all which things, Powders, Confections, Conserves, and all that one will, and may be made. You have also certain good things in the first part, the 12. Chapter, and 17. §. which be very good for this use. But above all, Cloves are very good for to strengthen the stomach, and to consume all bad humours, which cause this Hickcough. The sirupe of Mints is also highly commended for this purpose.

This Confection following may also be prepared: Take Spica, Squinant, Calamus, Annis, Fennel, Mints, Wormwood, and Costus, of each one drach. Saffron, Lignum Aloes, and Cloves, of each two scrup. Mastick and Roses, of each one drach. and a half, *Opium*, prepared Coriander, white Poppy seed, Cassy wood, ana. ʒ. ʒ. the muscilage of Fleawort, as much as will suffice for to make loofings with: but they be more meet and pleasant, if they be made with Sugar, taken to every ʒ. of powder 12. ʒ. of Sugar, if one will make Sugar loofings with it.

If so be that then the hickcough plague one too sore, then take *Spec. Dialanga* ʒ. 1. *Philonium* ʒ. ʒ. temper it, and take it with Wine in the morning.

This following is to be drunken; Take Comin, white Mints, of each a like quantity, and a little Frankincense; see the it in water, and drink of it oftentimes warm, it expelleth the wind and cold matter of the stomach.

Item, the same doth also the water of Rue, being drunken fasting, or prepare this wine following: Take *Diptamum* beaten small half an ounce, Treacle ʒ. 1. temper them together with ounce of wine. For his meat, all common Venison, and all kind of Birds, as Pullers, and Pigeons, &c. be very fit, but they be alwayes better roasted then sodden. And all that he eateth boyled, is to be drest or stued with Spices.

But if all the foresaid things will not yet drive away the hickcough, the then is there to be

be given to the patient *Trochiscos de Olibano* five drach. Elecampane roots 3. 3. dried Rosemary, and Rue, of each one quarter of an ounce, seed of Mints, or the herb, 3. 3. and a half, make thereof Trochisks with sirupe of Mints, and give thereof 3. 1. 3. at once.

Others do commend this following: Take Costus roots, Saffron, Roses, Mastick, and Spica, of each one quarter of an ounce, *Asarabacca* one drach. Aloe, *Opium*, of each half a drach. make also *Trochiscos* of it, with the muscilage of Fleawort, and give him one drach. thereof. These *Trochisci* are to be taken alone, when the hickcough shall get the mastery.

Outwardly are these things to be used: Take the decoction of Comin, white Mints, and Frankincense (like as is said for the drink) make a sponge wet in it, and (being wrung out) lay it oftentimes warm upon the stomach. Aqua vitæ is also commodious for this. Vital water, oyls and other things, (like as is described before in the pain of the stomach.) In like manner one may foment the place with warm water of Rue, or that which is more forcible, must the same be well rubbed with, as is before rehearsed.

Item, there may moreover be taken for this purpose, dry Wormwood, Mints, and Comin, powdred together, sowed in a bag, and so layd upon the stomach. Also the stomach must be anointed with warm oyl, to wit, oyl of Wormwood, Mastick, and such like, and as then to wear over it this plaister following: Take Frankincense, Mastick, Wormwood and mints, of each half an ounce, Laudanum, 3. 1. 3. Annis, Fennel, Cloves and Spica, of each one drach. make a plaister of them with Wax, for to be laid upon the stomach. Also regard is to be had unto the patient that he incline himself as much as is possible to sleeping, and fasting. And if so be that he be somewhat lean, then is he to bathe otherwhiles, for that the same consumeth the cold matter which doth cause the Hickcough.

Of the Hickcough, caused through emptinesse and inanition.

IF so be that this Hickcough do come after an Ague, by the disquietnesse, vomiting, thirst, and drouth of the mouth, then is the patient to take oftentimes a little warm water: and if so be that the Hickcough will not thereby avoid and tarry away, then is he to take Barly water, with oyl of sweet Almonds. For this is also requisite Barly pap made with milk: also warm milk as it cometh from the Cow, Pullet broth, rere sodden Eggs, Wine which is not too strong: the muscilage of Fleawort with the Julep, and the juice of Pomgranats being drunken is also good for this intent.

Also, anoint the backbone from above till beneath, or rather the whole body with Salad oyl, or oyl of Roses.

Boxing cups set upon the stomach, and behind upon the back, be much commended for this disease: also the rubbing of all the outward members.

Lastly, we are to think upon the young children, who were wont to be vexed much with the Hickcough. In case they be still nourished at the breast, and do not digest well through any peircing cold, or that their milk doth come to curd in the stomach, then are they to use none other medicine, but that their stomach be anointed with this oyl following, tempered together, or each alone, and then to lay a warm cloth upon it, to wit, oyl of Mastick, of Wormwood, of Dill, and Bevercod, and that the Nurse that giveth suck, do eat light meats.

Of insatiable hunger in general. §. 35.

OF all other accidents of the stomach, there cometh also an insatiable hunger, which the learned do divide into four parts, and some into five, which parts are comprehended in the first, and so we will also let it rest.

The first, the Greeks do call *Cynorexian*, the Latinists *Caninum*, which is dogs hunger.

The second *Bulimos*, some have alledged this for Dogs hunger, which we also esteem to be the same.

The third is, *Synopalis*, which bringeth swooning with it. The last is, the lost or spoiled hunger, whereof we now intend to write.

Of the dogs hunger, or the unsatiable appetite of meat.

THIS hunger is (as is said) an unnatural lust or desire of meat, and hath his name of the Dog (an unsatiable beast) and so greedy in eating, that he must cast it out again, and seeketh immediatly to fill himself again. All such manner of hunger may also come unto men, and that as well through cold, as through heat of the air, hard running, great labour, long watching, forcible Agues, great lasks, of worms, or the stomach, or bowels, which consume the meat. In like manner also of any kind of humours which do fall into the stomach, and there enfeeble the retentive vertue, and do drive down the meat oftentimes with vehemency, or that the expulsive fore be too extreme strong. This malady cometh commonly after a fervent Ague, and much vomiting. It doth also happen through overmuch heat of the stomach that is long continuing, wherby it digesteth much, and alwayes desireth more. The other principal occasion is cold, which sticketh fast in the mouth of the stomach, whereof cometh also an unnatural desire of meat. And how much greater that the cold is, so much the greater is the hunger, and that so long, until all the vertues of it be weakened.

The third occasion may be some four humour, or of Phlegma and Melancholia, which may be retained in the mouth of the stomach, and doth there provoke this lust and desire of meat. The signs of this unnatural hunger which is caused through warmth of the time, through great labour, and such like, as is discovered before, also through unnatural cold, much watching, &c. and all other outward accidents, which are to be demanded of the patient himself. Or if this disease be caused through worms, such hath likewise his sure signs, which be mentioned in their place.

If so be that this hunger then do proceed onely through heat of the stomach, or through heat of the whole body, then is there great thirst with it. And if it be caused through any humours, debility of the retentive, or vehemency of the expulsive vertues, which be to be seen by the meat, that avoideth undigested through the stool.

But if this disease be caused through Melancholy, then is there with it a pricking, or gnawing, with a drouth of the mouth, the patient sleepeth but little, and that with terrible dreams, and hath ill fantasies in his head. When as then this malady cometh through cold, then doth the patient alwayes feel himself troubled after meat, and that he must by and by vomit up the same again, or the same passeth from him downwards undigested. Present regard is to be had that the body be not filled full of bad humours, whereby the consumption might at least ensue, and *Lienteria*, yea the Dropsie it self. And if this should so continue a certain time, then followeth at last *Bulimos*, and afterwards *Syncope*, (whereof we have spoken before) which taketh people out of the world.

If so be then this unnatural hunger be caused through any outward or accidental occasion, the same are to be prevented with contrary remedies, to wit, with alteration of cold dwellings into warm, of great labour, into rest and sleep, &c. In case then that this hunger be caused through coldnesse of the stomach, then are warm things for purging and other warm remedies to be used which might expell the cold matter from the stomach, whereof we have written here before in the 5. §. and of all that strengtheneth the stomach.

For this it is also required by all the learned, that these kinds of patients should eat boyled Rice, with the fat of Mutton stued, or that is dropt off from rost meat. All fat things moderately used are very good for him; as Sallet oyl and such like. But if this malady do come through cold four *Phlegma*, then it is good that he boyl Marjoram in all his meats. He may also use Mustard, Hony, Nuts, Almonds, Onions, and Garlick; he may also the space of certain dayes eat Goats milk, with the oyl of Violets, because that these fat meats do drive above in the stomach: therefore they do supple the mouth of the stomach, and do make a loathsomnesse to feeding. The second: It is then passing good, that such do drink much old and strong red wine at their meals, which is also very good, to flake hunger with. Also for this Dogs hunger, are warm Confections to be used; as namely, *Lavina Galeni*, *Diapiris cum Moscu*, *Diatriox pipereon Triphera magna*, good confections, Ginger, Hippocras, and other spiced wines more, made sweet rather with Hony then with Sugar.

But this is not spoken of the hunger which cometh through long fasting, of great scouring, of the bloody flux, or of strong purgations, but onely of this unsatiable hunger which is called Dogs hunger. If so be then every such patient shall observe this decreed order, then

then will this hunger abate very much, and also thorowly be cured in time. But in case that this hunger proceed of heat, and the meat do not molest him, neither yet is cast out above nor beneath (like as it was wont to be) if after a lingering sicknesse, he were overcharged with meat, and if the stomach and all the whole body be waxen hot, they are to be fed with meats which be not easy to be digested, as namely old Beef, Mutton, Pork, and also all kind of Pottages, of Pease, and Beanes, of Rice and wheat boyled in milk, great fishes, Trypes, feet and Livers of all beasts: also hard sodden eggs; and in fine, with all that is hard of digestion, which lyeth long in the stomach, and wherewith the stomach may be cloyed. Also his meats ought to be drest with some cold things, for which Melons, Cucumbers, and Gourds be very good. He is to keep himself also in cold ayre. His drink must be alwayes good Claret wine. And for a conclusion, he must chew all spice and strong wines. But if so be the stomach be too much overcharged, and too much burthened, then is the Patient to be forced to vomit, through such medicines as be here before oftentimes expressed.

The stomach is outwardly to be annoynted with cold oyles, likewise also with unguent of Roses, with the cooling salve *Galen*, with the white Camphire salve, with Vinegar and Rose water, wherein is a little Allom dissolved. And if so be that the same be not any thing which hindereth it, then let the Patient bathe in cold water. And if so be that this hunger be caused through melancholy, then prepare this sirupe following: Take the roots of Sperage, Fennel, Parsly, Smallage, Butchers broom, Thyme, Comin, Burrage Buglosse, Harts tongue, Raisons (the stones taken out) flowers of Burrage, and of Buglosse, of each half an ounce, Fumitory half a handfull, Hony eighteen ounces; make a sirup of them, and give him each time one ounce and a half, or two ounces. For to purge use the Confection of Sene leaves, or this potion following; Take Sene leaves, Polypody roots, and Annis, of each half an ounce, Corans one ounce; let them seeche together in eight ounces of water unto the half, then temper therein beaten *Epirhymum* one quarter of an ounce, Sene powder, an dprepared *Agaricus*, of each half a drach. Cloves half a scruple, make thereof a potion. And if need be, open the Salvatella upon the right hand. He is also to be ordered in his dyet, as is before rehearsed, and all things are to be forborn which may provoke appetite, as hath been shewed before in the 9. S. It is also said, that hard roasted Eggs after other meat, be very meet for this purpose. And it hapneth also very well (like as is briefly spoken of before) that if one recover after a long continued sicknesse, that there doth follow a very great hunger; but they are to have no hard or grosse meats given them; as Beef, great fishes, unleavened bread, or such like, because that their digestion is as yet very feeble, whereby they might easily fall again into a new disease; but then are they to be kept with subtile meats, as with fat Pullers, Capons, Fowles, Butter, and such like, and all unnatural and unmeasurable eating is to be withstood and repugned as much as is possible.

Of the Cowe hunger which is called *Bulimia*.

His unnaural and unsatiabie hunger *Bulimia*, is as much as to say with the Grecians, as a very great hunger: which name the successors have somewhat altered, and made thereof *Bulimosis*. And it is thus described; *Bulimosis*, which is a hunger of the members, whereby the stomach is satisfied. And this is also a great disease of the stomach, which taketh his beginning from the stomach itself. But it is contrary to Dogs hunger in these things following; to wit, although they have both of them an insatiabie lust and desire of meat, yet with the Dogs hunger is not onely a desire, but also the feeding it self; but in the Cowe hunger it changeth that the Patient who hath lately eaten, is moved immediately to eat again, where nevertheless all lust to eat again, and to eat it up, is taken away. But there is no such hunger in the stomach, which is to be satisfied with a bit; but in the inward parts which be desirous of meat without interceasing; and when the stomach is against her will overburdened and cloyed, then will it be overmuch disordered, and out of quiet or square, for to discharge her duty of digestion.

Secondly, in the dogs hunger the vertues of the stomach and other parts be for a while strong and able; but in this Cowe hunger are they withered and weak. And because that such sicknesse is caused as well through heat as through cold; therefore must we severally write thereof.

The greatest occasion of this *Bulimia*, is, when winter time is, the stomach is cooled too much

much with cold, then driveth the humors towards the stomach, out of the veines, in the inward parts, filling them therewith, spoiling the appetite; and also depriving the stomach therewith of all her force and vigor; in the mean while the other parts remain empty and hungry, desiring much their food and sustenance. Hence then this insatiable hunger doth proceed; so that this is properly an hunger of the members; and is no hunger at all of the stomach. If so be that then any one, as is said, bee so extreemely cooled; and although there come such a lust of feeding upon him, yet it is very quickly slaked. This disease bringeth otherwhile such a quaueme with it, that the patient is caused to cast out some tough slime or corruption; and then will all outward members (which be defrauded of their nourishment) be infeeble, impotent, overcold; and the pulse very small. The sick person hath sour belchings from the stomach, and a foul smatch in the mouth. The urin is bleak, likewise the ordure bleak coloured, thin, and also otherwhiles hard, because that the Patient can eat very little, or nothing at all. Now then, whether this disease be caused or not, through great cold of winter time, or cold slime of the stomach, the Patient is certain dayes together, to take morning and evening a draught of *Oxymel Compositum*, or of Squils, with water wherein Galangal is decocted; afterwards he is to vomit and burge with *Myrobalani Chebuli*, *Bellirici*, and *Emblivi*. The like also with the pills *Fetida*, *Stomachica*, or with these following; Take Turbith, *Agaricus*, of each one drachme, *Spica* and Ginger, of each one drachme: temper them together, and take one drachme of it at once, and afterwards he is to use this confection following, namely, *Diamoschu*, *Diambra*, *Trionpipereon*, *Diacymino*, *Diagalanga*, and that especially after purging. All his meat must be also drest and strewed with spice, and also be rather alwayes roasted then boyled, Rue water drunken is also very necessary, but chiefly, good old wine, which is somewhat binding by nature.

Before dinner and supper, the stomach is to be well annoynted with the oyl of Mastick and of Spike tempered together. Also to bathe in water, wherein wormwood, Melilot, Camomil, and butchers broom hath been decocted.

What is more to be used for this, look in the same Chapter, in the 5. §. which remedies be most fit for it. These kind of Patients are also to be sprinkled oftentimes with Rose water or fair Well water upon their bodies and their faces, that the natural heat may be driven inward, and the inward members may be strengthened. They are also to hold oftentimes spice before their noses, and to use it in their meat. His wine must be alwayes strengthened and enabled with Cinamom, Pepper, Cloves, and with *Spica*, and with them and with Vinegar is he to sprinkle a hot stone, and to receive the vapour of it. The Chamber is to be fumed with *Lignum Aloes*, or with *Muscus*, *Ambra*, black and white Frankincense *Laudanum*, Mastick, Galangal, with Citron peels and Orange peels, *Gallia* and *Alipta Muscata*, with each alone, or with which you please.

But if this disease come through heat, then is this unnatural hunger of the members caused of the resolved humors of the veins and other members which passe into the stomach, and there oppresse the stomach, with loathsomnesse and irksomenesse of feeding. But they are to wash their mouth very often with a little *Oxysacchara*, or with verjuice. Likewise also to use Julep of Roses with a little Camphire, or sirup of Roses mixt with Saunders. For this is also meet all cooling things, and especially them that have a binding operation, whereof there be many discovered in the same Chapter, and the sixth Section.

Afterwards, the Patient is to be purged with Mirobalans, with Rubarb, or sour Dates stewed in the decoction of Prunes, as also with *Hiera Picra*, or sirupe of Vinegar tempered with the said decoction. Afterwards he shall use the confection *Rosata Novella*, or *Triasantalon*. His meat must be drest with Verjuice, and with Butchers broom seeds, and strewed with odoriferous cooling things. For his drink he is to take good clear wine delayed meetly well with water.

It is also good for this Patient, that he bathe in water wherein Roses, Mirtleseed, and Endive be decocted, and afterwards anoint the stomach even to the navel with the oyl of Mirtle, and oyl of Roses, wherein is a little Vinegar tempered. In like manner may he irrigate the members from on high with Rose water, or cold Well water.

of

Of the swooning Hunger called Syncopalis.

THe third unnatural hunger hath his name (as is said) of the swooning which it bringeth with it: and the same cometh commonly after the first described *Bulimo*, or such like sickness, for that the natural powers are very faint and debilitated.

Also because this hunger is so near unto the heart, that it cannot tolerate such debility, even as it hath been here before sufficiently taught. Also in respect hereof, for that some have so weak and so tender a mouth of the stomach, that they cannot abide any fasting: but when they begin to be hungry, and may not by and by have food, do fall presently into a swoon. When this happeneth, then are the outward members to be rubbed hard, and bounden with pain; and the face sprinkled with Rose water, or washed and quickned with other things which be mentioned in the second Part, Chap. 6. and §. 2. But if so be that his force be not quite spent, or if one perceive that the swooning will come upon him, then give him a bit of bread to eat steeped in Wine.

The fourth is a corrupted or bad hunger. But because this hunger for the most part happeneth to women with child; therefore we will not discourse here any further thereof, until such time as we shall discourse of this, and other matters more appertaining to women.

In like manner also concerning the Worms, because that they do infect and frequent more the bowels then the stomach, and are thence expelled; therefore we will discourse of them in the description of the bowels.

The twelfth Chapter.

Of the Liver.



Albeit now the Liver have the seat in the third part of mans body fast under the Midriffe or *Diaphragma*, about the stomach, for which cause we continuing our method, ought to have written thereof before the stomach; yet we have declared sufficient causes in the beginning of the tenth Chapter, and shewed for what cause it hath not yet been effected. This most noble member whereof we are now to discourse, which we call the Liver, the Grecians *Hepar*, and the Latinists *Jecur*, hath her situation (as is said) on the one side of the stomach, which it toucheth in a wonderful (and yet neverthelesse in a natural) manner, with five branches, like as it were five fingers, wherewith she stretcheth also a little towards the left side, and is also by nature one of the most needful and worthiest members which is given for the nourishment and sustaining of mans body, therefore are all beasts that do blow endued with it. This great and excellent gift have the heathen people also acknowledged; but they shamefully and infidelly abuse this wonderful creature of God in their sacrifices: in which amongst other the entrails they behold the Liver especially, supposing thereby to learn and understand things for to come, even as they, whether it be through natural causes, illusions of the diuel, (or through the leafings of their sacrificing priests) have published and made known many kinds of wonderful things.

The substance of the Liver is compacted flesh, of a red colour, not much unlike to congealed blood, full of veins and arteries, and is of a warm and moist complexion, like as is also the blood. Also of her self she is without sense or feeling, like to half a circle, and in man (in regard of the whole body) she is much bigger then in other beasts, and especially in such as banquet every day, and make good cheer, or be fleshy by nature. The Liver is the beginning and the seat of all luits, a fountain of all the veins, the kitchen of all the blood, which she afterwards in most wonderful manner doth spread abroad, and impart throughout the whole body, whereby all the members be nourished, sustained and strengthened. This her admirable operation is not amisse to be compared with Must, which hath his lees, that setleth it self in the bottome; Also there is then some light with it which ascendeth, that we do call the flowr of the Wine. Lastly, there is some-
what

what more which vapoureth out within the year, which is waterish. Even so fareth it with the Liver, which draweth first all manner of mixed moisture unto her, and the greatest and the muddiest; to wit, *Melancholia* sendeth she towards the Milt or Spleen; that which is light, hot, and fiery, as *Cholera* is, draweth to the Gall; the excessive watrish moisture which remaineth still in the rest of the body, and all that is not meet for the blood, that do the Reines draw to them, from whence the same cometh into the Bladder, and is afterwards voided out for urin.

This excellent member is (like as the whole body of man) subject to divers diseases: amongst which, the most principal are these, namely, when the arteries and veines be obstructed, whereof then be caused all kind of sicknesses, inflammations, schirrosities, lasks, or bloody fluxes, diseases of the Kidneys, and of the conduits of the urin, thirst, yellow Jaunders, and lastly, divers sorts of Dropsies, whereof we will speak more at large hereafter.

Of the confections of the Liver in generall. §. 1.

First, all men that have any infection of the Liver, are called *Hepatici*, notwithstanding that some do make somewhat else of it, and it is described thus; *Hepaticus* hath his continual pain about the place of the Liver, with swelling, and hardnesse. The face loseth his natural colour; there is also an Ague, and thirst with it, with drouth of the tongue and the mouth. But this is to be thought again upon, that the Liver it self is insensible, and therefore feeleth no pain. But this sensibleness or feeling have the inward & adjacent Tunicles, and all that belongeth unto them: which pain doth proceed through a cold, or hot Liver, or some impollutation, whereof the Physitians have their proper signes, which we shall declare in their convenient places. But the common people, yea also the unlearned Physitians do not know so quickly the sickness of the Liver, and that because of her manifold accidents and *Symptomata*, which be incident unto it, whereof we will describe the most needful, with all their necessarie remedies.

Of the obstruction of the Liver in generall. §. 2.

Forasmuch as the common causes of the obstruction of the Liver (like as is already discoursed) are in the veins and arteries, and that as well through heat, as through cold; therefore will we first of all make some declaration in general of this oppilation, before that we come to the principal. This obstruction or oppilation is thus described; *Oppilatio* is an obstruction, and such a disease, as hindreth the blood, and other humors, that should have their passage and course through the veins, which may be provoked through these causes following in the Liver: to wit, if a body do gird himself too hard, and hath his clothes too straight about the Liver. Item, through fallings, through thrustings, and such like, through use of grosse meats, as Pork, Beef, Cheese, unleavened bread, boyled seeds, as Rice, Wheat, &c. All manner of Pappes, and other oppilating Pottages. Item, through outward cold, through inward tough slime and grosse blood, which happeneth to lye before the orifices of the veins, through wind, impostumes, and through other diseases more of the Liver. The common signes next after the forementioned, are these; that alwayes his excrements or ordure is very thin and watrish, the urin also sheweth thin, cleer, and yellowish. Also there is pain in his right side, and he feeleth a debility in the whole body, which may best be known when one must ascend staires or hills, and that then the breath is very short, with other signes more, whereof we shall admonish where we shall write of the impostume of the Liver. Albeit that we shall hereafter make mention of the order of dyet in a hot or cold Liver, and that we here but in general do write of the disease of the Liver, yet will we here notwithstanding briefly rehearse his tulle.

To wit, that they all that have any obstruction in the Liver, are not to eat any thing but light meats, as young Mutton, Hens, and such like, which is often shewed before, and shall be hereafter shewed again. Also all their meat is to be drest with Parsly roots, and herbs. They are also to use much Peaseporridge. And if this disease proceed of a cold cause, then are you to add Parsly, Fennel, Southernwood, Sperage, or Capers. His meat must be boyled rather then roasted. Also he must beware of all grosse meats, old flesh, great fishes, and of all fishes which have no shels. He is to use no bathes, plaisters, nor any thing else before and ere that the second digestion be past. All strong motions or exercises immediatly after meat must be eschue. And although he were very thirsty,

yet

yet must he forbear as much as is possible, and chiefly from drinking of wine; howbeit nevertheless a clear, white, and well savouring Wine is in some sort permitted. This may suffice at this present.

The causes of a hot Liver are many, as namely, the hot time, great labour in the heat of the Sun, and especially without drinking, excessive Venery, application to hot medicines, suffocation of the mother or womb, continual use of all hot meats, as Spices, or Wine made with Spices.

These are now the signs of a hot Liver, to wit, a red and yellow urine, yellow ordure, great thirst, loathing of meat, and a swift pulse. All cold things are acceptable to the Patient, and warm things be noysome. He is much enclined to vomiting, and that which he parbraketh is lead coloured, and sometimes yellow and green. Also the heat of the Liver may be felt with the hand. They which be of hot nature, and young withal, and in a hot time of the year, are most subject to this disease. And when to this heat there cometh drought, that the mouth and the tongue be dry, then is it well to be seen that this disease proceedeth of an unnatural heat, whereby there followeth forthwith Obstructions, Impostumes, Exulcerations, Tumors, Schirrosities of the Liver, and such like diseases.

Of the oppilation or obstruction of the Liver through heat. §. 3.

FOR this obstruction of the Liver these simples are good: amongst which notwithstanding some be moderately warm, but they can thereby do no hurt, because that they be forcibly deoppilate. They may be mixed with other things, viz. with tame and wilde Endive, small Endive, Priests crown, Liverwort, Melon seed, Pompion seed, Gourd seed, Cucumber and Lettice seed, seeds of Purslain, of Endive and small Endive, water of the roots, and herb of Cicory, Sorrel, Cicory, Burrage, Venus hair, small Houfleeke, Harts tongue and field Cypers: of all which, one may prepare what he will. Item, the sirup of Vinegar drunken with Endive water. In like manner may be given to the sick person to drink Barly water, the juice of cooling herbs, as of Endive, Nightshade and *Cuscuta*, with the sirup of Sorrel and Sugar: for that these things do open the obstructed Liver, and cool the same. You may also use for this purpose these things ensuing: Take *Oxyfaccchara*, and sirup of Violets, ana. \mathfrak{z} . 3. sirup of Endive, \mathfrak{z} . 12. temper them together, and if you think that the choler is tough and thick, then temper amongst it one ounce of Vinegar, and use thereof as often as you please, each time one ounce and a half, with some of the foresaid waters. Or take the sirup of Vinegar, the sirup of Endive, ana. \mathfrak{z} . 6. and temper them together. If the body be sore bound, then put thereto one ounce of the sirup of Violets. Or if you think that the *Cholera* be burnt, then put the juice of Burrage and of Fumitory unto it.

And if there be any Ague with it (as it commonly doth happen) then is this obstruction not onely commodious, but also most necessary, that the bad cholerick humours may the easier be expelled; for which these things following are very meet, viz. the sirup of *Diarrhodon, de Byzaniis, de Radicibus, de Chichorea*, taken with the distilled waters meet for them, to wit, water of Venus hair, of Harts tongue, of Agrimony, of Wormwood, of Endive, of Cicory, or with the waters wherein the foresaid herbs are decocted.

Item, Cassie with *Hiera Picra, Electuarium lenitivum, Rhabarbarum, Agaricus*, sirup of Roses laxative, *Pillula de Rhabarburo*.

But seriously to take in hand this matter, it is above all works needful to purge, which is thus to be effected.

Take the flowers of Burrage, of Buglosse, Violets, Currans, and Endive. \mathfrak{z} . 6. boyl them together as becometh: of this decoction take three ounces, temper therein three drachmes of Cassie sower Dates, \mathfrak{z} . 5. beaten being tempered, take them in the morning early. Sower Dates, because they cleanse the hot Liver, and also cool the same. Take also Violets, of Burrage, Prunes and sower Dates, ana. \mathfrak{z} . 6. boyl them together in sufficient water. Then temper amongst it one ounce of *Rosarum*: make a drink of the *Rubarb* and *Rosarum*.

one drachme steeped in a little Endive water, *Spica* three drachmes, confection de *Succo Rofarum*, one quarter of an ounce; temper them together, and give it him in the morning betimes. If the humour be grosse, then take in the stead of the Rubarbe, *Agaricus* and Rubarb, of each half a drach. for the *Agaricus* hath an especial operation in the opening of the obstruction of the Liver.

For this is also requisite divers Sirups, which be daily used at most Apothecaries, and also described in this book; to wit, above all other, both sorts of *Oxymel*, the Oxymel of Squils, sirupe of Endive, of Barberries, their confections, and all that is made of it, *Oxyfaccchara*, sirup of Violets, and of *Ribes*, and principally if there be tempered with it Roses, burnt Ivory, and Saunders.

Item, take sirupe *De Bizantiis* two ounces, Hony of Roses one ounce, water of Endive, Fennel, and of Wormwood, of each two ounces, make a *Julep* of it to take at two several times. Another; Take Endive water six ounces, water of Liverwort three ounces, seeds of Gourds, Melons, and Cucumbers (slightly beaten with the pils) of each two drachmes, Venus hair two handfuls, and ten or twelve winter Cherries: let these see the all together in sufficient water, until that a third part be decocted, and in seething put one quarter of an ounce of red Saunders; afterwards strain it thorow a cloth, and see the in the same decoction three ounces of Sugar, and then make two Portions of it; they do cool, cleanse, and strengthen the Liver, the Kidneys, and all the intrailles marvellous much.

Item, take of a green Gourd, and set it in an Oven when the bread is taken out: a good while afterwards make a hole in the bottom, and receive the water which shall run out underneath, then put as much Endive water unto it, and make a *Julep* of it as you think meet. The wine of Pomgranates is very good for this: in like manner also Buttermilk for all diseases of the Liver is highly commended. Venus hair one ounce and a half, or two ounces taken in the morning and evening, cooleth, openeth, and easeth all diseases of the Liver. In the moneth of June is the water thereof to be distilled.

Note also, that whereas there is a great heat of the Liver present, there must one refrain from drinking wine, and also from all drinks wherein is Hony admixed. But he is to use all that cooleth.

Make also this *Julep* following. Take the water of of Buglosse, Venus hair, and of Endive, of each nine ounces, the juyce of Pomgranats two ounces, white Sugar four ounces and a half; see the all these together unto a potion. Or take *Julep* of Roses, mix them with Endive water, and clear well water.

Although for great heat we have forbidden Wine, yet neverthelesse Cherrie Wine is permitted, because it is of a temperate nature, and doth moysten the Liver, and also cooleth, and therefore these Patients are to have otherwhiles at their desire a draught of it. This confection following is to be used, to wit, *Triasantali Diarrhodon* without spices, conserve of Roses, of Violets; preserved S. Johns Grapes, or *Ribes*, Barberries, and Peaches preserved, the conserve of water Lillies doth also coole much. Also the conserve of Cicorie with the roots, and preserved Grapes, are good for this purpose.

Or have this confection following prepared; Take peeled Melon seed, Cucumber seed, Gourd seed, and peeled Pompeon seed, of each three quarters of an ounce, seeds of Purslan, of Endive, and Sorrel, of each one quarter of an ounce, Pine nuts which have been steeped four hours in Rose water one ounce, Sugar eight ounces, or as much as you please; see the the Sugar with Rose water, and then make loofings of them.

Now for to keep an open body, these pils are to be prepared; Take one drachme of Rubarb, burnt Ivory one scruple, make nine pils thereof with the sirup of Roses, and see the them in together at one time.

For the obstruction of the Liver caused through *Phlegma*, which falleth out the brest and Liver. If you will let the sick person take these pils two bed; Take pils *De Hiera composita* two scruples, and let the sick bath of water.

Take one drachme of these *Trochiscis* following, to wit, *de Berberis*, *De* with water of Endive, and make pils thereof. which are to be used outwardly; Take Roses, Camphire half a drachme, beat them all together, and wet a cloth therein, in the same.

Rose water
one

one ounce and a half, vinegar one ounce, red and white Saunders, and the seeds of Citrons beaten, of each one drachme, tempered, and used as before said.

Item, take one quarter of an ounce of strong wine, four ounces of Nightshade, water one ounce and a half, Saffron five grains; mingle them well together, and then lay it with a cloth over the whole Liver. Another, Take Endive water six ounces, Rose water and Nightshade water, of each three ounces, water of Wormwood two ounces, the juice of Lettice and of *Calamus*, of each one ounce and a half, red and white Saunders, of each one drach. Camphire one scruple; temper them well, and then apply it unto it.

Another, which is yet stronger; Take water of Endive, and of Sorrel, of each six ounces, water of Burrage, and of Buglosse, of each 4. ounces, *Species de gemmis Frigidis* three drach. *Diarrhodon*, *Triasantalon*, of each one drach. and a half, red Coral half a drach. Camphire one scruple; temper them and use them as the other.

Or take Roses, red and white Saunders, Wormwood, Squinant, burnt Ivorie, and *Spica*, of each a like much; beat them all to powder: when as you will use it, then temper half an ounce with Sorrel and Endive waters, of each four ounces. Item, take the water of Nightshade, of Endive, of Liverwort, of Sorrel, and of Wormwood, of each four ounces, *Species Triasantali*, *Diarrhodon*, burnt Ivory, of each half a drachme, Saffron one drach. vinegar two ounces; temper them and use them as the other.

Another which is temperate; Take water of Buglosse, of Cicory, of Balm, of each six ounces, *Spec. de gemmis temperatis* one drach. Saffron one scruple, Vinegar one ounce, Malmsey three ounces; temper them all together. But it is to be noted that these cooling things must be used with discretion, that they do not cool the breast too much, and provoke a Cough: the which might easily be procured.

For Obstruction of the Liver or Gall.

Rx. of Fennel roots, Parsley roots, Succorie roots, red dock roots, ana. M. i. bark of the ash tree the outward rind scraped away. p. i. boyl them in a gallon of water, skim it and put to it of maidenhair, Sydrach, Licoras, Annise bruised. ana. 3. i. boyl them to three quarts, then put to it red Saunders powdered 3. β. see the it again, until one third part is wasted, then strain it, and put into the liquor of Raisons stoned lb. i. Currans bruised 3. 4. Capers half a pint, boyl it again until the raisons are soft; take hereof two spoonfuls 3. or 4. times every day.

Also take the roots of Brionie M. 2. boyl them in hogs lard, and therewith anoint the Liver warm morning and Evening.

Or Rx. of *Diatrionfantalorum* 3. 2. *Diamargariton Frigidum*, *Diarrhodon Abbatis*, ana. 3. 2. Conserves of Succorie, violets, ana. 3. i. β. Sugar dissolved in Endive and Succorie waters. q. s. make thereof lozings. Dose 3. 2.

Here now follow Plaisters and such like.

Take Barley meal three ounces, Roses one drachme, white Poppy seed half a drach. the juyce of Wormwood and of Nightshade, of each one ounce and a half, Vinegar half an ounce; make pap thereof with the oyl of Roses.

Or take white Poppy seed one ounce and a half, the juyce of Wormwood three ounces, the juyce of Nightshade six ounces, vinegar one ounce, and Barley meal as much as sufficeth.

This plaister is also highly commended; Take dried Violets three quarters of an ounce, Roses two drachmes and a half, *Spica* and Mastick, of each one drach. and a half, Camomil, Venus hair, Barley meal, Hollihock roots, of each ten ounces, Squinant, Cipres roots, and *Calamus*, of each one drach; make a pap thereof with Well water, and lay it every day over the Liver.

The common plaister of Saunders, which is to be found at the Apothecaries, is also very good for this use.

For a salve; Take oyl of Roses, of water Lillies, and *Spica*, of each half an ounce; Roses, burnt Ivorie, of each half an ounce, red and white Saunders, seeds of Plantain and of Purslain, of each one drach. *Spica*, Agrimony, of each one quarter of an ounce, Mastick two scruples, Wax as much as is needful for to make a salve of it. Item, take oyl of Roses two ounces, oyl of Violets and of *Spica*, of each one ounce, vinegar half an ounce,

ounce, Roses, burnt Ivory, Squinant, red and white Saunders, of each half a drachme Camphir, two scruples; then make a salve of it with molten Wax.

The Saunders salve described before in the sixt Chapter, and first §. Also the cooling oyntment, and that of Roses, are marvellous good for this disease.

Yet another; Take the oyl of bitter Almonds, and white wine, of each a like quantity, steep Cicorie in it, Wormwood, Camomil, and Agrimony, and chafe it warme upon the place of the Liver.

Another which is very forcible. Take the salve of Saunders, and the cooling oyntment *Galen* of each one ounce and a half, oyl of Roses one ounce, if it be too soft, then make it as hard as you will with Wax.

It is also necessary to observe therein an order of dyet. If with this heat of the Liver there be an Ague, then is he to be kept, as one that hath an ague, and that according to the importance of the cause; like as may be discerned in the sixt part. Generally, Lettice, Purslain, Verjuice, and Cucumbers are very good for him with Vinegar, and other meats more that may be drest with them. And although the inflammation were without an Ague (and yet there be some dry, itch and scabs with it) then be the foresaid herbs very wholesome for him. In like manner also Pullers, Hens, Partridges, small birds, Kids, Muttons and Veal drest with Vinegar; Verjuice, Oranges, or Limons; Barly pap and Oaten pap are also very fit for his meat. The Vineyard Snails are also very good for them. The fishes that be taken in clear gravel waters, drest with Parsly and Vinegar, may be very well eat. Melons, Almonds, Peaches, stued Pears and Apples, Cherries, Strawberries and Raisons; a little of each eaten are also very good. Wine is altogether repugnant to this disease: yet being well watered, or Cherrie wine, may be drinke in some respects moderately. Also all grosse meats are very hurtful for him; as unleavened bread, grosse flesh, Cheefe, Milk, Starch, Rice, and in fine all that bindeth is hurtful for the Liver; But Buttermilk is not ill for this malady.

Of the Obstruction in the Liver through cold, §. 4

IF so be that the Oppilation of the Liver be caused through cold, then is the whole body bleak and lead coloured, and chiefly the face; the tongue, the lips, and the urin is not coloured; the Pulse is slow, there is little thirst, slow digesture, lead coloured and white excrements that stink not much. All warm things are very meet for the Patient; but cold things are utterly against him; first, if this obstruction be without an Ague; but in case that it continue long, then must an Ague ensue by reason that the blood putrieth in the Liver. But if there be any humors with this cold, that is to be perceived by the thick water; also by the moysture and thinnesse of the ordure, and by the small thirst, slow pulse, by the swelling of the eyes and of the face, softnesse of the flesh, and loathsome colour, whereby they do come to the yellow Jaundies or dropsy. With this cometh also oftentimes a lask or scowring, swelling of the eyelids, of the fingers, of the toes, and all outward members. If so be then that these signs chance to be or may be perceived, then may easily be adjudged that this malady doth proceed through cold causes. The Patient is for this, above all other things, to be purged, and the flegmatick matter is to be expelled; For which this preparative syrup ensuing is to be used; Take the roots of Parsly and of Fennel one ounce and a half, the roots of Smallage one ounce, Agrimony, Venus hair and Harts tongue, of each one handful, Mace, *Cuscuta*, of each two ounces, Licorice, Currans, of each one ounce, White Vinegar one ounce, Hony, Sugar, of each six ounces; make a syrup of them until there do remain about fifteen ounces, and clarify it. For this is also good, the syrup of *Eupatorio*, of *Acetosa*, *Diarrhodon de Bizantiis*, and *Acetosus Compositus*. Item, take Fennell roots, the roots of Parsly, Smallage, Sperage, & Butchers broom, of each half an ounce, Agrimony one ounce, Annis, Fennel, *Cuscuta*, of each three drachmes, Harts tongue, Venus hair, herb Bennet, of each a handful, Vinegar one ounce, Sugar as much as you will, and make a syrup of them. And of one of the foresaid syrups you are to use certain dayes one after another, every day two ounces at once. This being effected, then is the Patient to be purged with this purgation following: Take flower of Burrage and of Buglosse, of each one ounce and a half, *Spica* one scruple, *Agaricus* and Polipody roots, of each half a drachme: let them see the together, and put unto it one drachme of *Turkish*. You are to give him about four of this decoction.

Or

Or take *Pillulas de Agarico*, or such like, which purge the flegme. When the patient is well purged, then is he to use some of these Trochisks following dissolved in water of Wormwood; to wit, *De Rhabarbaro*, *de Absinthio*, and *de Eupatorio*. Amongst the Confections these are good: *Diacostus*, *Diacalamantha*, *Dianisum*, *Diacyminum*, *Aromaticum rosatum*, *Diagalanga*, *Dialacca*, and such like.

Item, take *Pistacia* two ounces; steep them two dayes in warm water of Agrimony, chop them afterwards small, and seethe two ounces of Sugar in two ounces of Agrimony water which is meetly thick. Then temper the *Pistacia* and half an ounce of Cinamom with it; whereof make loofings: then take thereof morning and evening at least one quarter of an ounce. Hereafter do now follow confections and other things which one may eat.

Take one pound of well washt Currans; when they be dryed meetly well, then temper therewith one ounce of beaten Rubarb, and eat thereof when you will, a good spoonful at each time, and then keep it close stopt. This is very good for all diseases of the Liver, and chiefly to prevent the yellow Jaundies.

Another Confection: Take the musilage of Hollihock roots 3. 12. clarified hony 18. ounces, Licorice 3. 9. Betony and Balm, of each three drach. *Cuscuta*, rinds of Tamarisk, of each half an ounce, Annis. Couchenel of each one quarter of an ounce, Ginger one drach. prepared steel two ounces and a half, and one drachme of the musilage of hollihock roots, and you must seethe the hony to the thicknesse of hony; then temper the rest amongst it, and use it after that you have well stirred your self, walked, or run. Annis seeds confectioned be very good for cold obstructions, and all old diseases of the Liver.

Item, Comin and Caraway have great power to heat a frozen liver, and to open all her obstructions. Also bitter Almonds confectioned or otherwise. Likewise, Elecampane roots, Calamus, *Eringus*, Nutmegs Walnuts, all of them confectioned.

Item, conserve of Eyebright, of Fumitory, of Eldern flowers, Hyssop, Betony, Lavender, Marjoram and Sage are altogether very requisite. To all which you may add *Mina Citoniorum*, both Treacles, to wit, the great *Diacessaron*, and Mithridate, are very commodious for this disease.

For the obstruction of the cold in the liver be these pills following very good, and especially if there be fear of the dropie: Take Indy Spica two drach. and a half, *Spica Romana* one drach. Rubarb, *Agaricus* and *Ameos* of each one drach. and a half, Cinamom, Cloves, and Squinant, of each half a drach. Aloes five drach. make pills thereof with old wine, and use thereof as often as you will, one drach. at once.

For this obstruction are these things following especial good; Take Couchenele beaten half a drach. make three pills thereof with the juyce of Lemons; then take them fasting, as you please. Some advise that there must be tempered amongst it the herb Centaury, and then make pills of it with the juice of Agrimony.

Potions and such like

Vine is for this cold obstruction of the Liver, as in that of heat, not forbidden: For there be sundry wines of herbs ordained for the same, viz. wine of Eyebright, or Avence, of Betony, of Harts tongue, Marjoram, Wormwood, Hyssop, and *Asarabacca*, and such like, which be described in the last part.

But if it be needful that the wine must be tempered; then prepare a water wherein Annis, Cinamom, Coriander, Fennel roots, or any of these were decocted, you may also seethe Mallowes and *Cuscuta* in wine, and sometimes drink thereof.

Of spiced wines are some described before and hereafter, which do serve for the Liver very well. For which be highly commended *Cleretum*, *Aromatices*, and wine of Zeduary.

Besides the foresaid sirupes may these ensuing be used, to wit, the sirupe of Fumitory, of Wormwood and Mints. And if, so be that the *Phlegma* be very tough, then all the *Oxymels* are fit for it, used with water meet for the purpose.

Of the outward Applications.

Take Agrimony two handfuls, Camomil and Venus hair, of each half a handful, Cypres roots, Mastick, Squinant, Spica, of each one drach. red and white Saunders, Calamus and Wormwood, of each two scruples, burnt Ivory one scruple, muscilage of Hollihock roots three ounces, oyl of Mastick, Spica, and Barly meal, of each one ounce; and also a little vinegar: then make a plaister of it with the decoction of Agrimony.

This foresaid plaister is good for all hot and cold tumours of the liver, and to be used at all times, the plaister of Melilot, the plaister of Bayberries, and the known gray plaister *Diachilon*, are all very good for this Schirrosity of the stomach, of the Milt and liver.

Item, take Roses five drach. Wormwood half an ounce, Mastick five drach. Indie Spica two drach. and a half; Wax one ounce, oyl of Roses four ounces and a half; afterward, melt the wax and oyl, and wash it with water: Lastly, temper all other things beaten amongst it. This plaister strengtheneth openeth the obstructions of the liver and the stomach, swageth the pain which proceedeth of cold, maketh appetite, and assisteth the digestion.

These oyls following are also marvellous good against all Oppilations of the liver; to wit, the oyl of Elder, of Bay, of Spike, and of Wormwood, tempered, or each alone, anointed upon the place of the liver.

It hapneth also very well, that through the obstruction of the liver, the intrails are annoyed. For which you are to take the right sealed earth, and temper it with Annis or Fennel, Spica of Indy, with Cinamom, of each a like quantity as the cause requireth; use half a drach. of it at once with wine. But of this shall be written more at large where we shall discourse of the guts.

In general, *Oxymel* is good for all oppilations of the liver (if there be any sharpnesse of the urine with it) amongst which, some expert Physicians do temper these things following, which do take away the sharpnesse of the urine: as Annis, wild yellow mustard seed, Silver mountain, Mallowes, Hollihocks, Fleawort, Dragagant, and such like: whereof we shall speak hereafter, to wit, in this third Part.

The order of Diet.

Besides all the foresaid remedies, it is necessary that we do also write what diet this patient is to observe. First of all, whatsoever cooleth and moisteneth, is to be eschewed; to wit, all habitations which lye low by the water: also the Southwind. All that here ensueth is hurtful for him, as Spinage, Beetes, Lettice, Purilain, Endive, Gourds, Cucumbers, and Pompeons, as also all that is made of dough. Fish also is not good for him, unlesse it were seldom used. All slimy parts of beasts is he also to forbear, as fat Trypes, &c. unleavened bread, fresh fruits, and all pottages. Notwithstanding, Pease porrage, and broth of Lentils made with Mints, Parsly, Spike and Galangal be special good. He must also refrain from drinking water, if it be not tempered with wine. Also all grosse Wine is naught for him. Butter and Swines suet is also not much commended. But Sallet oyl is in some respects permitted. Item, all kind of milk, and all that is boyled with it, grosse old flesh, and all that bindeth, it is also forbidden.

For his drink he is to use meetly strong wine which is clear, and of a good tast, and is somewhat sweet. He may also use otherwhiles good warming Aromaticall Wine, like as we have shewed of late. Vinegar, Versuice Lemons and Oranges must he use with other meats, but alwayes a little, and rather these: The Pomgranats, Cinamom, Pepper, Ginger, Galangal, Annis seed, Comin, Fennel, and such like odoriferous things are very meet for him. In like manner also the herbs and roots of Parsly, Hyssop, Thyme, Marjoram, field Mints, Southernwood, Sage, Basil, Costus roots, yellow Rapes, and all other Turneps drest with oyle is to use. In like sort Olives and Capers. Of all flesh Hens, Pullets, Doves, Partridges, Fesants, field fowls and sucking Kids, Be very good to be eaten: for they may all be drest with spice, and especial good to be drest with all meats be Parsly and wilde Turneps. Some do commend much for this sicknesse the Vineyard Snails, and of all fruits, the bitter and sweet Almonds, Pistacia and Currans.

Of a schirrous Liver. §. 5.

OF this obstruction of the Liver, it doth otherwhiles wax schirrous and hard, that one may feel the same with the hand on the outside, without any great trouble to the Liver: the which malady the learned do call *Schirrum*, and the Greeks *Sciroten*. This disease is not to be cured but at the first, for when it is waxed old, then is it too late. These patients do some dye suddenly, and some lingringly; for the Liver cannot tolerate so strong medicines as the Milt. This disease is to be remedied, as here ensueth.

This sick person is alwayes every second day to take one scruple of *Ammoniacum*, with *Oxymel*, made into pills. If it shall be needful, his Liver vein is to be opened, and afterwards he is to purge with Manna and Rubarb tempered with Agrimony water: Wormwood water is also good. He is certain dayes afterwards to take one drach. of prepared Wolfs liver tempered in four ounces of Agrimony water, and to use this certain dayes one after another. It is also good advice, that this sick person do use things which do provoke much urine, and do break the stone in the Bladder, whereof shall good instructions be found in his proper place. For it is consonant to reason, that such things will also resolve and deobstruct the hardnesse of the liver. Also he is to drink daily a drach. of the seed of *Agnus Castus*, tempered with Comin. and Fennel water.

Outwardly be forementioned plaisters, and especially the plaister de *Meliloto* and *Dia-chilon* to be applyed upon it. Also you may make (if you will) a plaister of these things following: Take Camomil one ounce, Roses, Marrow of Oxe bones, or Harts bones, Ducks grease, Hens grease and Oyl of Spike, of each half an ounce, beaten Wormwood three drach. Fenegreek and Linseed meal, of each one ounce, sweet Costus roots three drach. and Wax as much as sufficeth. Or seethe Figs and Raisons, pownd them to grout, and temper amongst it Fenegreek meal, beaten Camomil, Rue and Melilot: afterwards mingle it with the oyl of Camomil, as much as will suffice for a salve.

Item, take Barly meal two ounces, Camomil and Melilot, of each half a handful, the musilage of Hollibock roots five ounces, Cipres roots, Squinant, Mastick, and Spica, of each one quarter of an ounce, red Saunders, *Calamus*, Agrimony and Wormwood, of each two scruples burnt Ivory one scruple, Saffron half a scruple, Vinegar half an ounce, oyl of Roses one ounce, four or five dry Figs, oyl of Wormwood and of Spike, of each one quarter of an ounce, make a plaister thereof.

Some have taken the venemous herb Hemlock, and laid it as pap upon the Liver: for it doth mollifie schirrositie and hardnesse.

By this is also to be understood that all which is good for the obstruction of the Liver, is also very meet for this disease.

Of a cold Liver without obstruction. §. 6.

THere befall also cold diseases in the Liver without any obstruction of the same, yet are all the forementioned remedies very good for this intent, by reason that they do all heat the Liver and other inward parts: but these Plaisters, Salves, and other things ensuing, are especially ordained for this.

Take Mastick, Spica, Cipres roots, Squinant, *Calamus*, Saffron, Myrrhe, but the Mastick and Myrrhe are to be dissolved in Wine, then temper the rest amongst it unto a plaister, and lay it upon the Liver.

Item, take the juice of Agrimony twelve ounces, vinegar one ounce, Spike and Cinamom, of each one drach. and a half: wet a cloth in it, and lay it also over the Liver.

You may also put unto it 4. ounces of Wormwood water. Or take oyl of Quinces, oyl of Mastick half an ounce, oyl of Spike one ounce, burnt Ivory, Roses, Squinant, Cuscuta, Cinamom and Spike, of each half a drach. Saffron five grains, and Wax as much as is needful.

Lastly, stir a little vinegar amongst it, and with this salve anoint round about and upon the liver twice or thrice a day, that is, upon the right side, even to the ribs.

Another: Take oyl of Roses half an ounce, oyl of Wormwood and of Spike, of each one ounce, red and white Saunders, burnt Ivory, Squinant and Comin, of each half a drachme, Cinamom one drach. Agrimony and *Calamus*, of each two scruples, Mastick

and Indy Spica, of each one scruple, Saffron half a scruple, Vinegar one spoonful, Wax as much is needfull for a salve.

But if so be that there do remain any pain, then may you use these things following: take Wheaten bread which is well boulded, put it into a bag, and so lay it warm upon the liver. But if the pain will not be as yet asswaged with it, then take two parts of Miller, and three parts of Bran, and one part of Salt; make them together warm, and use it as aforesaid: Or set a great boxing cup upon the same place.

Item, take Camomil, Balm, Dill seed, and Annis seed, of each two handfuls, Mace, Fennel, Mallowses, Hollihock seeds, of each half a handful, and two or three Poppy heads; see the all these together in a good deal of water until the third part be decocted, and fill a great bladder or twain with this decoction, and lay it on the place of the pain; and when one is cold, then lay another.

Lastly; Take 3. 4. of Bran, Venus hair, Dill seed, Burrage seed, and Comin, of each 3. 4. Camomil, Melilot, of each 3. handfuls; see the them all together in white wine, then pownd them to growt, and temper therewith one ounce and a half of Barly meal, oyl of Camomil two ounces; then make a plaister of it, and lay it warm upon it: it is very good to asswage and delay the pain.

Of the impostumation of the Liver. S. 7.

THe Liver may be also annoyed through many kinds of impostumes inwardly or outwardly, which be ingendred of many causes; as through falls, thrusts, or by going too narrow girt, whereby all such issues and impostumes are caused. Also these impostumes may be well caused through some Cholerick humour, and through an over hot stomach, through the use of too much spices, or any other hot meats, whereby the digestion of the stomach is infeebled and wholly spoyled. For this is especial good all sweet things, as Hony, Sugar, Figs, &c.

But if this moisture be through cold, then doth there come a clean contrary cause. The commonest signs of all the impostumes of the Liver be these, pain in the right side tending upwards towards the ribs and shoullder blade, as if it were the plurisie. The sick person can hardly lie upon his sides, and especially on the right side; his face is very black; he loseth appetite, his urine is blood-red; especially if the impostume be hot: otherwhiles the cough cometh with it, as also the hickcough, parbreacking, short breath, retention of urine, and great thirst.

Now for to cure these impostumes, we will first discourse of them that come through heat: for this is first, the Liver vein to be opened (if the Patient be able) and to let out much blood; but if the Patient be weak, then but a little, and then the oftner.

If so be that he be hard bound, then be gentle Clisters to be administred, and this thing insuing to be laid upon the liver. Take red Saunders, and Roses, of each three drach. the juice of Endive, and nightshade, of each two ounces, Rose-water one ounce Vinegar half an ounce; make them together luke-warm, and then wet clothes therein and apply them upon the Liver, and renew them once every three or four hours, and continue this three or four daies. This sirupe following is also to be prepared, which is as well good for the Ague, as for to open and loose the body: Take the juice of small Endive, of great Endive, Agrimony, Smallage, and Fennel, of each three ounces, water of Parsly roots, of Smallage and Venus hair, of each two ounces, clear Well water 12. Sugar eighteen ounces, white Vinegar 3. 2. See the them all together, and clarify them well, then put unto it Squinant, Spike, burnt Ivory Melon seed, Gourd seed, Cucumber seed, Pompeon seed, and red Saunders of each one drach, Wormwood three drach, then make a sirupe of it, and take at each time two ounces of it with the decoction of Pease, or with Endive water.

The third day after that such impostumes be known, then is the soft pap to be laid upon it. Take Barly meal, stewed Figs, and Dates beaten to pap, and tempered all together with oyl of Roses and Vinegar.

For this sickness one must not purge at the first without great need be. But when the sickness is at the prime or declining, then are you to do the same with Manna, Cassia, four Dates, and to exhibit it with the decoction of Violets, Squinant, Prunes, and Wormwood.

In like manner use loosing meat dress with Burrage, Mallowses, Hops, and such like herbs.

herbs. But if the impostume be broken out, and that there do come a gentle lask or scouring, wherewith corruption also avoydeth, then is nature to work. But in case this scouring get the mastery, then is the same to be stayed with the *Trochiscis de Berberis*, and *de Terra Sigillata*.

But if these impostumes do come of thrusts, or such like occasions, then open a vein (as is said already) and lay this plaister following upon it: take Myrtle seed, Roses and Bayberries, of each half an ounce, Calamus, Myrrhe, Mastick, of each one quarter of an ounce, Saffron one drachme, oyl of Lillies and Wax as much as is needfull; and if you fear any hardnesse of the Liver, then use the mollifying things, whereof we have spoken in the §. 5. Or make this following: Take Camomil, Melilot, Rue, Wormwood, Ireos, Marjoram, Calamus, Hyssop, and Roses, of each an ounce and a half, Endive, Hollibock roots, Linseed, and Fenegreek, of each one quarter of an ounce: let them boyl all together in wine and water, make a sponge wet in it, and then lay it warm upon it. Item, in the declination of the sicknesse is this plaister following to be used: Take liquid Storax, and Wax, of each one ounce and a quarter, Mastick, Saffron, Ameos, of each half an ounce, oyl of Mastick and of Roses, of each §. drach. Wine six ounces; temper, and use it warm; the Barly for his meat, and the water for his drink, is amongst other cooling things very necessary meat and drink.

But if so be that these impostumes do proceed of cold, then do they make shew with intumifactions and debilities, they bring also rather heavinesse and oppression with them then pain. For this; take heed of letting blood and strong Clusters: but mild Clusters shall be used, and also mild purgations. Amongst other is good for these Clusters, wormwood, Barly, field Mints, Centory, or which you will, decocted with a little Coloquint. You may also use well suppositories for to keep the body soluble, and to draw down the rough and grosse slime.

Prepare also these Trochisks following: Take Roses five drach. Barberries half an §. Annis, Smallage seed, Squinant, Cassy wood and Calamus, of each §. 3. Mastick, Spike, Cinamom, Asarabacca Rubarb, Mather, and Lacca, of each one drach. beat them all together, and make four square Trochiscs thereof, with the juice of Fennel the weight of a drach. and give thereof one in the evening with this potion following.

Take the roots of Smallage, Partly and Fennel, of each one ounce, seeds of Smallage, Annis, Fennel, and Comin, of each half an ounce, Squinant, Agrimony, field Cipres, Germander, Mather, Cassy wood, and Balsam wood, of each one quarter of an ounce, white Vinegar one ounce and a half, Hony three ounces: seethe them all together in sufficient water, and clarifie it as becometh. Further, anoint the place with oyl of Spike, oyl of *Sesamum*, or oyl of the seeds of *Manus Christi*, and lay this plaister following upon it.

Take the seeds of Smallage, Ameos, Annis, and Cardamom, of each half an ounce, Squinan, Aloe, of each three drach. Spike, *Amaranthus*, Mastick, Saffron, and Myrtle seed, of each one drach. and a half, Turpentine, Rosen, of each three drach. Wax as much as will suffice for to make a plaister with: melt it with a little oyl of Spike and Costus, and then temper the rest amongst it. But if so be that you will you may take and put unto it Oxe dung, and Goats dung.

When the impostume breaketh, that may be perceived if the patient about the same time fall a shivering and quaking with a swooning, and vomiting; and that blood avoid both through the stool and the urine, then is this plaister following to be used; and if peradventure the opennesse be not yet explete, yet doth it ripen and assuage the pain, and strengtheneth the Liver.

Take Barly meal, and Fenegreek meal, of each one ounce, Linseed meal three drach. Mil dust, Elecampane roots, the roots of Smallage and of Wormwood, of each §. 5. Camomil, Melilot, Violets, and Roses, of each three drach. white Lillie roots, Pigeon dung, *Spica Romana*, of each one drach. oyl of Camomil and of Violets, as much as will suffice for to make therewith a plaister; afterwards give him a drink for to cleanse him, decocted of Barly and Figs, or let him use *Mellioraton*, which is Mead.

Of the Laskes or scouring through weaknesse of the Liver. §. 8.

WE have sufficiently written thereof before in the eleventh Chapter, where we have spoken of all manner of sorts of Lasks and bloody Flixes.

Of divers things which be very commodious for all infections of the Liver. §. 9.

Here before in the third §. is highly commended the water of Venus hair for all diseases of the Liver. For this is also good Mr. Tristrams water, for it doth preserve and cure the Liver from all diseases. Item, take the seed of Endive, of small Endive, and of Lettice water, of Venus hair, and Liver-wort, red and white Saunders, of each one drach. seeds of Melons, of Pompeons, and Gourds, of each one quarter of an ounce, shaven Ivory half a drach. burnt Ivory one drach. roots of Fennel, of Parsly and Smalage, of each half quarter of an ounce, roots of Endive three drachmes, and a little Vinegar, Sugar, ʒ. i. β.; let them seethe all together in three pints of water unto the half. This is especial good for a stuf Liver which is caused through heat, and also for the yellow Jaundies.

Many kinds of golden waters and vital waters be also good for this, and especially for cold causes.

Look also in the first part the 12. Chapter, and first §. where you have a very good powder, beginning thus: Take the juyce of Wormwood, &c. mix it with Sugar, and use it ten daies together, it helpeth all maladies of the Milt and Liver, it preserveth also from the yellow Jaundies and dropsie.

Of the thirst, through drought and heat of the Liver. §. 1.

Although the thirst be a common drought of the inward members, yet neverthelesse it is caused (for the most part) from the Liver, which also dryeth away through the heat, or if they be burthened with any sicknesse or Ague, which verily is such an intollerable trouble, that it exceedeth all other, like as may be seen by the wretched people that be set on a wheel, who do more complain of thirst, then of their disjoynting, and broken bones: which thirst is thus described.

Thirst is a desire of cooling and moysture, which is quenched with drinking. The learned do also make three kinds of differences of the thirst; the first do they take for the thirst which is gone clean, when one hath lost his thirst, and when he is afraid of drinking.

The second is the diminished thirst, when one drinketh seldom.

The third is the spoyled thirst, like as when any body desireth out of measure any unaccustomed and hurtful drink without measure; to wit, if one would drink puddle water, urine, or such like. This thirst is to be likened unto the strange lust after meat, which is caused through a bad stomach, which hath been spoken of in his place.

The causes whence this unnatural lust ariseth are many, as great labour, long conversing in Sun and about the fire, a strong Ague through drinking of strong wine, through eating of salt and smoke-dryed flesh, of Fish, Cheefe, Pepper, Ginger, Cloves, and other Spices; sorrow and anger do also extenuate the body, and increase thirst; the like also do hot venoms cause. Item, if any inward parts be overheated (like as hath been said before in the 3. §.) hereby the thirst is also provoked: and especially the thirst is then great above measure in the disease of the kidneyes, which is called *Diabetes*, and when one goeth overmuch to the stool.

It happeneth also that some that have had great thirst, would tolerate the same without drinking, and are fallen into such thirst which could not afterwards be quenched; and have fallen thereby into *Phthisis*, *Hecticam*, and other consuming sicknesses.

The same signs and differences of all these causes may be demanded of the Patient himself, or the standers by. The inward causes doth every inward part yeild, as the Liver, Heart, Lights, and the Midriffe, sufficiently of it self to understand.

For this thirst are applyed certain common rules, which may be well marked. First, how that if one have a moyst body or stomach, to him is the thirst profitable; for if he refrain the same, then is the moisture of his body thereby consumed. Secondly, if the thirst be by reason that one hath drunken overmuch Wine, then is the thirsty person to endeavour himself to much sleeping, and that will quench thirst. Thirdly, a body is thirsty because he is dry by nature, and then is he to quench his thirst through drinking. Fourthly, healthful persons that have thirst at nights, are to be weaned from drinking.

Fifthly,

Fifthly, sickly folks who have thirst anights, are to be weaned from their drinking anights. Sixthly, if so be that one have gotten an unnatural thirst through eating overmuch hot meats, he must quench his thirst by drinking water. Seventhly, the thirst which proceedeth of a hot heart and lights, is to be remedied by taking in of fresh ayr, or by receipt of any cooling Leeks called *Looch*, and through much watching, for that drinking much water, and sleeping much, cause more harm then good. Eighthly, if the thirst do onely come through drought of the mouth and of the throat, then is he to addict himself to sleep after reasonable drinking, and to forbear talk. Ninthly, if any body be athirst after much purging, he must not drink too much, lest that the natural digestion be thereby enfeebled, or that the natural heat be therewith dissipated and extinguished. Tenthly, all they that have accustomed to drink much anights, they do in time spoil all the humors of the whole body, whereby they do fall at the last into *Cochymian*, or the Dropfie, if so be that they do remain long alive.

But now as concerning the particular remedies of the thirst. The most of them are discovered in all sicknesses that cause thirst. Neverthelesse, we cannot here omit to declare in general all that withstandeth thirst. And we will first begin with the potions.

Julep of Roses and of Violets are much used in all heats. Julep of Roses is made thus: Take one pound of Rose water, half a pound of white Sugar; seethe them together by a gentle fire, and clarifie them with the white of an egg, until they be as thick as a sirup. This Julep quencheth all that is of flegmatick Agues, of the Pleurisie, and also of all kind of thirst. In the same manner is the Julep of Violets to be made, and hath the same operation. It is also good for all rheumes of the breasts, and of the throat, against the cough and the thirst. Item, take fresh well water, or decocted Barly water tempered with Julep of Roses or Violets, and the like also with the juice of Pomegranates. The same doth likewise quench the thirst very much.

These distilled waters following do also quench the thirst very much; viz. the water of Endive, of Buglosse, of Sorrel, and such like, wherewith a little Sugar is decocted.

It is also said that the Cherry Wine is of a temperate nature, therefore it doth quench the thirst in great heat, it cooleth and moisteneth all the inward parts. Item, Mead doth also quench thirst, like as the same is to be seen in the last part of this book. If so be that you desire also in quenching of the thirst, to loose and make soluble, then take 3. or 4. ounces of Endive water, and with this water draw as much Cassia out of the canes as you think good, and so drink it. It doth quench the thirst marvellous much, like as is also shewed sufficiently in the description of Cassia in the Introduction.

These sirupes following which be here and there described, may also very well be used for great thirsts: as sirupes of Violets, of Vinegar, of Citrons, of sweet and sour Pomegranates, and especially the laxative sirupe of Roses. For hot Agues you may also use the sirupe of Oranges, of Barberries, of Cherries, of Prunes, and the juice of them all. The same confection, dried, and all that may be made of them.

There be also many things more ministred against the thirst; as fresh Cucumbers, Gourds and Pompeons; the same being eaten or the juice drunken. For this is also Lettice good, being eaten with Vinegar and oyl. Item, black Cherries, S. Johns grapes, and Barberries. The confection of Prunes described before in the eleventh Chapter, 20. S. is also good and certain for the thirst. Item, Confection of Peaches, Conserve of Roses, of Violets, and of water-lillies. A peece of Sugar dipt in water, and sucked in the mouth asswageth also thirst. Unripe Grapes chewed and contained in the mouth do the same. Likewise, some Grapes held long in the mouth, do quench thirst also. Or, if the same be bruised into ones drink, like as is more amply admonished in the beginning of this Book.

Of the yellow Jaundies, a sickness of the Liver. S. II.
This sickness is called of the Grecians, and of all learned for the most part, *Icterus*, and in Latin *Morbus regius*, *Arquatius*, *Aurigo*, *Suffusio fellis*, and of many *Icteria*. This is such a sickness, whereby that the *Cholera* or Gall doth spread it self very yellow over all the body, and appeareth with other spots or stains. Therefore is this first to be noted, that there be three kindes of *Icteri*, or yellow Jaundies, the yellow, green, and the black. The yellow is caused through yellow *Cholera*, the green out of light green *Cholera*, and both proceed from the Liver; but the black is caused through black melancholick blood of some disease of the Milt. Albeit the same may also be caused of the Liver. The causes of these sicknesses are taken to be after sundry, and especially of the yellow and green Jaundies.

Jaundies, as of the hot season, by great labor or great exercise, great heat, biting of venomous beasts, the use of much heat, sweet and fat meats, and inward impostumes. All which causes do so obstruct the Liver, that such matter (like as hehooveth) cannot be conveyed into the follicle of the Gall whereby it is enflamed: which this obstruction and heat may and doth come to passe in the veins and in all parts of the body, whereby the blood is spoiled and converted into a green yellow colour. The cause of the black *Icteria*, is an obstruction in the Conduits of the Liver to the Milt, or in the conduits of the milt to the stomach, a feebleness of the expulsive or attractive vertue, be it of the milt or the Liver. Item, through the use of much melancholick meat. In fine, it may also be caused through great heat of the whole body which enflameth the blood, or through great cold that doth congeal the blood, and maketh it black.

The first two signs are abating of the lively colour, yellownesse in the white of the eyes, and over the whole body and of the urine, the pulse is feeble, the Patient thirsty, leeseeth appetite, his meats will be bitter, and ready to vomit. Item, if the Patient be also young, cholerick of nature, hath done great labour, and eaten much hot meat, then do they altogether confirm that it is a perfect *Icteria*. The black *Icteria* is to be known by her black spots. The Milt is commonly hard. This sicknesse is then short beneath, the urine is brown, ruddy, and a slime in the bottome. The sick person is alwaies heavy & fearful without cause, like as al melancholick persons are wont to be. Thus then to speak briefly of this yellow Jaundies; they do alwaies come with heat and with an Ague, or also without any of them both, therefore we will speak of the hot Jaundies.

Item first of all, if so be that there be an Ague with this sicknesse, then is the sick person to drink Barly water with the juice of Lettice and of Nightshade, for it cooleth unnatural heat whereby the yellow Jaundies is caused. There be also all kind of cooling herbs to be given him to eat, as Endive, Lettice, Sorrel, &c. drest with Verjuice or Pomegranar Wine. His drink must be well watred, thin wine, or common small beer. Heed must also be taken at the first whether it be not needful to purge the party, and if need require, then is the same to be done in this manner ensuing: Take Cuscuta and Horehound, of each one handful, Endive water twelve ounces, and as much white Rhenish wine; let them see the together until two parts remain; then wring it out and take four ounces of it; temper one ounce of the sirupe de *Byzantium* with it, you may put Sugar to it if you will, and drink three or four mornings thereof one after another.

Another, which is more forcible: Take Horehound, Cuscuta, of each two handfuls, Endive water half a pinte, Wine one pinte, let them see the together, and hang two drach. of Rubarb in it, wring it often out, then take four ounces of it, and temper therewith one of these sirupes following, *Syrupum de Byzantiis*, de *Dnabus*, *Radicibus*, or *Oxymel* one ounce, and use them as is before said. For to purge, you may after the said portions use these cooling medicines: Take common conserves of Prunes and Castie, ana. ʒ. 3. confection of *Psyllio*, ʒ. 2. and ʒ. 1. *De succo Rosarum*, ʒ. 1. ʒ. temper them together with three ounces of the water of Cuscuta, and one ounce of the hony of Roses; or take *Hiera Picra* three quarters of an ounce, *Diaphoenicon* one quarter of an ounce, sirupe of Cicory with Rubarb, ʒ. ʒ. and Endive water as much as you will. The Rubarb is not ordained for this but by good reason, because it is forcible at the beginning to take away the yellow Jaundies. For this are all medicines good that be described nor long ago in the 3. S. for the heat of the Liver.

But if the heat after purging will not yet cease, then give the Patient every day one or one and a half the Trochisks de *Campbora*, tempered in one ounce of wine, or the confection *Triasantalum*, and *Diarrhodon Abbatie*, but before the foresaid things be used, you must first use these pills following: Take Earthworms washt with wine, or burnt to powder in a pot as much as you please, and put as much Rubarb unto it or half so much, and make pills thereof, give one drach. or one drach. and a half. at once, according to the age of the party, mixed with *Oxymel*.

Also you may give this Patient of this foresaid powder one drach. without Rubarb. It is also an approved medicine, that 20. or 30. earth-worms be boyled in the water of Sperage, of Smallage, and of Parsly, and take often a spoonful of this decoction. Item take of the powder of burnt earth-wormes, roots of Smallage, and of Parsly, of each a like quantity; give thereof to women and young children to each according to his age: it driveth the yellow Jaundies very forcibly through the veins, and in like manner also the droplie. For this you have another in the second part, in the third Chapter and 7. Section.

And

And to return to purging, if so be that the pills be more acceptable: then take washit Aloe one drachme or four scruples, and use it after the foresaid potions which be good and safe. But if so be that the obstruction of the Liver be not opened by it, then is this medicine following to used: Take sirupe de Bizantiis prepared with vinegar one ounce and a half, water of *Cuscuta*, of Harts tongue, and of Cicorie, of each one ounce, drink it certain times one after another; or take one ounce and a half of *Oxymel* with water of *Cuscuta*, of Cicorie, and of Buglosse of each one ounce three mornings together, and one of the foresaid purgations after it. The *Oxymel* is highly commended for this sickness.

These pills following are very fortible for to avoid water; take the juice of wild Cucumbers which is *Elaterium*, and the juice of Swines bread, of each one drachme and a half, *Rapontica* one quarter of an ounce, Aloe one drachme, *Diagridion* one scruple, Pease meal, Cinamom, *Spica*, *Lignum Aloes*, of each half a scruple: make pills thereof with the juice of Smallage, and give him one drachme at once thereof at the most.

Now for to cleanse the head you are to use these things following which you can get, as the juice of wild Cucumbers, and of Swines bread, of garden Cresses, Horeboud tempered with womans milk, and drawn up thorow the nose, and afterwards to lie down upon the back. These things following do cleanse the grosse *Cholera* which remaineth still in the head, and doth take away all the yellow jaundise with them. For this are very necessary all cooling and preparative potions, with syrup of Endive and Purslain tempered together, and chiefly if any obstruction of the Liver be present; for which this syrup following is also very fit; Take Endive, small Endive, Lettice, Cicorie, Melilot, Harts tongue, and Venus hair, of each one handful, twenty or five and twenty Prunes, seeds of Melons, of Pompeons, Cucumbers, of Gourds; roots of Cypresse, of Capers, Dragons roots, of each one drachme, beat them all grosse, and let them seethe together in six and thirty ounces of water even unto the half, afterwards seethe in this decoction four and twenty ounces of Sugar or Hony, and clarify it until there be a syrup of it. Another; Take Endive, Harts tongue, and Cicorie, of each a handful, wilde Endive, and Priest crown, of each two handfuls, seeds of Melons, Pompeons, Cucumbers, and Gourds, *Sacca*, Spikenard, Wormwood, and the roots of Smallage, of each half an ounce, burnt Ivory, red Saunders, of each one drachme and a half, Roses, one quarter of an ounce, white Vinegar three drachmes, Sugar twelve ounces; and then make a syrup of it.

Another; Take Endive, Harts tongue, and Venus hair, of each two handfuls, Fennel seed, Parsly seed, and *Cuscuta* of each half an ounce, *Spica nardi*, *Spica Romana*, of each one quarter of an ounce, Sugar as much as you please; make thereof a syrup. For the obstruction of the Liver in the beginning of the 4th §. there is also a confection which is very fit for this purpose.

Of all drinks which this Patient may drink, there is nothing more meet for this sickness then the Whay of milk, whereof he is to drink every morning three weeks together a good draught at each time; for this Whay doth cleanse the blood, and especially if there be mixed with it the juyce of Fumitory. And the same is also good for all itches and Scurfes; Item, take the innermost skin of a hens gizzard, also a Partridge dryed and beaten to powder; give him the weight of a drachme thereof in wine, or Cicorie water, and let the Patient fast five hours after it. Another; Take the innermost skin of a pullets gizzard or crop, and the roots of Avence, of each a like quantity; seethe them in wine the space that you would seethe an egge, and drink thereof morning and evening, and fast an hour upon it. Item, take four ounces of Gentian and Fennel roots five ounces, Smallage roots two ounces, and a half, wash the same very clean, and cut them in pieces; let them seethe all together with sufficient water, afterwards wring them well out through a bag, and then let this decoction boyl until it be as thick as Hony, then give thereof two ounces at each time. This medicine is also especial good for all Phlegmatick Agues wherewith the yellow jaundies be admixed. Item for all dropsies, all pain in the Kidnies, pain of the womb, for all venome, and it is to be given them that have an Ague with any kind of cooling water, and when there is no Ague with a little wine. Some do seethe it also with Sugar the which is best of all.

Item, there be moreover good to drink for this yellow jaundies, the water of Cicorie, of Sorrel, and of wormwood, but the juice of these herbs be much more forcible. These herbs be also decocted together or each apart, and the decoction drunken warm. Item, the yellow seede of the white Lilly dryed and powdered, and one drachme thereof taken, is an especial thing in this case. The same vertue hath grated Ivory.

Take

Take earth wormes with great yellow knots, cut off the yellow knots, dry them and powder them. Take of that powder ʒ. ʒ. powder of the inner rind of Barberries ʒ. ʒ. powder of Saffron ʒ. ʒ. mix these together; the dose is ʒ. i. of ʒ. ʒ. in white wine. Probat. Also purge with rubarb. And take an apple and cut off the top of it, and take out the core and fill it with castile sope, as much as a hassle nut and a little Saffron; roast it gently in the embers, eat it in the morning fasting, do so three dayes together. Probat. it helps the black Jaundies.

After purging, and the use of all these foresaid things, then may any outward things be used whereby to weare away the yellownesse of the body and consume it. For this is also much advised, that all yellow colours are to be fixed before the Patients eyes, for nature doth easier expel the yellownesse out of the body. Also, take Endive water and Rose water, of each four ounces, red and white Saunders, of each one drachme temper them, and lay them over the Liver. Item, use the Saunders salve which before, in six Chapter, in the end of the first ʒ. is described.

Or take a spoonful of good Hony, and boyle the same in a little pot of hot water, and stir the same well about, then put as much wheaten flour unto it as you can take up with two fingers; and temper a good deal of Saffron amongst it, yet more alwayes for an old man then for a young man, spread of it upon a cloath and lay it upon the navel; when it is then dry, take a fresh again. And you are to continue this certain dayes together, to wit, when the yellow jaundies be at the chief and highest; but one may not lye longer upon it then upon the other. For Bathing, take wild Thyme, water Cresses, Alehoofe, Juniper rinds, Eldern flours; let this see the well together, and make thereof a sweating bathe with hot stones. Item, take Mugwort, Marjoram, wild thyme, Juniper sprigs, of each one handful; chop them small, and let them see the in two bags, then lay one upon the belly, and another behind upon the reynes, and therewith let the Patient sweat.

Also, this Lee following may be used for the head. Take Betony, Camomil, and Sage, of each one handful, Marjoram, *Spica Romana*, of each half a handful, Sene leaves, three ounces, Stechas two ounces, chop all small, and see the them together in a good deal of water, and make Lee thereof, it will continue good a whole moneth.

For this hot yellow Jaundies is good all that which penetrateth, clenseth and openeth the Liver, to wit, Sorrel, Endive, Nightshade, winter Cherries, Orage, the juyce of Wormwood, Venus hair, roots of Cicorie and Sperage, Vervin, and the water of the same herbs decocted in Well water, and clarified with Hony, or Sugar, and so made into a potion.

And for conclusion of this heat there is good heed to be taken whether the patient be abounding of blood, and hath full veines, and also hath not been let blood a long time, and so there be nothing which hindreth the same, then is the Liver vein to be opened, and to let it bleed according to his ability. But if the yellow Jaundies be without heat and without Ague, then is it a signe that it is caused of *Cholera* and *Phlegma* together; you are first to give to this sick person preparatives, with *Syrupo Acetofo composito*, or *de Byzantiis*. He is also to drink water of *Carduus Benedictus* with a little Saffron, and afterwards purge with these things following or such like. Take *Aloe* one drachme, *Diagridii* five graines, *Agaricus* two scruples, dried juyce of Agrimony one scruple, then make it into pills, with the juyce of Endive, or use in the stead of it one drachme of the pills of Rubarb.

These pills following are not to purge but to open obstructions, Sulphur vive one drachme, the juyce of swines bread half a scruple, *Euphorbium* five grains, the juyce of Smallage half a drachme, make pills thereof, and give him half a drachme of it at once. When he hath purged, then let him take *Trochiscos de Lacca*, with the decoction of Fennel, Parsly roots, of Smallage, and such like. For this is also good *Trochiscos de Rhabarbano*, Radish water, and Agrimony. Item, the juyce of Swines bread made to a syrup with Sugar which is found to be especial good, and it moveth sweat. In like manner be meet for this the great Treacle *Diateffaron*, and Mithridate, sometimes one drachme, (taking more or lesse thereof) according to the importance of the case. The simples which are meet for the yellow Jaundies (when there is neither heat nor Ague with it) be Mather (if one take a drachme thereof every day.) Item Gentian, roots of Smallage, of Penniroyal, *Diptamus*, Rosemary, Centory, Agrimony, Annis, Fennel, Licorice, *Rapontica*, of *Costus*, *Aristology*, Alehoofe, and Piony. The compounded things be conserves of Eyebright, of Fumitory, of Elder flours, Piony and Rosemary, the herb wines, are the wine

of Betony and Gillyflowers, of Harts tongue, of Tamarisk, of *Asarabacca*, and of Wormwood. The *Oxymel* alone openeth all obstructions. But if so be that the yellow Jaundies, do remain long in the eyes, then the sick person is to smell often unto sharp Vinegar, for it provoketh the expulsive power whereby the braynes may be unburthened of all their superfluous humors, or receive the vapor into your eyes of the decoction of Hyssop, Marjoram, Maiden hair, Camomil, Dill, of all of them or which you please. You may also wash the face with it. And it is very good to smell unto Rose water or Rose Vinegar. Item, you may sometimes drop into their eyes one or two drops of the juice of Citrons, of Limons, or of Oranges. But if these juyces be too sharp, then mix them with the water of *Cuscuta*, which water alone is very effectual in this matter.

Also for the yellow Jaundies, whether the same proceed of heat or cold, needling is highly recommended, especially if the same can be procured and effected with the juyce of Horehound. Also all such sick persons must wash themselves with water wherein Camomil is decocted, and chiefly at the beginning of the yellow jaundies. The face is often to be washed with Rose water, to the end that the yellownesse might the lesse infect the eyes.

As much as concerneth the black jaundies; the same is to be cured with the self same things wherewith all the maladies of the milt are to be cured, whereof shall be spoken hereafter; to wit, with clisters, letting of blood, and other meanes more which may there be read.

Of the Dropsie in general. §. 12.

THE Dropsie is a sicknesse which is caused of a cold humor that doth penetrate throughout all the members, in such manner that they thereby are all puffed up and swollen. Or, the dropsie is an error of the nutritive vertue throughout the whole body; which error is provoked by those causes which do hinder the natural concoction of the Liver.

The common signes and right embassadors of the Dropsie are first of all these following; swelling or puffing up of the feete and the legs, afterwards of the face (in men, of the cods) and a little over all the whole body. Secondly, the alteration of the colour of the body into a white colour. Thirdly, when all the humors in the whole body be corrupted; the which the Grecians do call *Cacochymian*. Fourthly, by great thirst. Fifthly, lost appetite through continual desire of drink. Sixthly, retention of stooles, of sweat, of vomiting, of the flowers or termes in women, and such like. Seventhly, small store of urin. Eighthly, that these sick folkes are very slow and unhandsome for all workes. Chanceth it then, (like as it is wont to happen) that there be any ulcers or sores with it; then be the same by reason of the corrupted humors which be in this place very hardly to be healed. And although this sicknesse be very hard and dangerous to be cured; yet neverthelesse must the sick person not therefore be utterly discouraged. In like manner also the Physitian is through all possible meanes to endeavour himself to withstand this sicknesse. The total summe for to rid this sicknesse dependeth on three points; to wit, the mollification of the indurate Tumors which be in the bowels and other places. Or the use of all manner of things for to expel the humors. Lastly, he must be diligent to drive out the same by going to stooles, and chiefly through the urin. So that the principal meanes consist in this, that one do drink but little, do live soberly and orderly, use reasonable exercise, that one do sweat much, purge often, and use Clisters; for if all this be not diligently observed, then is there not much good to be expected. For notwithstanding that all these things be adhibited and permitted, yet be there neverthelesse very few holpen of it. These common rules alwayes take place in all sorts of dropsies.

The learned do make three Species of Dropsies, *Anasarca*, also *Hyposarca* (albeit some do make difference between them, and so make four kinds of Dropsies) *Ascites*, and *Tympana*, or *Tympanites*, of which we will severally write hereafter. But first we will then briefly declare thus much.

When as any one is thought to have gotten the dropsie, or that the same is yet in the beginning, for it, is the conserves of Fumitory highly commended; for it cleanseth the blood. For this is also good the golden water which is described in the eight part. The conserve of Eyebright doth open much all obstructions. For this is also very meet all that is ordained here before for the obstruction of the Lights and Liver.

Of the Dropfie Anasarca. §. 12.

THis spec. of dropfie doth *Galen* also call *Leucophlegmatia Hydrops*, as a white waterish dropfie, and is such a dropfie wherein the water which lyeth between the skin and the flesh is dispersed through the whole body, through each member and in the face, and maketh them swell; so that the belly and navil do not swell alone; in which swelling, if that it be pressed with the finger, then doth the dent or pit remain long after in it. The privie members do swell, also a watrish scouring or lask. The pulses will be flow and do beat longsome and leisurely.

The causes of it are bad digestion; so that all the meat and drink is at the least the half part turned into a phlegmatick matter, whereby the same cannot as behooveth be assimilated to the other parts. When as then these foresaid signs be perceived in the face and in the privities, then may the sicknesse be taken well to be *Anasarca*, the which also of all other dropfies is easiest to be cured, because that it divideth it self into all the parts of the body, and for that cause may be the easier overcome by nature.

For this are these remedies ensuing to be used. First, if it be a Woman, and that the same sicknesse is fallen upon her, and caused through retention and let of her termes, or obstructions of the Hemorrhoides; then is care to be had through all meanes to help and to provoke them. And in case that the same cannot be compassed and effected, then is the *Saphea* or milt vein to be opened; and likewise to set boxing cups on the thighs and legs.

But for all other species of Dropfies letting of blood is very hurtful, for that they have but little blood, yet very much moy sture; whereby the good blood being drawn out, the water will be left behind.

For this is to be given to the Patient this syrup following for to open him: like as is taught in the 4. §. of the diseases of the Liver.

Item, *Trochisci de Lacca*, are especially good for this; and afterwards he must every week be purged with pills of *Rubarb*.

Or take these pills ensuing: *Agregativa* two scruples, *Ammoniacy* one scruple, and make seven pills of it with *Oxymel*. The pills, *de Hiera de Aloe*, *de Mezereoy*, *Fetide*, *de Agarico*, are altogether meet for this use. It is also admonished before to use reasonable exercise, hunger and thirst. More waking than sleeping is very much commodious. Item, water bathes (if one can come to them) are also very good for this, which be by nature warme; or in the stead of them to bathe in dry baths, and then to sweat well. Such persons must also in warme seasons, and when the wind is down, lye with their bellies towards the heat of the Sun, and let the same be well rubbed. Some do advise also, that the armes and the legs, must be well rubbed.

This confection following is very fit to purge and expell water: Take Turbith half an ounce, *Hermodactili* one ounce, peeled wild Saffron seeds three quarters of an ounce, Ginger, Cinamom and Annis, of each one scruple, Violets, Cuscuta, Sorrel seed, of each one drachme, hony of Roses four ounces, Sugar two ounces; feeth the hony and the Sugar with a little of the water of Fumitory until you may scum it; when it is foddren enough, then mix the rest with it unto a Confection. Give thereof half an ounce at once.

Another.

TAKE one drachme of *Rubarb*, Annis, wild yellow Rapeseed, and Indy *Spica*, of each a scruple, Licorice one drachme, *Asarabacca* half a drach. Conserve of Marjoram one ounce, Conserve of Roses three ounces, *Miva cydoniorum* and *Oxymel*, as much as you will, for to make a Confection. This confection strengtheneth and expelleth much the water.

Yet another. Take Elecampane roots, Ireos and Gentian, of each one drach. Ireos lo-singes one ounce, syrup of Horehound one ounce and a half, then make a confection thereof. Take thereof as often as you please: it strengtheneth, doth quench thirst and lengthen the breath.

The antient Physitians do advise much for to vomit, to wit, at the first in the beginning of the sicknesse whilst that the Patient is in the state of strength, but not otherwise.

Some doe write, that dryed Hedghogs flesh doth marvelously ease in this sicknesse, if

if one take of the ſame one quarter of an ounce in wine. The like is alſo reported of the Wolfes Liver, if the ſame be taken with Rubarb and *Rapontica*, with water wherein Worm-wood is decocted.

Of the Dropſie Aſcites. §. 14.

THis Dropſie ſome do call *Aſcliten*, and *Alchiten*. In this Dropſie the belly doth onely ſwell and the legs, and contrarily the upper parts of the body do dry away. This name is given to this ſpecies of Dropſies, of a hide wherein men do carry Wine or oyl.

Of all other ſigns this ſickneſſe is a great trouble in the belly, when one clappeth or foundeth upon it, he doth hear a rumbling or a noyſe of water which is forcibly ſtirred about, the which alſo happeneth if the ſick perſon do turn himſelf from the one ſide to the other: the body is not ſo ſwollen throughout like as in the foreſaid Dropſie, neither do there remain therein any dents or pits if one preſſe therein with the finger. The navel doth not ſtand ſo puffed up as in the *Tympanite*, the pulſe is feeble, ſwift and ſmall.

The cauſe of this Dropſie is feebleneſſe of the Liver, which hath not a ſanguification or concoction, and altereth all her moiſture into water.

This infection of the Liver may be cauſed as well of heat as of cold: alſo of the water which is ingendred in the liver, that falleth down afterwards into the lower parts and hollowneſſe of the belly.

If this Dropſie do come through hot cauſes, after any pain of the Liver, after an Ague, by ſwelling up the belly beneath the navel even to the very hip; alſo if one turn the ſick perſon about, one heareth the water; he hath an intollerable thirſt, avoideth but little urine which is fiery red, with ſome clots as it were with ſmall ſtones: then is there great danger, & but ſmal hope of life to be had. For if ſo be that one give to the patient medicines which do cool the heat, then is the liver enfeebled, the water and wind augmented: if that warm and drying things be uſed for it, then doth the heat and exceſſive thirſt increaſe.

But not to leave this ſick perſon utterly comfortleſſe, and to pleaſe his friends, you may uſe for the lengthening of his life moderate cold and warm things, like as is this ſirup following: Take Endive four handfuls, Maiden hair and Harts tongue, of each one handfull, Fennel ſeed, Pariſy ſeed, and *Cuscuta*, of each half an ounce, *Spica Nardi*, *Spica Romana*, of each one quarter of an ounce, and Sugar ſix ounces, make a clarified ſirup of it.

In like ſort may alſo this cooling confection following be uſed, as *Diarrhodon*, *Dialacca*, *Diacrocoma*, *Diatriſantalion*, and *Aromaticum Roſatum*, and other ſuch like cooling things more.

Alſo the Wolfes Liver (like as herebefore for *Anaſarca* is ſaid) is very highly commend- ed for this, if the ſame be given with Endive water, for it ſhould (even as many think) reduce the liver to her right ſtate.

Alſo for to cool the heat of the Liver may this plaſter following be made and applied upon it: Take the juice of Endive, of ſmall indive, of Agrimony, of Liverwort, of each two ounces, Barly meal as much as will ſuffice to make a plaſter withal.

It happeneth alſo very often that in this *Aſcite* the patient is hard bound in body, who if he be known of ſufficient ſtrength, then is he to be often purged (as is already ſaid) the which may be effected through ſundry means, as through Pils, Potions, and through Clifters, whereof there be many herebefore deſcribed for the obſtruction of the liver, and are alſo very requiſite for this purpoſe, and amongſt the reſt theſe following may alſo be uſed: Firſt, let pils be made with Rubarb, which be acuated with a little *Mezereon*, and be given unto him once a week.

Alſo the pils of *Mezereon*, are very good for this uſe, but they muſt be taken in hand very circumſpectly: for that the *Mezereon* is marvellous ſharpe, as herebefore in the Introduction you may well perceive.

Item, Take of the foreſaid *Mezereon* leaves which have been ſteeped two dayes and two nights before in the juice of Quinces and Vinegar, and dried again, half a drach. make ſmall pils thereof: it expelleth water wonderfully.

The like have you before in the 4. §. good pils in the obſtruction of the Liver, begin- ning: Take *Spica*, &c. The juice of wild Cucumbers, or *Elaterium* is alſo good for this: but it muſt be given with great circumſpection; for there is no man ſo ſtrong that may

take above half a ſcruple. Our Phyſicians do ſeldom take above four grains at once as is ampler ſpoken of in the Introduction.

Item, take clouted Goats milk three ounces, the juce of blew Flower-deluce half an ounce; ſee the it on a ſmall fire unto the half or more; ſtrain it and temper it in a little Sugar, and ſo take it. Or take the juce of blew Flower-deluce which is very clear one ounce, drink it with ſome Sugar, or with ſome Goats milk once in every 4. daies: and the dayes between both he is to drink a good draught of Beer decocted with Wormwood or Wormwood powder with 2. ounces of Sugar caſt into ſugar plates, and eat thereof. In Italy they have an herb called *Soldanella*, the juce whereof is much uſed for the Dropſie: alſo the water and powder of the herb: or in ſtead thereof may be uſed for the dropſie, of the ſaid blew Flower-deluce: for that *Soldanella*, which groweth near the ſea and all ſalt places, is given with wine wherein *Rapontica* with a little Wormwood is decocted. What force Wormwood hath in this diſeaſe is ſufficiently ſhewed in the end of the 9. §. Alſo what vertue the wild Saffron ſeed hath for the Dropſie, look for the ſame in the Introduction, the like alſo of the ſeeds of *Manna Chriſti*.

A powder to purge withal; Take beaten Ireos, three drach. Ginger, ʒ. 2. Annis, Maſtick, ana. ʒ. 1. white Sugar-Candy, ʒ. 1. Turbith one quarter of an ounce, *Diagridion*, ʒ. 6. take one drach. thereof; it expelleth the water and the going to the ſtool very vehemently. But if there be any heat withal, then are theſe mild purgations to be uſed: Take the flowers of Burrage, Violets, Fumitory, ana. ʒ. ʒ. Licorice, Jujubes, Currans, and Wormwood, of each one quarter of an ounce, 8. or 10. Prunes, *Spica nardi*, ʒ. 1. ſee the them all in whay of Goats milk, and ſteep therein half an ounce of the ſhels of yellow Mirobalanes for a potion.

Item, take 6. ounces of the whay of Goats milk, and freſh roots of the Flower-deluce which be well cleaned from their ſhels half an ounce, ſee the ſame until two parts remain, then temper them together for a purgation.

Clifters, as is before diſcourſed are alſo marvellous good for all ſuch Dropſies, whereof certain do follow. Take *Ebulus*, Cammomil, and S. Johns wort, of each one handful: Let them ſee the ſufficiently in water; then take of this decoction 12. or 16. ounces, ſallad Oyl 3. ſpoonfuls, half an ounce of *Hiera Pathii*, or *Hiera Picta*, Salt one drach. temper them then together. Item, take the broth of Tripes, or any other freſh broth, Peaſe pottage, or any other that one hath ready in the ſtead of common water; and in ſtead of *Hiera*, take prepared Caſſie for Clifters.

This following doth looſe more: Take Mallows, Hollihocks, Beets, Cammomil, and the herb Mercury, of each one handful: ſee the it in water or in any of the foreſaid brothes, and take thereof 12. or 16. ounces, Salt, Oyl, *Hiera* or Caſſie, *Hiera Picta*, *Benedicta Laxativa*, ana. ʒ. ʒ. temper them together, and miniſter this Clifter very warm. This following draweth from the head: Take Roſemary, Betony, Cammomil, and S. Johns wort, of each one handful, Polipody, wild Saffron ſeed groſſe beaten, ana. ʒ. ʒ. and ſee the them well. This being done, take as much broth and do as is beforeſaid: there may alſo be uſed in ſtead of common oyl, the oyl of Linſeed.

If there be great griping of the belly with it, then may alſo be uſed with the foreſaid herbs, Annis, Fennel, Caraway, all together, or thoſe that one can get: Take the waighe of an ounce thereof beaten together groſs.

Clifters are not onely good for the Dropſie, but alſo againſt all griping of the belly, againſt the gravel, againſt the obſtructions, againſt the yellow Jaundies, ſhoorings, and ſuch like.

But in caſe that with this Dropſie there be any ſcouring or red flux: then are Trochiſks to be given to the Patient, of Barberries with Vinegar: for theſe Trochiſks do cool, ſupple, and ſtrengthen the liver, and ſtay the ſcouring. The ſame do alſo *Trochiſci de Spodio*, *de Sandalis*, and the juce of Quinces, and all that is made thereof. Item, the Conſerve and conſected roots of Cicorie, by reaſon that they have a binding & cooling operation.

But if ſo be that the *Aſcites* be without an Ague, and there be no redneſſe ſeen in the water, then may theſe pills following be given.

Take prepared leaves of *Mezerion* and *Sagapenum*, of each one ſcruple, make this to pills with the juce of Wormwood, but give no more at once then the fourth part onely, for they expel and purge very forcibly.

Take two Gallons of ſtrong wort, Guaiacum wood powdered, lb. 1. boyl them until

a quart is dissolved strain it and put yeast unto it, drink only of such drink three weeks,
Sanabit.

Or, take two Gallons of Ale, Elecampane roots, M. 2. Wormwood, Rue, Lovage, ana. M. 1. Annis seeds powdered one pound, Licoras bruised one pound, Coloquintida powdered, two drachmes, Honey a pint, see the them to half, drink this at all times.

For the legs swoln with the Dropsie.

TAke Butter, Ale, and Pepper, see the them and annoint the legs there with.

Or, take the lights of one or two Oxen, perboyl them, and apply them hot being cut in the middest. Prob.

Take of the juice of the roots of Ireos, as much as an egg shell full, and it cures any cold Dropsie.

Or, take of the juice of Ireos roots, juice of Morel one pound, skum it and sweeten it, and it cures any Dropsie that is cureable.

But when you may have the juices every day, then take the juice of Ireos one day, and the next day the juice of Morel; the Ireos purgeth water by siege, and the Morel purges water by urine.

Also see the roots of elder and drink it, this is a notable medicine.

What things do move Urine.

IN the beginning of the description of the Dropsie, it is (amongst other things) thus declared, that the chiefeft mean for to cure this sicknesse, is to expel urine, and to avoid the same in great abundance, the which may be atchieved through these means following: Take Rue, S. Johns wort, Penniroyal, Sage, Marjoram gentle, Wormwood, Licorice, Annis, Fennel, and Elecampane roots, of each one quarter of of an ounce, see the them together in a quart of Wine, but not too long; then drink thereof in the morning three ounces, and as much more in the evening. Item, take Garlick and S. Johns wort, of each one handful, see the them together in a pint of Wine until a third part be decocted: afterwards strain it through, and when you please drink a little thereof at one time, it dryeth up the water, and expelleth the rest through the urine.

Item, take the whay of Goats milk four ounces, see the 3. drach. of *Spica nardi* in it unto 3. ounces, and give it him to drink fasting. Or take one ounce of the juice of Nep. Also white Wine wherein the flowers of Rosemary and the herb be decocted, is very meet for this. Item, the Vinegar of Squils is also very good.

The *Trochisci de Lappa*, or *Croogma*, one quarter of a ounce given at one time with any of the foresaid juices, be especial good for this.

Item, Rubarb, *Asarabacca*, *Diptamum*, Cinamom, Agrimony, Marjoram gentle, Rue, Myrrhe, all together, or each alone steeped in wine, are very fit for the Dropsie, or any other malady.

In the description of the yellow Jaundise in the eleventh S. have you also amongst other potions, a very good potion fit for this, beginning Take Gentian &c.

The things following do also expel urine, namely, *Hermodactili*, *Indy Spica*, Licorice, Cinamom, Fennel, Betony, Vinegar, Parsley roots, Sage, and Rosemary, see the any of these things in Wine, and in three or four ounces of the same Wine dissolve one drach. of the trochisks *Dr. Lappa*, but above all other these here be very commodious: Item, the roots of Nettles of Parsley, Fennel, Elecampane roots, *Asarabacca* powdered all together, or each alone, taking one drach. thereof, or wine drunk wherein the same hath been a while decocted. The roots of great Fern boyled in Wine and drunk, expel urine very much. Of all herb wines are commended above all other things for the Dropsie, to wit, wine of Gilloflowers, roots of Marjoram gentle, Betony, *Asarabacca*, and of Hyssop, but all troubled wines are contrary to this disease.

Outwardly are sundry plaisters used, and it is reported that they do bring four kinds of commodities: first, they do supple, dry, expel wind, and do strengthen the belly and all the intrails, like as these following are: Take Coloquint, Hollihock seeds, *Diagridia*, Aloe, Myrrhe, roots of Mallows and *Edellion*, of each one drachme and a half, Ireos three drachmes, seeds of Mallows wild, Cucumbers, Cardamom and *Euphorbia* of each

each three drach: *Boreas*, *Sal gemma*, of each one quarter of an ounce, Goose grease, Duckes grease, Calves, and Hogs suet, as much as is needful for to make a plaister or a salve, lay this plaister upon the belly, it doth supple much. The plaister of Bayberries is also especial good for the Dropsie, and moreover much mightyer for it, if the same be tempered with Goats dung, or Cow dung.

If the privities be much swollen, then make this plaister following; Take Annis, Fennell, and Comin, beaten small together, of each one ounce and a half, Bean meal, *Ebulus*, the juyce of Eldern leaves, and good wine as much as will suffice, lay it upon the belly, and over the privities.

Another; Take Barly meal, Cypres roots, dried Sheeps dung, Borace and *Bolus*, of each a like quantity, beat them together, make a plaister thereof and apply it to the belly. This plaister hath great force to exsiccate and dry the water. Item, take Cow dung, or Goats dung, and temper them with the urine of a man child unto a plaister. Or take Oxe dung which is dried in an oven, pownd it to powder, and make thereof a plaister with wine, and then lay it on the belly.

Another; Take fat Figs three ounces, Pigeons dung half an ounce, Mastick and spike-nard of each half a drachme, pownd all that is to be pounded, and then make it to a plaister with Goats piss.

Of all other salves is that of *Agrippa* much commended, which is known at all Apothecaries, for it is marvelous good for the dropsie. There is also another made, that is *Arthanita*, of Swines bread which is not so common. For a common conjunction the oyl of Camomil and of Rue tempered together is very commodious.

But it is also to be noted, that if so be that the Dropsie do come out of any cold occasion, that then this foresaid plaister is to be laid upon the whole belly, and the cooling things upon the Liver.

Sweating is very good for all Dropsies.

It is shewed, that among other revelations and expulsions of superfluous moistures of mans body, sweating is accounted one; therefore it is very needfull to write somewhat thereof, and how that the sweat especially for Dropsies is moved.

We have also written in another place of a dry sweat bath, the which for the difference thereof we will rehearse again.

Take a flat tub, turn the same upside downe over a hot hearth, and make under this tub a small fire of Eldern wood, or Juniper wood without smoke until it be through warm. When it is then hot, set hoops about it that it may be covered close; then set the Patient in the same tub covered every where very close, yet so that his head be without. Afterwards he is to rub him well, to the end he may sweat well: dry away the sweat, and let him sit in it as long as he can abide it. Item, take *Ebulus*, Bean straw, of each a like quantity, see the them together, and make thereof a sweating bath with hot stones, as is accustomed. It is also good to drink a drachme of the powder of Bayberries with wine, and chiefly after the sweating. Conserve of Eldern (taken fasting before sweating) after purging, causeth abundant sweat, and doth expel the fountain or beginning of the Dropsie.

This following should be marvelous available for the dropsie through sweating; Take of the middlemost green rinde of the Elder eight good handfuls, *Carduus Benedictus* six handfuls, Rosemary three handfuls, the uppermost sprigs of Elder three handfuls, chop all these small together, then put them into a glasse, and pour upon it two quarts of white wine: then stop it very fast, and so set it the space of fourteen daies in horse dung, and afterwards distil it in seething water, whereof give the patient one spoonful twice a day. But at the first time give him very little of it; and if he can abide it, then give him more. This hath been tryed in a thick fat woman: that she must be laid upon a leather bed, that the sweat through this medicine hath run so extremly from her, that it must be laden up with dishes.

The great Treacle *Diatessaron*, and Mithridate, one drachme, or a drachme and a half taken with wine, or any of the foresaid waters do vehemently expel sweat. In like manner is very commodious for this, all that is set down for the yellow Jaundie, for provoking urine, and expelling of gravel.

Certain famous ancient Physicians do advise, that unto them that have the Dropsie, shall Treacle be given, and that thereupon they should be made sweat upon a board

in a warm Oven, having their head out. But I cannot much approve the ſame: The like groſs means, like as to bury the ſick perſon warm in the ſaid and other things more, there be of many men many deſcribed. But I will not rehearſe them all; becauſe I have declared ſome that be more neceſſary and tollerable.

Of the Dropſie Tympanites. §. 16.

THis *Tympania* or *Tympanites*, is alſo properly called *Hydrops*, which is a Dropſie; becauſe that it is rather cauſed of winde then of water, and hath therefore her name; for that the belly as in other Dropſies, is here alſo puffed up higher; the Navel is thruſt forth on high: and becauſe all other members do conſume and wax very lean: yea, for that the belly is hard ſwollen, that one clapping or knocking upon it, it giveth a clear and hollow ſound.

In theſe ſickneſſes the Patient ought not to eat at any hand any green herbs, nor yet any thing elſe which maketh or ingendreth winde, as Spinage, Beets, Coleworts, new fruits, Peaſe, Beans, Turneps, boyled Rice, or any ſuch like. He muſt alſo beware of milk, Cheeſe, Cheſtnuts, unleavened bread, and Muſt. He muſt alſo eſchue all cold; and keep himſelf alwaies warm, and to ſweat if it be poſſible, even as we have ſaid before. And the belly muſt be daily well warmed with warm Panick or Millet wherewith is mixt a little Salt: for this cauſeth the wind to break away. In like manner ſhall boxing cups alſo be ſet upon it unpiekt.

All theſe things following are good for him: to wit, the Confection *Diacyminum* or *de Baccis Lauri* uſed often, and other more that be written hereafter for the griping of the belly.

But above all and for all Dropſies, the prepared Wölſes Liver is very much commended, be it powdered or eaten otherwiſe amongſt other meat: for it hath an excellent and privy vertue to expel the Dropſie.

Item, theſe things following may be uſed for all Dropſies, if there be no heat with it, as Conſerve of Eldern leaves of Betony, Gilloflowers, and of Roſemary, Fennel, Annis, Cumin, and all other ſuch like which do expel wind with moderate exerciſe. To ſuffer hunger and thirſt, and much watching are alſo good for this.

Theſe Suppoſitories alſo following are very meet for this purpoſe: Take *Sal gemma* Rue, Bevercod, *Euphorbium*, and Nettle ſeed, of each one drach. decocted Hony about three ounces, and make thereof Suppoſitories. Theſe following be not ſo ſtrong: Take Cumin, *Boreas*, Rue ſeed, of each a like quantity, Hony as much as is needful for to make Suppoſitories. Alſo let the belly be rubbed with rough linnen until it be red. And when the wind doth not blow, let the ſun ſhine upon it.

This plaſter following is marvellous good for this: Take dried Goats dung twelve ounces, roots of wild Cucumbers, and roots of *Ebulus*, of each two ounces, Barly meal 12. ounces, ſteeled Vinegar four ounces; make a plaſter thereof, boyled well with ſharp Lee: this plaſter conſumeth all windy matter, openeth the pores, and draweth all wind out of the body if it be laid warm thereon. The belly is alſo to be annointed with oyles which be of a hot nature: to wit, with oyl of Dill, oyl of Rue, of Coſtus and of Bayberries.

Of Cliſters we have ſpoken before: but for this are ſuch chiefly to be uſed as do expel the winds, as this following is: Take Ireos, Hyſſope, Smallage, Rue, Bearfoot, of each one handful, Annis, Fennel, Ameos, Bayberries, ana. ʒ. ʒ. let them ſeethe well. Take afterwards of this decoction 12. or 16. ounces, if the patient be meetly ſtrong: then put unto it of charified Hony, and oyl of Rue, ana. ʒ. 1. ʒ. and ſtone Salt, ʒ. 1. There may alſo *Hiera Picra* be put unto it; for the ſame is marvellous good for to drive out all bad humors and to leave the good.

Here do now follow certain Sirupes more which are to be uſed for al Dropſies, like as the common ſirupe of *Eupatorio*, which is good for all cold diſeaſes and obſtructions of the Liver, and therefore is good for the Dropſie: it extenuateth all rough and groſſe humors, it comforteth the Liver, it expelleth water, and hindreth all ſwellings of the inward parts.

In Italy is this enſuing ſirupe of Ireos much uſed: Take green roots of Ireos four and twenty ounces; cut them in pieces, ſteep them the ſpace of three daies in as much Well water as will cover them: ſtir them about twice a day, but that they may be covered

under the water : afterwards strain the water from them, and pour other water upon them, as before : keep the first water in a clean pot, and do the second time as you did at the first : then temper both these waters together, or see the each alone with a little Sugar. Afterwards mix these things following with it ; to wit, Scabious, and Maidenhair, of each one handful, Sperage roots Fennel roots, Ireos roots, of each half a handful, peeled Melon seed, Gourd seeds, Cucumber seeds, and peeled Pompeon seeds, seeds of Purslain, of Cicory, of Endive, and of Lettice, of each one quarter of an ounce, Fennel, Anise, Sperage seed, and Smallage seed, ana. ʒ. ʒ. Millet and winter Cherries, ana. ʒ. ʒ. fat Dates and Figs, of each six, Licorice, Madder, ana. ʒ. ʒ. 5. let them see the all together unto the half, and afterwards see the decoction with sufficient Sugar unto a sirupe. Some do give this sirupe a pleasant taste with Cinamom. Other do steep therein one quarter of an ounce of Rubarbe against the obstruction and debility of the Liver.

The Italian Physitians do give thereof, when then will prepare any bad humor, not above one ounce at the first, and afterwards a little more, until they be wholly purged with it. It is also to be noted, that when the sirupe waxeth old, it loseth the purging vertue. Also we will now speak of the juice of the blew Flower-deluce : When it is given alone, it annoyeth the stomach, and causeth the red or bloody flux. Further, for this sicknesse is to be used the Sirupes *de Radicibus*, *de Absinthio*, *Capillis Veneris*, *de Betonica*, and such like more.

When it appeareth that the swelling of the belly, of the legs, and of the privities doth decrease (be it in whatsoever Dropfie it will) then boyl *Ebulus* with the root and herb, and bathe or foment therewith the swoln places, or wash it with common Lee which is somewhat salted.

Other do advise this following : Take Marjoram, Wormwood, field Mints, Parietary, the roots and leaves of *Ebulus*, Marjoram gentle, Cammomil, and Maidenhair, all together or which you will ; see the them in Wine or Lee, and therewith bath the members, but alwaies after purging, for otherwise it is not requisite. Mark also, that for all sorts or kinds of Dropfies, the remedies are often to be altered, taking now one sort, and another time another sort : and that for this is alwaies a good order of dyet, as we shall here briefly note, and set forth.

The order of Dyet.

VVE have heretofore sufficiently shewed that sobriety is good and needful for all Dropfies. It is therefore required, that one do eat but once a day. Partridges are good for him, Turtle Doves, and other young Pigeons, Kids, rostmeat, Pullets, Fowls drest with Verjuice, and the juice of Lemons, Barly or Spelt bread which is raised and well baked, are also good for him. He may also eat sometimes Endive, Sorrel and Cicory, with Vinegar, or a Sallad with Sorrel and Parsley.

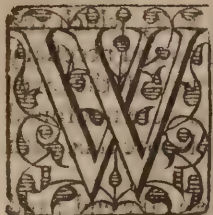
And for a conclusion, we are to say somewhat more for opening the skin in this Dropfie, thereby to let out the water. The which the learned do permit at the last, when the Patient hath his legs and privities full of water, that the same be then opened with a Lancet, thereby to let out the water, but not much at once. But in truth this is a slender help, and feebleth the sick more then it doth strengthen : for inwardly as much water hath a course unto it, as may be letten out.

Other do open the legs with *Cantharides*. The third sort do cauterise the belly two or three fingers broad beneath the Navel, so that there as much as may be they do draw over and open the skin, and that chiefly in *Ascite*, where it ought most to be used. We will also note at this present, that because oftentimes before the hot *Euphorbium* hath been remembred, the same is not to be used but in the greatest extremity, even as his nature and operation are at large described in the Introduction.

The

The thirteenth Chapter.

Of the Gall. ch. 13



Within the midst of the Liver is a bladder established by nature, wherein is kept and gathered all bitter and sharp humors which are separated from the blood: which humors the Grecians do call *Chole-ram*, the Latins *Bilem*, and we call, the Gall. The nature of this humor is described after three kinds of waies: to wit, light green *Chole-ra*, yellow *Chole-ra*, and lastly, black *Chole-ra*, like as before is sufficiently shewed. This black choler (by reason of her colour) is also called of the Grecians *Melancholia*, and is cold, dry, sharp, and heavy, and also none other then dregs, and yeast of the grosse blood: for it is nothing else but a yellow *Chole-ra*, that is, *Oxymel* burnt, whereby the yellow and green *Chole-ra* are easily altered into black *Chole-ra*; how this black *Chole-ra* doth make men mad and raging, in the first part, in the 12. Chap. and 8. is sufficiently declared, and also shall be taught hereafter.

It hapneth either through extremity of heat or cold, that the black *Chole-ra* appeareth rather in the winter, and the yellow *Chole-ra* in Summer time. For when as the conduits which do carry those superfluities into the Gall are obstructed, then is the yellow *Chole-ra* dispersed through the whole body, with the rest of the blood, which causeth the yellow Jaundies; and otherwhiles, by reason of their sharpnesse and heat, a certain Ague. Or if it get wholly the upper hand, then doth it cause many kinds of ill and sharp exulcerations, whereof we are to write more at large in other places.

Thus for to remedy this *Chole-ra*, and the foresaid Ague thereby, is this general rule prescribed by *Galen*.

At the first it happeneth otherwhiles, that the Gall doth send her superfluity to the stomach, whereby the digestion is hindred and spoiled, and the Patient getteth great infirmity: for this, there is no fitter mean to exonerate him thereof than by vomiting, and that chiefly when one is fasting.

Contrariwise is the *Melancholia*, which through her heavinesse descendeth downwards, to be purged through the stool, which may be most commodiously effected through Clusters, afterwards through sweating, and through the urine.

And how this ought to be put in practise, is sufficiently declared before in the Dropsie, and yellow Jaundies. In like manner it is especial good to bathe in sweet water, for thereby will both the said cholerick humors be moistned and cooled, if it be done in due time. This Patient is also to forbear Wine, even till the declination of the sicknesse.

And when the sicknesse beginneth to decline, then is he to use small, watered, and but a little wine. All meats that moisten and cool are good for these Aguish folk, if the same be soberly used. These herbs following may also be drest in his meat; as Orage, Beets, Sorrel, Mallows, Lettice, Gourds. Also Barly pap (which is *Ptisana*) and fish which is caught in gravelly waters. All Fowls are good for him which have a soft and tender flesh, or the pinions of the grosse and hard Fowls. The brains and feet of Swine, small birds, and rere sodden Eggs be good, but chiefly the yolks which are more nourishing, and lighter to be digested.

He may use all fruits, that remain not long in the stomach; but he must refrain Honey, Mustard, and sharp meats.

This may suffice of the Gall, of her bladder, nature, and of the tertian Ague which is caused by it. Of which Ague, amongst other, shall be further written in the sixt part. The sicknesses besides, which be caused through *Chole-ra*, shall be described more at large in their due places.

To open the stoppings of the Gall. Take the yellow knots of earth-worms, the inner pills of Barberries, Saffron, make a powder thereof, take as much of the powder as will lye upon six pence every morning in white wine.

The fourteenth Chapter.

Of the Milt or Spleen.



His third part of mans body containeth also in it the Milt, which the Grecians do call *Splen*, and the Latinists *Lien*, a known and necessary part of mans body. It hath his place in the left side over against the Liver and the Gall, next of all to the stomach. And if this were not found in the left side but in the right side (like as the same before time hath been seen) then is it reputed to be against nature.

This Milt is fastened to the back with certain sinews, where the ribs do take end: and with one end it stretcheth to the Liver in the right side. Her substance and essence is a tender and soft flesh, like to a sponge; yet to be compared to the Lights, it is so much harder and faster, as she is softer and tenderer than the Liver. She hath also many veins and arteries, whereby she draweth easily unto her the grosse melancholick humours out of the Liver, by which she is fed and sustained. She is different in colour to the Milt of beasts: for it is black gray, of form long and thin: and of all fourfooted beasts there is none which more agreeth with the Spleen of a man, then that of a Hog.

The office of this Milt is none other but to cleanse the Liver from all melancholick humors, and that is brought to pass through the said veins, whereby she draweth unto her the same grosse humors, where she keepeth and retaineth the cleaneest, and driveth from her the rest through certain passages and conduits: which if it be not performed the spleen is so weakened that it cannot perfectly draw unto it the same melancholick humours, and then there proceed out of it divers melancholick sicknesses, as namely, heaviness of mind, desperat madness, and such like.

This disease of the spleen hath his certain and outward signs; as when one is sorrowful, then doth he commonly feel pain about the Spleen where melancholy hath her residence. Yea there is also written thereof, and believed by many; that if men were deprived of their spleen, then they should thereby lose all their laughing, and that their laughing and mirth doth augment according to the increase of the spleen.

Also the foresaid feebleness of the Milt causeth Exulcerations, swellings, leproy, the canker, and such like. And albeit, that it do draw the melancholick humours into it, yet nevertheless can she not by reason of her feebleness expel the superfluity of the same but swelleth, whereby an Impostume may easily follow. If then it force the biting and sharp matter excessively into the stomach; then doth it there cause the insatiable Dogs hunger, whereof we have written in the eleventh Chapter and 35. §. Or if the same harden in the stomach, then doth it cause vomiting: the bowels will thereby be made sore and deadly annoyed, and also afflicted with more other perilous accidents; by all which it may easily be perceived, how much the health of this part importeth.

Therefore it is to the contrary much to be marvelled at, that certain Beasts can be wholly without it. And so daily experience sheweth, that how much the lesse a mans spleen is, so much the faster may one run, and do the more labour.

The chiefest diseases of the spleen, be inflammations, obstructions, and schirrosities; of which the obstructions and hardenings do depend so fast one upon another, that the one cannot be well without the other. And the Physitians have also no other difference in use, than that there be used for the obstructions more outward medicines, than for the hardness or schirrosity. for in the hardness of the same, must outward things be used, whether the same be caused through heat, cold, or wind, which do come commonly with it: So that the spleen in all these diseases hath great affinity with the Liver; and so all that which is ordained for the Liver, is also serving for the spleen.

And now to write briefly of the occasions of these maladies, whether the same be always moved through inward or outward causes. The outward causes may be such meats and drinks as do ingender melancholick blood; as Cheese, Coleworts, salted flesh, and such like, according as hath been said in the first part, of *Melancholia*.

The inward causes do come of the Liver; or when the melancholick humours be too many; or when the spleen hath a bad complexion, whether it proceed of *Cholera*, *Phlegma*, wind, or any other occasion.

Of the obstruction of the Spleen with heat, and an Ague, §. 1.

THe obstructed Spleen hath these signs: to wit, an hardnesse which one may feel outwardly, with pain, swelling, thirst, thin and ill-favoured colour of the urine, a heavy ratling breath, bad colour of the face and of the whole body, heavinesse of mind, terrible dreams, and such like. But with the impostume is alwayes this difference, that the pain is in one place onely: but in the hardnesse of the Spleen without impostumation, the pain is over all the whole spleen. These diseases do also make the whole body lean, because that the Liver doth not perform her natural digestion and instead of good blood doth ingender bad humours, wherewith the whole body is fed and nourished.

If with this pain of the spleen through heat, be Agues and red urine adjoynd; then are these cooling things to be used for it: to wit, Lettice, Endive, with their seed, Saunders, burnt Ivory, the seeds of Melons, Pompeons, Gourds, and of Cucumbers, Vinegar, and such like.

Of compounded things, the confection *Triasantali*, &c. These things following are temperate, and not onely good for the Milt or Spleen, but also for the stomach, Liver, Gall, and for all inward parts, as Camomil, Melilot, Lilly roots, Burrage, water Lillies, Fumitory, Maidenhair, and Harts tongue.

But to proceed methodically, then is the patient first to use these things following: Take Caper roots, rinds of *Tamariscus*, the innermost green rinds of the Ash tree, and the blossoms of broom, of each one ounce, Endive, Purilain, smal Endive, Maidenhair, of each one handful: the seeds of Pompeons, of Cucumbers, of Gourds, and the seed of Melons, of each one ounce, Hony three ounces, Sugar nine ounces: let the foresaid roots be steeped a whole night in vinegar, then afterwards make a sirupe thereof, and give two or three ounces of it (according as the cause requireth) with Endive water, and that for the space of four or five dayes in the morning fasting.

For this are also these Sirupes good, to wit, the sirupe of vinegar, of *Oxymel simplex* and *Compositum*, *Oxyssachara*, Vinegar of Squils, and his *Oxymel*, *Acetosus*, *Diarrhodon*, *de Fumo Terra*, *de Ephibymo*, *de Pomis*, *de Drabus*, & *S. Radicibus*, of Burrage, and of Buglosse, of each half an ounce, Currans one ounce, Annis one quarter of an ounce, Polipody roots half a drach. seethe the foresaid all together in sufficient water, untill there remain about four ounces: Steep therein a whole night *Mirobalani Indi*, then wring them well out, and drink it blood warm early in the morning.

You may also for both of them in stead of the *Mirobalani*, temper amongst it one quarter of an ounce of the confection of the Sene leaves, or *Hiera Picra*. Also this following may be used to purge withall: Take *Confectionis Hamech*, half an ounce, or *Diaphaniconis* three quarters of an ounce.

Item, pills of Indy, called *Pillulas Indus*, one drach. the Sene leaves may also be well taken, but hereafter followeth a briefer, safer, and a more meet way.

Take the confection of the Sene leaves, and temper it (according to the strength and age of the party) with Rubarb and Burrage water; give it him warm fasting, and afterwards use these pills.

Take *Ammoniacum* one drach. *Tamariscus*, Harts tongue, and the seed of *Agnus Castus*, of each half a scruple: make nine pills thereof with the sirupe of Vinegar, whereof the patient is to take a litle for the space of eight dayes together before supper, and one or twain after supper, and then afterwards take this potion.

Take the water of *Tamariscus*, of Harts tongue, and Cicory, of each one ounce and a half, Vinegar of Squils one quarter of an ounce, white Sugar half an ounce, then temper them together: this are you thus to drink in the morning fasting, and then take of the foresaid pills twain, and so continue it during the space of ten dayes. But especially you are to use the potion, for it is the most forcible medicine for the Spleen that may be found.

In like manner is this also exceedingly commended: Take the whay of milk, steep Harts tongue, *Epithymum* and *Calamus* in it, and so let it stand a whole night: afterwards you may seethe this a litle while, and drink often thereof. Likewise the seed of Purflain, *Calamus*, and the roots of Cicory, of each a like quantity, is very good being taken with the sirupe of Vinegar.

R. of Feverfew, Tamarix, Camomil, Mullen leaves, ana. *M. L.* stamp them small, oyl



of Capers lb. i. clarified Butter lb. i. see the them untill it is green, then strain it and anoint the place about the spleen.

Or take an Oxe gall or two, and to every Oxe gall a pottle of Vinegar, boyl them to half, with the same foment the place, or dip a blew cloth in the same, and apply it as hot as may be suffered, renew it twice every day.

And see the Ash keyes, in wine or ale, and with Sugar drink of it first and last.

Or R. seven bats called in the Latine *Vespertiliones*, dresse them and see the them in Vinegar, strain it very hard and drink the same. *est Cura experta.*

Or drink the decoction of the rind of the Willow tree, it mollifieth the hardnesse and swelling of the spleen.

Coral powdered and drunk with water, drieth the moistnes of the spleen.

Or eat raw Coleworts with Vinegar, and it will help the moist spleen.

Take a dry Cowtort, the juice of Nettles, oyl of Eggs and Brimstone, make a plaister thereof and apply it to the Milt. It is good for the pain in the Spleen, for the falling sickness, and dropsie.

Of those things which convey the medicine towards the Milt.

IT is of no small importance to know the use of those things which may convey the preparative and purgative medicines towards the spleen, like as hath been said elsewhere: This doth Tamarisk, Harts tongue, Caper roots, Mather, burnt Squils, *Scordium*, wilde yellow Rape seed, Nep. *Spica* of Indy, Calamus, Ireos, Horehound, Wormwood, Agrimony, Annis, Fennel, *Cuscuta*, the seed of *Agnus Castus*, small Germander, and bitter Almonds.

When as then the sick body hath been purged, the Milt vein is to be opened: or if the melancholick humours do abound, then is the Liver vein to be opened, for that this melancholick humour doth mix it self with the blood. Some advise, and that not without reason, that Leaches should be set in the fundament on the Pyle veins, because that by nature they do draw out the black blood. For a strengthening and allaying of the heat, this following is to be given, as confected Peaches, Cicory roots with vinegar, Conserve of Roses, of water Lillies, of Cicory, and of Violets.

For his drink, is allowed him otherwhiles a draught of Cherry wine; for it is (as is oftentimes said) altogether temperate, and do moisten the dried Spleen and the inward parts. Every such patient is to beware of all sweet and grosse Wine, which is shewed before in the first part.

Of the impostume of the Spleen. S. 2.

THis impostume may be caused out of blood, of *Phlegma*, *Cholera* and *Melancholia*, as also of winds and obstruction. The outward occasions may be blowes, falls, great labour, and chiefly by that which happeneth in the heat, whereby the blood is burned: Item, of grosse meats which make grosse blood.

The common signs of all impostumes of the Milt are pain, heavinesse, and swelling of the left side, which stretcheth it out from the bowels even to the shoulder blade, and sometimes it bringeth also with it a healing breath.

All the four humours do bring with them their proper sign, like as is already rehearsed; and for to remedie this present infirmity, this is the right way.

First of all, you are to let him blood on the liver vein in the left elbow, and afterwards in the Milt vein upon the left hand besides the small finger, and if so be that the patient may abide it, then let the blood run until it stanch it self.

With purging, eating, and drinking is he to be kept, like as it is said in the twelfth Chapter of the Liver.

Otherwise is this following very commodious: to wit, distilled water of Purslain, Maidenhair, Willow leaves, Harts tongue, Nightshade, of Smalage, and of Endive, of which one will, (alone or tempered together) and then the roots of Capers beaten very small and tempered amongst it.

You may also boyl the foresaid herbs, and use the decoction of them tempered with the sirupe of Vinegar. The first 4. or 5. dayes the Milt is to be anointed with this salve following: Take oyl of Roses one ounce and a half, oyl of Camomil and Vinegar, of each half an ounce, then temper it together. The second or third day temper amongst it half an ounce of the juice of Nightshade.

The

The first day use this following: Take oyl of Roses, Camomil, and the juice of Worm-wood, of each a like much, anoint it very warm, and lay it upon a warm cloth. Then lay this plaister following upon it: Take Barly meal, powdered Holihock roots, of each two ounces, Roses, red and white Saunders of each three drach. roots of Endive one ounce, Vinegar, and water of Harts tongue, as much as is needfull for to make a mild plaister.

When as then the patient is letten blood and purged, and hath drunken the foresaid water certain dayes together, he is to purge again with *Cassia*, and with *Epithymo*, but if the impostume be of cold (which chanceth very seldom) then may it be known, for that it is very soft, white, and without pain. But if the same be caused through *Melancholia*, then doth the same shew it self hard, with small pain, and then may you use that *Oxymel compoſitum* or *Oxymel* of Squils, with water wherein the the roots of Capers, *Tamariscus*, Harts tongue, and such like be decocted. Concerning the purging of *Melancholia*, you shall shortly hereafter find perfect instructions.

Of an obstructed Milt without Ague, but yet with pain. S. 3.

For this is chiefly commended the *Tamariscus*, and yet above this, Harts tongue, Capers roots, hony suckles, which have altogether a marvellous power for to assuage the swelling of the Spleen. Inlike manner, Centory, Valerian, and *Men*, or in stead thereof, the roots of wild *Dill*.

These are the principal things which may be used for the foresaid disease. Again, these things following are good for to warm the cold spleen: as *Aristologie*, the middlemost rinds of the Ashen tree, Broom roots, Burrage, Buglosse, Ammoniack, Rue, Thyme, *Epithymus*, bitter Almonds, the water of the Ash tree leaves, Annis, Fennel, Caraway, *Anise*, Parsly roots, the roots of Smallage, of Sperage, Squils, and their Vinegar, seed of *Agnus Castus*, Lupines, *Bdellium*, and Bevercod. Of the compounded things are the Confections of *Diacapparis*, *Diacalamintha*, *Diacyminum*, conſected Carawayes and Comin, very good also. And albeit, that according to the opinion of *Galen* and others, this obstruction of the Milt when the same waxeth old, is thought incurable: yet do the successors neverthelesse think that it is very curable, although the obstruction of the foresaid Milt, and the hardnesse of the same had continued three or four years. For which they do first give things to open the spleen: to wit, one drachme of Mithridate, water of Sage two ounces, and that betimes in the morning, whereupon they require one to fast 4 hours after.

Item, take Squils and *Oxymel*, of each one ounce, sirupe de *Eupatorio* half an ounce, water of Valerian two ounces and a half: give it him warm in the morning.

Or take Maiden hair, *Politricum*, and Harts tongue, of each four scruples. Madder, Broom roots, of each two scruples, fresh well water 24. ounces, Vinegar three ounces, Licorice one drach. and a half; see the them afterwards together by a mild fire unto the half: the patient is to drink of this ponion seven or eight dayes together, every morning 3. 4. The same is good and approved.

Secondly, it is to be considered, how that this obstruction is to be opened. For this, it is good that one do take every morning early one quarter of an ounce of washt Turpentine, and fast 5. or 6. hours upon it: or in stead of this, that he do swallow 2. or 3. pills made of *Galbano*.

Thirdly, if so be that this grief be caused through wind, (whereof we are to speak more at large hereafter) then may one swallow half 3. of *Ammoniacum* made into pills. Other take *Pillulas Aggrevativas*, and *Ammoniacum*, of each half a drach.

Fourthly, to the end that the bad humours may be expelled out of the Milt, give the patient one ounce and a half of the juyce of Horehound tempered with two ounces of Smallage water, to drink early in the morning.

Fifthly, to the end that no grievouser disease do strike into the Milt, and that the schirrosity or hardnesse might be mollified and discussed, take Hollihock roots, and Swines bread, of each three handfuls *Bdellii*, *Ammoniack*, of each half an ounce, Centory, wormwood, Harts tongue, and *Tamariscus*, of each one handfull and a half, Vinegar six ounces; see the them all together in a pot of water, and steep a sponge therein, and lay it very warm on the left side: when the place is then very warm, cover it with a woollen cloth which is made wet before in steeld Vinegar, decocted water of Hony suckles, and of *Tamariscus*. And if so be that this swelling do not assuage thereby, then use this plaister following.

Take

Take the prepared marrow of an Oxe, Badgers greafe, and the oyl of a Fox, of each half an ounce, *Tamariscus*, Harts tongue, Wormwood, Caper roots, Spica of Indy, and *Spica Romana*, of each one drachme, *Amomniacum* one ounce and a half, *Bdelium* half an ounce, oyl of Behen two ounces, Wax as much as is needful for to make a plaister with it; then make it like to a half Moon, and lay it on the left side: and then shall you see in short time that the hardnesse will wear away.

Of hardnesse, or Schirrus of the Spleen. §. 4.

Although the ancient Physitians were of opinion, that this hardning of the Milt were not difficult to be healed at the first, but were indeed if the same had long continued and were neglected, like as *Galenus* writeth, that he knew not how to cure it, neither had known any that could heal the same: Neverthelesse one must not despair, but administer freely unto it all strong outward and inward remedies. For how much the longer that this accident continueth, so much the lesse vexation hath the patient with it. But it is not to be neglected, for this danger is with it, that if the same do not inveterate, then the patient might happen to fall into the Dropsie, whereby afterwards they commonly, one more, another lesse, happen to dye with a laske or scouring.

The signs of this hardnesse are the same that here before in the 2. §. and afterwards in the obstruction of the spleen, are discovered. There is alwayes a heavinesse in the left side: the whole body, and especially the face, getteth an Ash-coloured and Il-favoured colour: all the members of the will be weak, as if they were beaten in pieces. When the patient will do any exercise, then seemeth it as if his breath would depart. The signs of the impostume of the Milt are also described, yet the same may be well known by the feeling.

All that be sick of the Milt, will also be lean, very lithier, out of courage, do get heavy legs, a heavy tongue, and a thin urine.

If with the pain of the Milt, or the swelling and hardnesse of the same, there be no Ague, then is the patient again in the beginning of the cure to have a vein opened: and specially if it be discerned that the veins be full of blood; then is the *Sapha* on the foot to be opened, and after certain dayes the Milt vein on the left hand. Afterwards are certain sirupes to be used which do purge melancholy: For which this following, or such like is to be prepared: Take Ireos, Fennel roots, and Parsly roots, of each one ounce and a half, the inside of Squils one ounce, Capers roots, the green rinds of an Ashen tree, and Broom roots, of each one ounce, Maiden hair, Harts tongue, field Cipres, German-der, and Rosemary flowers, of each one handfull, Annis, Fennel, *Cuscuta*, *Asarabacca*, seeds of Purslain, of each one drach. Licorice and Currans, of each an ounce: *Tamariscus*, flowers of Burrage and of Buglosse, of each half an ounce, hony six ounces, Sugar nine ounces: make thereof a sirupe, and use the same as hath been said of others.

This following is to be prepared for a purgation: Take Burrage, Buglosse, and *Tamariscus* flowers, of each half an ounce, Annis and *Cuscuta*, of each one quarter of an ounce. Thyme, *Epithymus* and *Agaricus* of each an ounce, Currans one ounce; see the these all together in ten ounces of water unto the half: then take of this strained decoction three or four ounces, and temper therein one quarter of an ounce of *Hiera Picra*, and also prepared Azure stone half a drach. or in stead of this, one drachme of Bolus prepared, temper them together, and give it him early in the morning. Also you may make pils of the other things without the water.

Another. Take Capers roots, Harts tongue, *Asarabacca*, Lupines, Cipres roots, and Endive, of each one quarter of an ounce, *Epithymum* half a drachme, Barly, Prunes, Violets, of each three drachmes: let them see the all together.

Lastly, put the *Epithymum* and one quarter of Sene leaves unto it: then see the it untill the third part be decocted. Then take four ounces of this decoction, and temper therein half an ounce of of fresh Cassy, beaten pils, of Azure stone one scruple; last of all temper it together unto a potion.

But if the patient had rather use pils, then take pils, *De Lapide Armeno*, or *Indo*, one drachme at one time. The Lupines sodden alone in water, should be also good for this.

But if this hardening of the Milt be of wind and cold, as it otherwhiles befalleth, it is thereby to be perceived: to wit, if one presse upon it, that then the wind will rum-ble

rumble. For this amongst other things, may be given *Trechis de Capparis*, and to let the sick body drink old wine: but water he must wholly forbear. But if one will use water with it then is the same first to be steeled, and all his drink to be tempered with it, or any of these following to be decocted in it, as Rue, *Costus* roots, Cinamom, Annis, *Spica* of Indy, Squinant &c.

Wee have also a little before declared, how that *Ammoniacum* is to be used: for this is also good roasted Millet, Salt, and Comin layed warm upon it. Item, boxing cups unpict set upon the Milt. But if it be discerned, that there be any moysture in the Milt, (which may be perceived by rumbling, if it be wrung hard) then is the Patient to be purged, as aforesaid. For this, is also good the syrup of *Acetosus*, *Compositus*, and this fermentation following is to be used with it: Take Annis, Fennel Caraway, wild Thyme, Violets, flowers of Burrage, *Calamus*, the roots of blew Flowerdeluce, and Agrimony, of each one ounce, Camomil one ounce and a half, let them seethe altogether in Vinegar, and wet a sponge in this decoction, and keep it very warm upon the Milt before meat: afterwards lay one of the foresaid plaisters upon it.

Above all those which we have hitherto rehearsed, there be yet more good things, whereof we will first discover the simples, as namely *Agaricus*, which doth open all obstructions of the Milt and other parts, Sene leaves, *Epithymus*, and black Hellebore, or Neesewort, the compounded medicines be *Pilula Inda*, whereof we have spoken so often, which are worthy to be described here, which be prepared as followeth.

Take *Myrobalani Indi*, black Neesewort, and Polipody roots, of each two drachmes and a half, *Thymus*, *Epithymus*, Stechas, of each three drachmes, *Agaricus*, washt Azure stones, Coloquint, Indy Salt, or *Sal gemma*, of each one quarter of an ounce, Cloves, half a drachme, powder of *Hiera Picra Galeni*, three quarters of an ounce, the juyce of Smallage as much as sufficeth for to make a masse of pills. These pills are good for all melancholick accidents, for the Canker, for the Lepry, for all incurable black impostumes, for all heavinesse of mind, the quartain Ague, yellow Jaundies, diseases of the Milt & such like. One may take a drachme at once of these pills. Item, take ten dayes together the powder of Fearn roots one drachme and a half, augmented still from day to day, to the weight of one drachme and a half.

Others do take of this foresaid powder one drachme, and of the pills *Aggregative* half a drachme, and temper them together. Item, take the juyce of Wormwood four ounces, Sugar as much as you please, and so use it ten dayes one after another. It also is not onely good for the Milt, but also the yellow Jaundies; as also for all moysture of the Liver, and for the Dropisie. Item, for all hardnesse and swelling of the same being tempered with Vinegar and so drunken.

Master *Trisfrans* water is also very meet for all diseases of the Milt, like as be also the most of all golden waters which be described in the eight part. Item, take Roses and Barberries, of each three drachmes, burnt Ivory, Wormwood, *Cuscuta*, Licorice, Mastick, and Squinant, of each one drachme and a half, Endive seed, Fennel, Annis, *Spica*, Agrimony, *Opium*, *Asarabacca* roots, *Costus* roots, peeled Gourd seed, and Cucumber, seed, of each half a drachme, then make Trochiskes, thereof with Endive water. They be especial good for the Milt, and also for the Liver.

For potions, he may take of these things following what he desireth: as namely, both kinds of *Camedryos*, Harts tongue, Maydenhair, Sene leaves, Capers roots, Tamarisk, roots of Parsly, Smallage, Fennel, Cinamom, Licorice, Currans, Annis, Fennel water, and of Caraway, wherein *Thymus* and *Epithymus* be decocted.

Avicen saith *Memini quendam somniare, Medicum sibi precepisse, ut biberet vinum, ad quam faceret sanitatem rursus restitui.*

Take a dry Cowtord, Cabage leaves or juyce, Eggs, oyl of Brimstone, mix them, and make a plaister, and apply it to the spleen.

I have used my vomiting potion, made of Castoreum, angelico roots, Saffron and hony, and the powder of Stibium, dissolved in wine; the party must use thin broth made of a fat hen, or thin posset ale with hony in some of it. For the hony makes the Party vomit freely, upon the taking that potion; this I have used with good successe. After the vomiting the Patient must rest that night following, from any Physick, and must eat no flesh, but onely water and Oatmeal sod together, and with butter let him eat it, and bread and butter and drink; this he must use for his dyet for 14. dayes or longer. Also let him have of my Mastick pill every day after the vomit, which are thus made.

℞. of mastick powdered ʒ. 1. of Venice Turpentine ʒ. 2. see the them until it will make pills, the dose ʒ. 1. or ʒ. 2. Onely with this I cured one who languished in the bowels with great pain and tortion for 18. weeks and could not be eased by any Physician that came unto him : but be sure he eat no other meat but oatmeal sod thick in water, and butter, and bread and butter.

The Order of Dyet.

THis Patient is to beware of cloudy and Foggy weather, and of hard and grosse meats : his bread must be well baked, and be a day or two stale, but unleavened bread is not good for him : also Annis, Coriander, and Fennel, are to be baked in his bread, All field fowles, as Pheasants, Partridges, young an old turtle Doves, Kids, young Mutton drest with Vinegar, he may eat well, as also ere eggs.

Of all other herbs these are good for him : Mints, Partly, Fennel, Garlick, Leekes, all kinds of Cresses, Sage, Hyssop, Radish, Endive, Agrimony, red Pease, and the first decoction of red Coleworts. He must also eat oftentimes Annis, Comin, Dill seed, Fennell seed, and the seeds of *Sesamum*, Capers, Tamarisk, bitter Almonds, the kernels of Peach stones, and of Cherry stones : for this is also good, the losinges of Comin, and of Annis. The milts of swine are also to be eaten for the curing of the disease of the Milt, and also the milt of a sound horse dried and beaten to powder the weight of a drachme, take of it with strong wine : for it is in like manner very requisite for this purpose. But if so be there be no heat, then may he chuse some of these things following for to drink : First, wine is not onely permitted for this hardnesse of the Milt, but also highly commended. Also all famous Physicians do advise, that the Patient must eat and drink in the wood of Tamarisk ; for they say that only hereby many be holpen who have gone twenty yeares with a hard Milt. But if this Tamarisk wood cannot be gotten, then are the shavings thereof to be taken and laid in his drink. And if so be that one cannot continue this forty dayes together, then he shall evidently see amendment. Ash wood doth the same, which hath also the power of the Tamarisk : of wines, white wine is alwayes most commended : if it be too strong, then is it to be allayed with water that is steeled, or with rain water, or the water of Harts tongue. You have also hereafter two kinds of good wines, which may be prepared for this use.

Take Sene leaves, Baulme, Maiden hair, and the rindes of Tamarisk, of each six handfuls, Polypody roots four handfuls, prepared Coriander three ounces, *Guaicum* four ounces, eight or ten Nutmegs, Cloves, half an ounce, Galangal one ounce and a half, Citron pills one handfull, shavings of ash wood as much as is needful, at the most sixteen quarts : make then an herbed wine thereof, and let the Patient drink the first draught thereof in the morning and evening. Another : Take the roots of Cicory, rindes of Tamarisk, Harts tongue, and the middle rindes of the Ash wood, of each one handfull : pour ten pots of Must or some other good wine, and use thereof as before.

And all other herbed wines which may be made, are at this present praised for the Milt : as wine of Eyebright, wine of Tamarisk, each made by it self, or both together, Item, wine of Hyssope, of Marjoram, and of wormwood, do warm the Milt, and all inward parts : the wine of Gilloflowers, and of Betony, are also good for this. Item, the Aromatical wine, and more other spiced wines, and also the wine of *Asarabacca*. Reasonable exercise before meals is also much commended : and sometimes to bathe in water wherein the foresaid herbs be decocted. To the contrary, he must eschew all troubled wines, as Must, Syder, Beer, : for all such do not onely obstruct the Milt, but also the Liver, the Light, and Kidnyes : which obstructions be causes of many sicknesses.

For this disease is also hurtful Swines flesh, Milk, Cheese, Rice, Starch, Pease, Beans, Services, Peares, Medlars, Quinces, Chestnuts, and Peaches : therefore be they to be refrained.

We will also note some things, wherewith the sick party, and the Milt, with all other inward parts, are to be strengthened. Amongst which, is *de Miva Cydoniurn aromaticum* one of the chief.

Item, this confection following, if that heat and cold be mixed together : Take Venus hair, Harts tongue, of each half an ounce, *Ammoniaccum* one quarter of an ounce, *Tamariscus* one ounce, seeds of *Agnus Castus*, and of broad Plantain, Aristology roots, Agrimony

mony, Wormwood and Squinant, of each one drach. and a half, Laudanum one drach. seed of Purslain, Sorrel, Endive, and wild Endive, of each two drach. and a half, *Oxymel* of Squils six ounces, water Lillies, Violet seeds, and Mallowses, of each one quarter of an ounce, Sugar eight ounces. See the sugar with Vinegar of Squils untill it be as thick as hony: when it is cold, then mix the rest amongst it, with the water of Maiden hair: afterwards see the it again with Vinegar of Squils untill it be as thick as hony: when it is cold, then mix the rest amongst it, with the water of Maiden hair. Afterwards see the it again until all the water be decocted: when it is then sodden and well brayed, then use every morning three drach. of it. If you had rather drink it, then temper it with Sorrel water; it is a marvellous good medicine.

Another Confection: Take *Mirbalani Indi* and *Ballisroi*, flowers of Burrage, Buglosse, Elecampane roots, and Folefoot leaves of each one drach. seeds of Endive, of Lettice, small Endive and Sorrel, of each one drachme, peeled Mellon seed, Potipedas Cucumbers, and peeled Gourd seeds, of each one drachme and a half, Pingles and Pistacia, of each 2 ounces, sirup of Vinegar four ounces Sugar three ounces, four Dates one ounce and a half: make a confection thereof, and take thereof every morning before meat, as much as the quantity of a Nutmeg. This confection is very forcible to consume all melancholick humors and matters: it openeth the spleen, strengtheneth the stomach and the heart, and deopillateth also all obstructions.

Item, Nutmegs, Walnuts, roots of *Eringus*, and Elecampane, all confectioned, be very meet for this disease.

Amongst the Conserves, are the Conserves of Betony, of Gilliflowers, of Lavander, of Spike, of Marjoram, Sage, Hyssop, Eyebright and of Fumitory, and all that may be made of these foresaid herbs very good. Likewise also both the Treacles, and Mithridate.

Item, you have more in the first part the 12. Chapter, and first §. a good grosse powder which is meet for this. Capers eaten with Vinegar, roots of Smallage with the herb, and Dill, are also good. And let this suffice for the order of Dyet.

Here followeth now what is outwardly to be used.

THis powder following is alwayes about the fourth day to be strwed upon the head the weight of four grains; and one may use it with much furtherance as long as he liveth: Take Roses, burnt Ivory white and red Corral, of each one scruple, Mace four scruples, Cloves half a drach. Lignum Aloes two scruples, then make a small beaten powder with it.

A bag for the breast: *Species de Xylo Aloes*, *Latiscans Almanforis*, of each five drach. put these in a red crimson silk bag, and wear it on the left breast. Concerning the oyls and salves are these most meet: Oyl of Bricks is very good for all diseases of the spleen.

Item, the oyl of Bayberries, of bitter Almonds, of Spikenard, of Wormwood, of Galangal, and of Capers. For all kinds of Salve may you make this following: viz. oyl of Lillies, Almonds, Capers, and the marrow of all kinds of beasts; Saffron, Vinegar, Gum, Wax, muscilage of Hollihock roots, of Linseed, and of Fenegreek seed.

The salve of Hollihock roots, *Unguentum Althea*, (which is well known to all Apothecaries) is also highly commended for this disease, the description whereof immediately ensueth: Take the roots of Mallowses, of Hollihocks, of Lillies, Onions, Squils, Linseed, Fenegreek seed, Figs, and Raisins, of each half an ounce: pownd them all together, and then steep it a whole night in strong Vinegar: afterwards see the them all in water, and then stamp it to pap. This being done, mingle therewith the salve of *Althea* two ounces, Ducks greafe, Calves marrow, and unsalted Butter, ana. 3. i. oyl of sweet Almonds 3. 4. Wax as much as is needful for to make a salve.

For this is also good the salve *Marciaton*, and *Ceratum de Hyssopo Philagrii*. This following is a special good salve for the spleen: Take the iuice of wild Cucumbers, and of Swines bread, of each 3. 4. put them in a glasse, and the salve of *Althea*, oyl of Capers, and fresh Butter, of each two ounces; let them see the the space of 4. hours in hot water: strain it afterwards through a cloth, and afterwards put *Ammoniacum* unto it dissolved in the iuice of Swines bread one quarter of an ounce, Wax as much as is needful for to make a salve therewith.

And

And because that this salve cannot be made every where by reason of the juice, this following may be used: Take oyl of sweet Almonds six ounces, Neats feet oyl two ounces, fresh Butter one ounce, the juice of Briony and Tamarisk, of each two ounces: put this in a special pot, and let it seethe in boyling water unto the half: put afterwards unto it the roots of Capers, Tamarisk, *Agnus castus*, and Harts tongue, of each one quarter of an ounce, molten white Wax one ounce; then make a salve of it.

Another: Take oyl of Capers three ounces, Camomil one ounce and a half, Harts tongue, roots of Capers, Endive, wild Endive, and Lettice seed, of each half a drach. seeds of *Agnus castus*, and Wax, as much as sufficeth for to make a plaister or salve: lastly stir a little Vinegar amongst it. This salve is very good for the Milt in hot and also in cold causes: it mollifieth all hardnesse, expelleth all winds and all impostumes of the same.

Now for to lay somewhat upon it, boyl Rue in strong Vinegar and make a woollen cloth wet in it; wring out the same, and solay it warm over it.

Item, there standeth the like a little before; Take the roots of Mallows, &c. and that which is written shortly after it, even to the salve *Althea*, and what further followeth: seethe them all in water of Camomil, and lay it warm with a bag over the Milt: it helpeth marvellous well.

Take *Oxymel* six ounces, Capers roots one ounce, Wormwood half an ounce, beat them small together: afterwards make a woollen clout wet in it, and lay it so upon it.

Hereafter follow certain plaisters: Take *Ammoniacum* three quarters of an ounce, *Bdellium* one ounce and a half; dissolve them in Vinegar of Squils, *Tamariscus* half a 3. Harts tongue, Dill seed, and *Agnus castus* seed, of each two scruples, broad Plantain seed half a drach, Wax one quarter of an ounce, and Rosin as much as is needful therewith to wake a plaister.

Another; Take *Tamariscus*, Harts tongue seeds of *Agnus castus*, and of broad Plantain of each two scruples, *Ammoniacum* and *Bdellium*, of each three drach. You are to dissolve both these Gums in Vinegar of Squils, and when they be cold, then mix the other things amongst it, beaten small. The same doth also the *Ammoniacum* alone dissolved in sharp vinegar, and spread upon a cloth and so laid thereon. Other do dissolve this Gum in the juice of Swines bread, for then it is more forcible, as is herebefore admonished. Item, take oyl of Lillies, also of the flowers of blew Flower deluce, and of Capers, of each one ounce, Barly meal, Linseed meal, and Fenegreek meal, of each one drach. *Bdellium*, *Ammoniacum Galbanum*, of each one drachme and a half, *Opopanacum*, Myrrhe and Frankincense, of each half a drach. Make this all together with molten Wax, and Rosin unto a plaister, then spread it upon a cloth, and use it as all the rest.

Item, take Rue leaves one quarter of an ounce, Boreas and Nep, of each three drach. *Ammoniacum* seven drach. dissolve them in old Wine, and make a plaister of it, it mollifieth, healeth, and expelleth windinesse. Or take *Ammoniacum* *Bdellium*, and Peach, of each one ounce and a half, *Trachiscos de Capparis*, white Mustard seed, Sulphur, wild Garlic, and Cow dung, of each one drach, Muscilage of Fenegreek, and of Linseed, of each one quarter of an ounce; pownd all them that be to be pownded: then first dissolve the Gum in strong vinegar, and work them one amongst another: but first of all anoint your hands with the oyl of Barberries.

Another; Take the muscilage of Fenegreek, and of Linseed, of each one ounce, the greafe of Hens, Geese and Ducks, of each three ounces, washt Butter, Swines greafe, Neats feet oyl, of each one quarter of an ounce, beaten *Tamariscus*, Willow leaves, harts tongue, the middle rind of the Ash tree, Capers roots, Rue leaves, and Nep, of each one drachme, oyl of Capers one ounce and a half, a little Wax and Vinegar: then make a plaister or salve of it.

Item, take an Onion, cut off a piece at the top, and make it hollow within, and fill it with oyl of Lillies, and let it rest uncovered in ashes, so long till it have soked up all the oyl: afterwards stamp it, and lay it warm over it.

All these plaisters following are also good for it: as namely, *De Meliloto*, *Diachylon magnum*, *De Mascilagibus*, and others. Take of the plaister *De Muscilaginibus* 3. 2. *Ammoniacum* dissolved in vinegar, and *Marcasite* beaten small, of each five drach. temper it on the fire, and spread it on a leather cut after the fashion of a half Moon, and so lay it warm upon the spleen, it is very good, and approved. We have promised herebefore to

decibe

describe the salves of *Dialthea*. It is also made after sundry fashions, like as we shall also teach here: Take clean Hollihock roots eight ounces, Linseed and Fenegreek seed of each four ounces, Sallad oyl sixteen ounces, Turpentin half an ounce, Rosin one ounce and a half; the roots and also the seeds shall you steep three dayes and three nights in a quart of water: the fourth day see the them so long, until they yeeld from them a thick tough slime or muscilage: wring them hard out, and take eight ounces thereof, and see the it with the oyl until all the moisture be decocted. Afterwards put the Turpentin, Rosin, and four ounces of Wax unto it. When all these things be molten and well tempered, then take it from the fire, and stir it well about until it be cold.

The second; Take eight ounces of fair sliced Hollihock roots, Linseed and Fenegreek seed, of each four ounces, stamp them, and wring them through as before: then put unto it four ounces of Barrowes grease, two beaten Onions, one ounce and a half of *Gummi Arabicum*, and let them see the all together until that all the moisture be decocted; afterwards take four ounces of molten Wax, and then temper them together, and stir it well about until it be through cold.

The third: Take fair cleansed Hollihock roots twelve ounces, chop it very small, and pour two quarts of water unto it, six ounces of Linseed, three ounces of Fenegreek seed, and three ounces of Lilly roots: then pownd them all together, and when they be boyled to a tough slime or muscilage, then strain them through a cloth, and take twelve ounces of it, and see the the same with 24. ounces of Barrowes grease until the juice be all decocted: afterwards put unto it four ounces of Wax, Fenegreek meal two ounces, *Galbanum* dissolved in Vinegar, *Gummi Hederæ*, and Turpentine, ana. 3. 1. But if you cannot get the foresaid Gum, then take three ounces of Turpentine and temper them all together as before this salve is good for all swellings, for the shrinking of the sinewes, for all tumors of the brest; looseth phlegme, asswageth the cough and all stiches in the sides, as also the pain in the Reynes, of the gravel, and is good for all extenuations.

The fourth and last: Take fresh Hollihock roots twelve ounces, Linseed and Fenegreek seed, of each six ounces, Squils three ounces, Sallad oyl 24. ounces, yellow Wax six ounces, Turpentine, *Gummi Hederæ* and *Galbanum*, of each one ounce and a quarter, *Colophonina* and Rosin of each three ounces; pownd all that is to be pownded, and let it steep together three dayes in water: afterwards see the them all together, and strain them through a cloth, and then take four and twenty ounces of the muscilage thereof, and let them see the all together on a soft fire with the foresaid oyl until all the moisture be decocted: afterwards put Wax unto it, and then a little of the Gum, and lastly the *Colophonie* and Rosin. When it is boyled enough, then stir it well about and let it coole.

Of the Melancholia and moisture of the Spleen. §. 5.

FOR as much as the Spleen (as is said) is the true receptacle of the black and melancholick blood; therefore reason requireth that we should write of what nature the same is, whereby other things may also be discerned which be incident to the Milt. First we have in the first part, the 12. chapter and 8. §. described many kinds of causes of Melancholy, and in other places more, especially in the beginning of the former §. and taught of the Milt, of her beginning, causes, and what hurt might proceed thereof: to wit, if the same got the mastery, that there may follow not onely heavinesse of the mind, frightening, and such like: but also it might deprive the whole body of his lively colour, and cause all black ulcers, leproy, the canker, quartain Agues, and such like: and lastly, all manner of distraction of the mind, raging madnesse, and inhumane beastlinesse. Therefore because this booke every where maketh mention of them, it is not needful to discourse more at large thereof at this present. But we will onely describe certain remedies which be fit for it.

Wherefore it is first to be noted, that all preparative and purgative things are to be used, that the matter may be avoided through going to stoole and not through vomiting, by reason that these melancholy humors are very ponderous and heavy, and will not be expelled but onely downwards.

Before we then come to any particular remedies, we will first discover what simples there be that do prepare these melancholy humors, and whereby the same may be expelled, viz. Burrage, Buglosse, *Thymus*, *Epithymus*, Capers roots, *Tamariscus*, Harts tongue, good wine, bathing in sweet water, Licorice, Currans, Polipody roots, grasse, *Chamedryos*,

Cuscuta, *Asarabacca*, *Gentian*, *Lupines*, *Fumitory*, *Calamus*, *Spicanardi*, *Agnus castus*, bitter Almonds, *Cicorie*, *Rosemary*, *Radish seed*, *Burnet*, *Sea Crabs*, and above all a chearful courage or light heart.

The compounded medicines are *Oxymel* of Squils, hony of Roses, Syrup of Vinegar, *Syrupus acetosus*, *compositus de Fumo terræ*, and other more. But chiefly this following is to be prepared for it: Take *Cicory*, *Rosemary*, *Burnet*, *Hops*, *Cincoile*, *Endive* with the roots, *Fumitory*, the roots of *Buglosse*, *Burrage* flowers, *Liverwort*, *Chamedryos*, field *Cipres*, *Capers* roots, *Tamariscus* roots, and *Harts tongue* with the roots, of each two ounces, *Prunes*, and *Sebestes*, of each twenty or five and twenty, *Sene* leaves, *Cuscuta*, *Thymus*, wilde *Thyme*, and *Fennel*, of each half an ounce, *Licorice*, *Raisins*, *Stechas* of each two ounces: Seethe them all together in three pints of water even unto the half: adde to this decoction (being strained) *Buglosse*, and the juyce of *Prunes*, of each eighteen ounces, *Sugar* four and twenty ounces, *Hony of Roses* six ounces; let them seethe to a syrup.

These things following are reputed for such as expel Melancholy and do purge, viz. *Epithymus*, *Myrobalani Indi*, *Chebuli*: *Polypody* roots, prepared *Eselus*, *Bolus*, mountain *Mints*, *Cassie*, *Sene* leaves, *Fumitory*, *Hony suckles*, *Hops*, black *Neefewort*, *Indy salt*, wild *Saffron* seed, *Sal gemma*. The compounded medicaments are *Diasena*, *Hiera Ruffi*, *Hiera Logodion*, and such like. Item, take *Sene* leaves *Thymus*, *Epithymus*, *Cuscuta*, and *Burrage* flowers, of each one ounce, *Annis*, *Fennel*, and *Smallage* seed, of each half an ounce, *Harts tongue*, *Maidenhair*, *Chamedryos*, and *Agrimony*, of each one handful: let them all seethe well, and take thereof four ounces: steepe therein *Myrobalani Indi*, half an ounce, and *Chebuli* three drachmes all the night: afterwards strain it well out, and temper therewith *Diasena*, three drachmes, *Cassia* one ounce, washt *Azure stone* two scruples: give the same unto him in the morning, and there may lesse thereof be given at once. When as melancholy appeareth, then is the Liver vein to be opened; for that surpasseth all other things: and the same is to be done more then once, and that alwayes according to the ability and strength of the patient. Item, care must be taken to open the piles, be it with rubbing with the Launcer, or Lastly with Leaches.

For this it is also very needful that this Patient be often purged: but he must first alwayes use some kind of syrup as is herebefore expressed. Also he must use, according as the cause requireth, the syrup of *Burrage*, of *Buglosse*, *Apples*, de *Epithymo* and *Diarrodion*, of *Cicorie*, *Wormwood*, of *Roses*, hony of *Roses*, *Oxymel* and syrup of *Vinegar*.

And for to purge, he must take *Mirobalani Indi*, *Chebuli*, *Citrini*, of each half an ounce: the outward rinds of the black *Neefewort* three drachmes pould them together very small, and seethe them in sufficient water: strain it, and put into this decoction *Epithymum*, *Thyme*, *Polipody* roots, and *Sene* leaves, of each three quarters of an ounce, the seeds of *Citrons* one quarter of an ounce: then seeth them again unto the half, and so let it stand all a night: afterwards strain it out, and wring it hard, and put as much *Sugar* unto it as you think meet. This being done, seeth it again, and clarify it with the white of an egge. Lastly temper amongst it the syrup of *Citron* pills one ounce, and drink four or five ounces of it early in the morning.

But this is here to be noted, that if this syrup be given to any body that is infected with the Pox, the same party is first to be purged with the confection called *Lenitiva*, mixing with it three drachmes *Confectionis Hamech*. Afterwards give unto him this Syrup following and then the decoction of *Guaicum*, whereof we shall write hereafter more at large.

This Patient must often before meat take *Cassia*, for it cleanseth the blood, and taketh away the sharpnesse of it.

For this, are meet also the *Pilula Inde*, *Aggregativa*, and *De Lapide Lazuli*.

Item, *Sene* leaves steeped in Henbroth, strewed with a little *Cinamom*: or *Sene* leaves steeped in Whay. Item, the same boyled with the flowers of *Burrage*, of *Buglosse*, of *Balme*, and with the roots of *Parfly*.

The *Sene* leaves may also be steeped in *Wormwood* and with *Wine*: and it is good during the space of a whole moneth alwayes every other day, to drink two or three ounces of the decoction or infusion of *Sene* leaves, both which are described in the eleventh Chapter, the 20. §. and temper amongst it two ounces of the laxative sirup of *Roses*; the decoction of *Sene* leaves as much; use this fasting. You have also herebefore

before a powder for to purge melancholy, and two kinds of confections, *Diarrhodon cum Rhabarbaro*.

Item, whay wherein *Epithymus* hath been infused, or Polipody roots have been decocted, doth more prepare to purge.

How the melancholick blood is to be purged. §. 6.

AMongst all these medicines, there be divers which do cleanse the blood. And the drift of all Physitians in this sickesse is, that all the heavy, black and unclean blood might be purged, diminished, and corrected. Howbeit, there is somewhat else which is here to be signified: to wit, for this doth Venus or Maidenhair first serve, that educeth all bad humours and slime out of the Liver, maketh good colour, lengtheneth the breath, cleanseth the stomach, the Liver, and the Milt, and also breaketh the stone.

Item, take the whay of Goats milk, steep Fumitory in it, or mix the juice of the herbe amongst it, and drink of it certain daies ensuing other at each time a good draught: or in the stead thereof, take the Sirupe or Conserve of the same herb, for both of them be very good. Also, make pills of powdered Mastick, and the juice of Wormwood.

There be also certain Wines for the cleansing of the blood prepared, as hereafter ensueth: Take Currans three common pounds, Maidenhair five ounces and one quarter of an ounce, black prepared Hellebore two ounces and a half, and one drach. of Polipody, and Hermodactili, of each four ounces, prepared Coriander, and Sene leaves, of each five ounces and one drachme and a half, Pockwood six pounds, rinds of the same eighteen ounces. These being all well beaten together, then pour thereon two almes of Must, and half an alme of Well water; then let them stand and work together at the fire about six dayes space, stirring it well every day about. When it is settled the space of three daies, and fallen down, then strain it out clear, and keep it until occasion serve to use it. Of this foresaid wine must the Patient drink at meals in stead of other wine the space of two moneths, or at the least every other day. This openeth the body very easily, and therewith expelleth all grosse humours and *Cholera* out of the body. And if this wine cannot be brooked by it self, then may the same be tempered with other common wine drunken moderately. It expelleth melancholy, and all heavinesse of mind: it maketh merry, and of good cheer.

In like manner of all herb wines these are highly commended for this sicknesse: viz. wine of Burrage, Buglosse, and of Harts tongue, and of Tamarisk: which not onely take away melancholick humors, but do withstand the quartain Ague which is caused by them.

Of Confections you may use *Diarrhodon Abbatis*, *Aromaticum Rosatum*, and *Dianthos*. Likewise Conserve of Violets, of Roses, of Buglosse, and of Rosemary. Treacle and Mithridate, taken the waight of one drach. is very commodious for this: for that they do both diminish melancholy, and take away the heavinesse of the mind, fear and such like, that may proceed of Melancholy.

The Confected Citron pills do repugne all melancholick accidents, Confected Nutmegs do make fresh blood. For meats in stead of other sauce, Sugar is to be used.

We have before discovered, that bathing in sweet water is very profitable. So are also boxing cups set unpickt, upon the sides, whereby to extract all windinesse.

You are also to use the grosse powder, which in the first Part. the 12. Chapter, and §. 5. is described, which is ordained for the memory.

The fifteenth Chapter.

Of the Bowels or Guts.

LIke as we hitherto described the Stomack, the Liver, the Gall, and the Spleen, and made full declaration thereof: so will we now discourse of the next adjacent parts, before that we come to the Kidneyes: to wit, of the bowels or guts, and all that concerneth them. We affirm then that beneath the stomach the bowels have their beginning, which are parted in six parts.

The first three and uppermost are very subtile and thin; for which cause they be called in Latine *Gracilia intestina*, into the which one part of the digested meats are conveyed. The other three sorts of the bowels be the undermost, which are more thick and fleshier than the three uppermost, whereby the sharpnesse and hardnesse of the *Stercora* should the lesse bruise them. And these six sorts of bowels have their name given them by reason of their greatnesse, and property of their operations, and not for that they be six several things: for they hold fast one upon another, so that they may rightly be taken for one Gut, which is placed in the belly after a wonderful manner with many kinds of crooks and windings about, and reacheth from the stomach even to the fundament. And to speak particularly thereof, the first which beginneth at the stomach, is called of the Latinists *Duodenum*, and that for this cause, because it is twelve fingers breadth long.

The second (which *Galenus* calleth the first) they do name *Jejunum* which is the empty gut, because it is alwayes empty. This gut hath some crooks and turnings: afterwards, it doth reach forth straight out even to the Liver.

The third is by the Grecians called *Ileon*, and by the Latinists *Volvulus*, which is the winding gut; not onely for that by his length it twisteth and windeth about, but also for this cause (as the learned write) because there be ingendred in this gut great Cholick and gripings, which do draw hither and thitherwards through their great pains, as now in one, and then in another place they be most violently perceived. Thus are these three (as is said) thin and subtile of substance, differing onely herein, that *Ileon* is not found alwayes empty, like as the two former.

The fourth gut which they do call *Cæcum*, that is, the blind, and *Monoculum*, being the annexed gut, which they do call *Cæcum*, for that it seemeth that it hath but one going out or issuing: whereas notwithstanding the Anatomists do attribute twain unto it; we will call it also the bag, for that it is like to a fat stomach: yet somewhat lesse, and better to receive all that must be avoided through going to stool.

The fifth is *Colon*, and by the Latinists called *Crassum intestinum*. This gut is fleshier then any of all the rest: also of a reasonable length and crookednesse, in the which, and especially in the end of it, the meat is converted to dung: which (before and ere that it be digested) the learned do call *Chylum*. In this foresaid gut doth the Cholick properly ingender.

The last gut is *Intestinum rectum*, which is the Arsegut, that is called *Longanum*, for that it doth not crook, and stretcheth to the end of the fundament. These are now the lower guts, and they be otherwhiles called the lower belly. But what each sort of these bowels have for a nature, property, power, vertue, and operation, were here too long, and contrary to our purpose, to decipher, because we do not here think to discourse of any thing, but onely the cures of the diseases that the bowels or guts are subject unto.

Of the pain and griping of the guts in General. §. 1.

IN both these sorts of the guts come great outward gripings, stitches, and pain, whereof there be two sorts: the one *Iliaca*, the other *Cholica*. *Iliaca* is in the uppermost small guts, and *Cholica* in the undermost bowels; which sorts of pains or stitches receive their names of the bowels, or the bowels of these foresaid gripings or sicknesse. And because that in both these sorts of pains of the bowels the remedies are alike, whereas in other diseases they be greatly differing, therefore we will treat of both these severally.

Afterwards we will also determine of the Worms in the bowels, of all other diseases which are to be ascribed to the bowels, as of all the scourings, of bloody flux, and obstructions, &c. whereof we have heretofore discoursed, &c. where be many kinds of things to be found for the pain of the guts.

Of the uppermost Pain and griping of the Guts *Iliaca Passio*, which doth drive the common man calleth Cholical. §. 2.

Ileos, or *Iliaca Passio*, are gripings or stitches in the uppermost small guts, which be caused of some obstruction or swellings of the guts: whereby the congested filth or corruption cannot fall down into the great guts: whereby such great intollerable pain, sicknesse, and gripings do ensue, that the guts seem to be bored through with a bodkin, and that commonly with a continual vomiting and parbraking: yet not all Patients.

Therefore, if so be that this pain, pricking, and obstruction do get the mastery; then doth there follow it a stinking belching, yea a parbraking of all filthinesse and of ordure through the mouth, and that by reason the stopping beneath is so great, that neither ordure nor wind can evacuate beneath; neither can it be opened through Clusters, whereby it must needs follow, that all the belchings do draw the wind and filth upwards, and must lastly be avoided through the mouth.

Certain learned men do dispute of these causes, and that not without reason: for some do think, that it is not the right ordure which is ejected by the mouth, but that it should be onely a certain filthy and corrupted meat which lyeth stinking in the stomach, because the same cannot be expelled: but be it how it will, this sicknesse is neverthelesse so terrible and painful, that certain ancient Physicians do call the same *Domine miserere*. Lord have mercy upon me. And it is a grievous sicknesse indeed: for besides all that is said, if it come with a great heat, then it doth commonly cause an impostume in the bowels, whereby cometh the cramp, and the contracture of the sinews, so that the sick person thereby doth lose his senses and runneth mad. These and other signs which shall hereafter follow, are so deadly, that scarcely ever any one recovereth his health againe.

The common people which have no understanding of natural things which pertain to mans body, do call this *Iliaca* the Mother in men, like as the common people in *Italy* do call it *Paron*, which is, Father; whereas notwithstanding men have no mother in them. The causes of this *Iliaca Passio*, are inward and outward; the outward may be through fals, thrusts or strokes on these places: or through drinking of much cold water, through much binding, grosse meats, as hard Cheese, Cow beef, or any other hard flesh which is not well sodden or roasted, salt Pork, and principally of ill boyled wood Pigeons, or meats which be swallowed down not well chewd. Item, there be more things which be hurtful for this sicknesse; as Pease, Beans, Medlars, Quinces, Services, Pears, Sloes, and such like binding fruits. For this pain of the belly is commonly more rife in harvest, when fruits are found most abundant, than at any other time of the year. These sicknesses may also be caused of cold and piercing winds, as the Northern winds; as also to the contrary, out of great heat and great labour: and lastly, through venim taken. The inward causes commonly proceed from other parts: as if there be any impostume present, whether it be in the Bowels or in the Liver, or in the sucking veins called *Vena Mesaraica*, in the Kidneyes, or in the Bladder, or when the Bowels through some vapour fall down into the privities. If so be that the cause be in the bowels, thereof there be six: to wit, if the gut *Ileon* or *Colon* be too hot or too cold, or be fraughted with any cold tough matter, or through wind, or obstructed with some hard corruption, or when the bowels be full of wreathed worms: lastly, this disease may also be caused through faintnesse of the expulsive, or strength of the retentive vertue.

Concerning the signs, they may be demanded of the sick persons or standers by. But if there be any impostume in any other parts, it may be known by the place affected where the impostume is. The hot impostumes of the guts are discerned by the continual agues, thirst, and panting or beating of the same part; whereas to the contrary the cold impostumes be without great pain and without agues, but onely with a kind of heavinesse and tumour: and these commonly assail a man that is accustomed to use much cold and moist meats, as milk, fish, and such like. If this sicknesse be caused through the obdurate corruption of the bowels, then is there with it an extreame pain, so that it seemeth to the patient that his bowels are cut up, and that chiefly if he have taken before any such things as may cause these bindings, and harden the filth or corruption, as inward or outward heat, and through use of dry things. Or if this disease come through wind, then

doth the pain depart from one place unto another, with a kind of rumbling, and that with such stitches, as if the bowels were prickt through with auls. And if the same be caused of cold slime, then be cold rheumes felt, and such like in the bowels and that chiefly through certain meats taken, which do increase *Phlegma*.

Of the pain or griping of the guts, which is called Cholick. §. 3.

Cholick or *Cholica Passio*, is a pain of the bowels, to wit, (as is before discoursed) of the *Crathmost* guts, which is caused, when the superfluity which nature is enured, naturally to avoid and cast from her, is stopt and hindered, and if the corruption, winds, or worms be not expelled, as they were wont to be. But the pain of the cholick cometh commonly by fits, ceasing otherwhiles; and then immediately returning with great intolerable pain; with heavy breath, with shivering, shaking and sweating. The causes of this cholick are for the most part the same with *Hicor Passio*: for both of these sorts of pains in the guts be matched so near together, that they may well be called sisters. But there is onely this difference between them both, that the *Crathmost* bowels be fat by nature, and therefore may gather fatnesse unto them, that by that means the guts are made so narrow, that the hard ordure cannot passe through them, but is utterly hindered.

The signs of the Cholick be these: when the ordure and winds are daily shut up and hindered. And although the stool be furthered through Clusters, or some other means, yet is the ordure neverthelesse hard and burnt, as Sheeps dung, or Goats dung, whereby the natural appetite doth abate from day to day, until it be utterly lost. Thence followeth then so great pain and gripings about the Navel, that it seemeth that the guts be knit or haled together with strings, or pluckt asunder, and bored through with bodkins. As often as one stirreth him, or turneth from one side to the other, then doth the pain increase vehemently in this sicknesse; the Patient is alwaies greedy of sower and sharp things, and hath a loathing of all that is fat.

Each humour whereof this pain is caused, is known by these signs following: If it be caused of *Phlegma*, then is the same with pain, heavinesse, and desire of all warmth. The pain is to be known by the feeling. Old folks, and such as be flegmatick by nature, are most of all subject to this passion. Also the winter, eating of much fish, of much fruit, and of much milk, excessive rioting, and great quietnes much going into the water, and such like, be to this sicknesse a great cause. If in case that this sicknesse be caused through heat, then is there a great inflammation, and with it drought of the tongue, great thirst, itch, and great heat in the urine. Chiefly if the person be young, and in the Summer time, if he be cholericke by nature, if he have used much about the fire, or much spice. Or if this pain of the bowels be caused through obstruction, it may be known by the going to the stool, and pain of the guts, to wit, as if the same were torn asunder, and struck through. And if the Patient would go to the stool with great forcement, then is it all to be avoided very like to clay, the which may be caused through long use of any old meat, through the Patients drie complexion, and through long continuing labour, and with much sweating in the hot aire.

Or if this Colick proceed through wind, then is heard much rumbling in the bowels and puffing up of the belly, his excrements do swim upon the water because they be full of wind: and so much the more may one be ascertained thereof, if one knew that the Patient had eaten before much Pease, Beans, Chestnuts, Rapes, Figs, Must, and such like windy meats or drinks, much water, or much watered wine.

Or when this pain of the bowels is caused of any hot impostumes, then doth the patient feel hot stitches; he hath thirst and great pain, and that alwaies in one place; he hath also a red face, exturbation of the eyes, and restraint of the urine.

But if this grief be caused through a cold impostume, for it be all these things before-mentioned much feeblar: being caused of superfluous meats, of much fish, of much cold and moist herbs, fruits, Swines flesh, and such like: also the stools be full of *Phlegma*.

Of the difference of these pains in the Guts. §. 4.

Above all those which before are discovered, be these two sorts of pains in the bowels disagreeing in this: to wit, that in the pain of the uppermost guts, the extremity is much greater, and can kill a body much sooner; for that these uppermost tender and small guts are much more sensible than the nethermost great guts: Secondly, because that *Iliaca* is unstedfast (as it is said before) and removeth from one place into another: Thirdly, because this *Iliaca* is higher then the navel. And when this pain setteth there and about the reins, then it is the general opinion of all the learned, that in no wise, neither through medicines, neither through any other means this sharp matter or wind which hath no vent, lying shut up in the crooked out *Ilion*, and there making this pain, may be made to avoid neither yet expelled, and that there will follow of it the Dropsie *Tympania*, wherein the wind doth after spread it self abroad between the skin and the flesh behind over the whole body, as hath been said more at large before in the twelfth Chapter and sixteenth §. The fourth difference is, that the uppermost pains of the guts or *Iliaca* are to be holpen through medicines from above, and the undermost pain *Cholica*, through Clifters; for that the Clifters be very commodious for the *Cholera*, and very little for *Iliaca*, or nothing at all: Fifthly, if there appear other accident with it, as swooning, trembling of the heart, short breath, much waking, or cold of the outward parts; they be then alwaies the more grievous in *Iliaca* then in *Cholica*: because that it is nearer to the heart, and therefore the more perillous.

Now to come to the remedies, we will (according to the custome of the ancient Physicians) distinguish these pains of the bowels by five several causes, whereof the first is obstruction or binding of the body: the second *Phlegma*: the third winds: the fourth impostumes: the fifth *Cholera* and heat. But we will here declare for the first certain things that be generally convenient for both these griefs: the remedies which be ordained and used in both these pains of the bowels, are also very meet for either of them; onely (as it is said) the Clifters for *Iliaca passio*, do seldom do any good: not that the same be therefore altogether forborn, for both must alwaies be first indevoured to open the passages of the guts, and as soon as one perceiveth the pain, to be presently in hand with Clifters, and also to make somewhat ready which may be laid upon the belly to warm the same therewith, like as with these things following: to wit, Pellitory of the wall, Mugwort, Southernwood, Fennel, Elecampane leaves, Wormwood, white Mints and Marjoram: of these herbs take as many and which you will, put them in a bag, and let them see the in Wine: afterwards wring them out, and so lay them warm upon the place of the pain.

Item, take Millet or Oates, mix them with Salt, and a little Annis, Fennel, Dill, and with Linseed: parch them, and lay them on the pain: You may also make and use after the same manner a bag with Cammomil, Venus hair with Stechas. Item, take *Althea* Butter, Barrows grease, Hens and Ducks grease, ana. ʒ. ʒ. oyl of Cammomil, ʒ. 1. anoint the place of the pain with it; what is particularly to be used besides for either of these pains in the guts, shall be distinctly shewed hereafter.

Of the pain in the guts through obstruction or binding of the body. §. 5.

IN the beginning of this description of the pain in the bowels, when it cometh chiefly through the binding of the body, it is to be cured with Clifters, which hereafter be described against winds, and with the purgative medicines, whereof divers be set down in the eleventh Chapter, 20. §. And both these are to be used so often, and so long, until that the body be thoroughly opened.

In like manner, this Patient must endeavour himself to eat all soluble meats and herbs, viz. Mallows, and herb Mercury drest with fresh broths, with Butter and Sallad oyl, which for this disease is not onely needful, but also much commended.

Lay also outwardly upon it this plaister following: Take Mallows, Hollihock roots, and Bearfoot, of each one handful, Fenegreek meal, and Linseed meal, of each six ounces, oyl of Violets, Hens grease, Barrows grease, and fresh Butter, of each

two ounces, four white Lilly roots roasted. All the herbs are to be sodden, and afterwards stamped, and you are afterwards to temper the rest amongst them over the fire, and then to apply them warm upon it. For this is also very good the sirupe of Violets drunken with some broth wherein Damask Prunes, Raisons and Figs have been decocted, and wherewith some Cassie is tempered. He may also use the herbs and other things stamped, whereof the Clusters be boyled, and make a plaister thereof with Butter, or oyl of Violets, and with Barrows grease, and lay it over all the belly. He must also eschue cold ayr, and must keep him alwaies warm, continuing this so long, until that ye have his body very open.

Of the pain in the guts through slime and Phlegma. S. 6.

The other former discovered cause is *Phlegma*, which (as is sufficiently shewed before) doth shew it self apparantly, if with a tolerable pain there be no great heat nor thirst adjoynd. And if there be any salt matter (which the Patient shall perceive in his mouth) or any obstruction of the body, stinking, belching, and great faintnesse with it; then must preparative medicines be ministred to the Patient, and such as may procure no wambling, and so begin with Sirupes following: viz. the sirupe of white Mints, of Wormwood, and all sorts of *Oxymel*, or any such like. Afterwards is much commended by the ancient Physitians the confection *De Gallia* for to purge, which followeth hereafter: Take Mastick, Cloves, Ginger, Pepper, long Pepper, Cinamom, Nutmegs, *Gallia Muscata*, and *Diagridion*, of each a like quantity: afterwards wring out the juice of fower Quinces, and put as much hony as juice unto it: then take of both these one ounce and a half, and put half an ounce of powder unto it which is made of the foresaid things: but let this juice and hony see the before to the thicknesse of a sirupe, and afterwards temper the other things amongst it, whereof you are to give at once one quarter of an ounce or two drach. and a half. Also the purging confections of Quinces, which be described in the eight Part, are very meet for this purpose, and in like sort the *Electuarium Indicum*.

A purging Confection: Take Turbith one quarter of an ounce, Ginger one scruple, Mastick half a scruple, Sugar three drach. temper them well together, and then take it with what you will. But if so be that the sick body be not addicted to vomit, and that the same be not feared, then are these Pils following to be exhibited unto him, called *Illicida*. Take Coloquint, and *Sagapenum*, of each ten drach. *Diagridion*, three drach. and one scruple; then make pils of it with wine, and give thereof one drach. at once, they ease very speedily the pain. For this is also very good *Benedicta Laxativa*, or *Hiera Picra* one ounce, *Hiera Picra magna* half a drach. Turbith, and Ginger, of each one scruple: then mix them together with a good draught of wine. But in case that in this cholick the purging medicines will not help, and the sicknesse still increaseth, then make these suppositories following: and if so be that these suppositories will not sufficiently relax, then are clisters to be used; which are the very best and safest remedies for the cholick which one can devise, therefore we will here rehearse some of them, and begin first with the mildest. But note alwaies (which is good in all clisters that are to be used for the cholick) that the herbs, and all that is to be used with them, are to be decocted in such broths wherein Calves heads, Lambs heads and feet be boyled: for these broths be very requisite for all obstructions of the body.

Take Cammomil, Hollihocks, and Mallows, of each one handful, Fennel, Annis, Caraway, of each one quarter of an ounce: seethe them all together in Wine or water. Take 15. or 16. ounces of this decoction, and dissolve therein fresh Butter, and Sallat-oyl, of each two ounces and a half, or three ounces with the yolk of an Egg; temper them well, and minister it warm. Item, take one pound of Linseed oyl, and use it very warm for a Clister: Or take Mallows, Hollihocks, Beets, Mercury, Fenegreek and Linseed, of each one handful, 5. or 6. Figs cut, Annis, Fennel, of each one quarter of an ounce, Bran one handful: seeth them all together in sufficient water. Of this decoction you are to take 15. or 16. ounces, and then temper amongst it *Hiera Picra*, and Cassie, ana. 3. i. oyl of Rne. 3. 3. and then make a Clister thereof.

Another: Take Mallows, Hollihocks, Mercury, and Bearfoot, of each one handful, ten or twelve fat Figs, powdered Fenegreek, and Linseed, of each one ounce and a half, Dill seed one ounce, Bran half a handful, oyl of *Sesamum*, and Hony, of each one ounce and a half, *Sal gemma* one drach. Cassie and *Hiera Picra*, of each three quarters of an ounce

ounce, temper them all together in sixteen ounces or more of the foresaid decoction unto a Clister. You have before in the eleventh Chapter, and the 21. §. a Clister of Malmsey, which is also convenient for this use.

Item, take the juice of Parietarie, and the juice of Wormwood, of each six ounces, one Nutmeg, Peach kernels beaten very small half adrachm make them all together warm, and minister three of these Clisters in one day.

Another. Take Annis, and the seeds of Pellitory, of each one quarter of an ounce, Pellitory leaves one handful: seethe them all together in wine, and take thereof 15. or 16. ounces: melt Butter therein, and Linseed, of each two ounces, then temper them together. When the patient hath avoyded this Clister, then let him afterwards drink five or six ounces of the Oyl of sweet Almonds, and that tempered with Sugar.

Item, take the oyl of Rue twelve ounces, five or six Leeks heads, stamp them and seethe them in the oyl; then strain it through a cloth, and use the oyl for a Clister.

Item, take Pellitory, Centory, Marjoram, and field mints, of each one handful, Annis, Comin, and peeled wild Saffron seed, of each one drach. polipody roots, Turbith, and Radish seed, of each half an ounce. *Sul gemma* one drach, temper all this into a Clister, as is above said.

You are also to observe here, that these and such like Clisters shal be ministred but onely when other remedies will not avail.

Item, oyl of Camomil is more precious then common oyl: but if Camomil cannot be gotten, then is the oyl of Linseed to be used in the stead of it: Also hereafter do follow sundry remedies against all pain of the guts, which serve also very well for the *Phlegma*.

Certain Potions for the cold Phlegma.

TAK the roots of Smallage, Fennel, and Parsly roots, of each two ounces, Annis, Fennel, Caraway, Parsly and Smallage seeds, of each one ounce, Radish two ounces: make a decoction of this, and drink thereof adayes oftentimes as warm as you can suffer it.

Also once or twice a day drink a spoonful or twain of Rose Hony tempered together with the foresaid Potion.

Item, seethe an old Cock until the bones fall from the flesh, and in this broth seethe Polipody roots, the seeds of Dill, and of Annis, and drink otherwhiles a good draught of it. Also you may oftentimes with the waters and seeds of the foresaid roots, toment the place where the pain is, and afterwards anoint the place with oyl of Rue wherein Annis seeds are boyled.

Some do highly commend the oyl of Sulphur. viz. to drink in the Winter one drop or twain with Muscadel Wine, or with vital water. It will marvellously help and expel all gripings in the guts of a cold occasion.

Item, the confected Elecampane roots, and confected Pimpernel roots, do assuage all pains of the bowels which proceed of cold. In like manner the confected Ginger doth warm and strengthen all inward parts, and so doth also the roots of *Eringus*, when it is confected.

Amongst other Conserves, there be also meer and commodious the conserves of Piony, and Rosemary, of Hyssop, of Spikenard and after purging, the Confections of *Trion pipereon*, *Diacalamintba*, and such like.

Of the pain in the guts through wind. §. 7.

THE third cause of these pains in the bowels are winds. If then this pain do come of no obstruction, and yet neverthelesse one feel rumbling in the belly, and heareth the pain run up and down in the belly, and if the pain do come by fits, and there abateth again: against this be those remedies to be used that do expel wind. For which, the Confection of Bayberries is so highly commended, that it is thought that her like cannot be found. At the Apothecaries they call this *Electuarium de Baccis Lauri*, and it is thus prepared: Take dry Rue one drachme, Ameos, Comin, Nardus seed, Louage seed, Marjoram, Caraway, bitter Almonds, long Pepper, *Daucus* seed, white Mints, Pepper, Calamus, Bayberries, and Bevercod, of each one quarter of an ounce *Sagapenum*, half an ounce, *Opopanaxum* one drach. all these being powaded together and molten, then make a confection

confection of it with clarified hony, and give the patient thereof the quantity of an hessel nut with a draught of wine. Marmalade with spices is also very meet for this purpose.

Item, in like sort be both the sorts of Treacle and Mithridate, for that they do waite wind, and be good for all cold diseases of the intrails. Item, there is also fit for this use the confection of the Horseradish, which shall hereafter be expressed.

These confections following are also very commodious: viz. *De Cumino*, *Diatrion Piperion*, *Diagalanga*, *Dianisum*, *Diacalaminta*, *Diaplis*, *Aromaticum Rosatum*, and after them a good draught of Wine.

If you desire to make a powder, then prepare this following: Take Ginger half an 3. Annis one quarter of an 3. prepared Coriander one 3. & ʒ. Mace, Galangal, Cucubes and Nutmegs, of each one 3: This being beaten all small, then put as much Sugar unto it as you please. This powder consumeth all wind, and hindreth also the generation of other. You have also herebefore certain grosse powders for the stomach, which be also very good. In like manner do Annis, Fennel seed, Caraway, and comin, (either bare or confectioned, and taken before meat) consume all pain in the guts. The sirup of Wormwood expelleth also winds.

For this are also very convenient clisters. If they be made of such things as do cause wind to avoid, as this following: Take Mallows, Holihock roots, Violet leaves, Bear-foot, and Beets, of each one handful; Centory, *Rapontica*, Calamus, white Mints, Marjoram, Southernwood, Rue, and Hyssop, of each half a handful; seethe them all together in sufficient water, and take fifteen or sixteen ounces thereof, hony of Roses, and oyl of Rue, of each three ounces, *Hiera Picra* one ounce, *Benedicta Laxativa*, half an ounce, then temper them all together.

Yet this clister is to be diminished or augmented according to the ability of the sick person. Suppositories may also be used for this, which are thus to be made: Take Rue and Comin. Caraway, of each one handful, Swines bread one root and a half, *Boreas* one drach, clarified hony three ounces, make Suppositories thereof. Another: Take Bevercod, Hony Oxe gall, and oyl of Violets, of each a like quantity, let them seethe somewhat thick; afterwards wet a Suppositorie in it, bounden at a threed, and use it as before: it consumeth wind exceedingly and purgeth very much.

I have used with good successe the powder of the Albandab, cubebs, Cardamom, pepper, Mechoacan, and with Hony made into pills: sleep after you take the pills.

Or Take seaholme, herb and root, stamp it small and Hydromel, drink it.

Potions and such like.

Take the roots of Smallage, of Fennel and of Parsly, of each two ounces, Raisins, the stones taken out, two ounces and a half, ten or twelve fat Figs, twenty or four and twenty Jujubes: seethe them all together in two quarts of water even to the half, and take thereof three or four ounces tempered with the foresaid confection. The common people and husbandmen do commonly use slight things which they can best get; amongst which may this potion following be reckoned: Take fresh Cow dung about half an 3. temper it with good wine and wring it through a cloth, and then drink thereof, it is much commended. Other do ascribe this to sheeps dung, also Chickweed is commended for the same boyled in water and so drunken. Likewise also Wormwood wine, or wormwood sodden in water: also Mead being drunken is very good for this pain; Wine measurably drunken driveth not onely the wind out of the bowels, but also out of all parts of the body. The wines of Harts tongue and Marjoram gentle, are also much commended for these pains in the guts, and more other aromatical wines, as of Galangal, Nutmegs, and Cloves.

Item, take *Species Iustini* one drach. and drink the same twice a week with one ounce of Rose water, it is also good against the gravel. Master Tristrams water is also good against all pains in the guts: likewise is also commended one drach. of Bevercod drunken with one ounce of *Melicraton*.

In the mean time may outward things also be used, for this one may take the herbs, the seed, and other ingrediences whereof clisters have been made, wring them out hard, stamp them and temper them with Butter, with Barrows grease and oyl of Camomil unto a plaister, and so lay it warm over the belly, it is very good. But if one will lay any thing

thing upon the malady: then must the belly be warmed well before with warm clothes; for this may be made also the foresaid bags of Millet and Salt: or take unbeaten Millet, Oates, and Fennel, or Bran, which you can get: parch them in a pan, and apply it warm upon the pain.

Item, take parched Linseed six ounces, parched comin one ounce, Bran half a handful; beat them all grosse and make a bag thereof: then let it see the in water or wine a good space, afterwards wring it out and lay it very warm upon it.

Item, take the oyl of Scorpions, oyl of bitter Almonds, and Turpentine, of each six ℥; let them melt all by the fire, afterwards temper half a drach, of Saffron amongst it. Lastly, dip sheeps wool in it, and lay it warm upon the grief: or take Pellitory, and powdered Linseed, of each one handful, powr two ounces of the oyl of Scorpions unto it, and let them be made hot together: afterwards put a little Saffron unto it, and use it as before. Warm bread laid upon the belly or the stomach, asswageth the pain, and is good against the suffocation of the mother or womb.

Another: Take Hony, Butter, Salt and Vinegar, of each a like quantity, let them see the all together a good while until it begin to be somewhat tough, then spread it on a cloth, and bind it warm upon the belly.

Item, take wild Thyme, Marjoram, Caray leaves, Camomil, Wormwood and Sage; which you will, cut it small, and put it into a bag, then make it moist with wine or water; and let it warm in a pan and use it as before. Or Cow dung and Butter, of each a like much: temper amongst it half so much beaten Comin. Wolfs dung is also very good for this use, a plaister being made of it. For this is also good the plaister of Bayberries, which is described in the eleventh Chapter and the 5. S.

Item, another salve also which is described in the third Part, in the tenth Chapter and the 5. S. Take Comin, Caraways &c. Or prepare this following: Take Goose grease, and oyl of Scorpions, of each three ounces, Saffron one scruple, wax as much as sufficeth.

The oyles following are also to be used for this disease, viz. oyl of Lillies, Camomil, Rue, Dill, of bitter Almonds, Spike, Bayberries, and Elecampane roots, of Penniroyal; and such like oyles which be warm of nature, and chiefly if Ameos and Mastick be boyled in them.

The bathing and fomenting is also very profitable for this sicknesse, which may be made as hereafter followeth; and be prepared according as the cause requireth. The bathes of sweet waters are very good to assuage the pain, and they be especially commended after the cholick, and after purging, and that fasting. After bathing is some Treacle or Mithridate to be used and taken, and to sweate after it.

For this be also good Sulphurie baths which be warm by nature. Now will we declare all the foresaid things that expel wind and consume it, and especially those which may be used for Bathes and Fomentations, viz. Rue, Dill, Rosemary, Fennel, *Chamedryos* and filed Cypres.

Amongst the seeds, Annis, Fennel, Comin, Caraway, seeds of Rue, Ameos, and Dill seed. Note ye that the patient must sit no deeper then to the breast in this bath: and also may not tarry long therein, that he fall into no swoond. Otherwise the bath is very profitable, for it openeth the pores, and doth consume the wind whereby the pain is delayed. You may wet a sponge in his bath, and lay the same oftentimes warm upon the belly. Likewise you may also fill a bladder and hold it warm upon the belly. If you have not this decocted water, then fill a bladder half full with Linseed oyl, and make it warm in hot water, and so lay it upon the belly.

Another bath: Take Rue, Dill, Rosemary, Fennel, *Chamedryos* and filed Cypres.

After that the body is well purged, he may sit in a Tub with warm Sallad oyl, and when the pain is asswaged, then to go out of it again. But if the oyl cannot be had nor be gotten, then use this ensuing: Take Pellitory, Violet leaves, Rue, Camomil, Linseed, Fenegreek, Hollihocks, and the sprigs of Coleworts, of each three handfuls; see the them all together in water for a bath. Of this may you also make a Lotion for his feet, be it cooling or warming according as the case requireth.

For a Fume: Take Frankincense, Mastick, Lignum Aloes, and Sandaraca of each a like quantity, cast it upon hot coles, and receive the fume upon the belly, or where the pain

pain is, for it doth draw much wind unto it. The place also is first to be rubbed so long untill it be thorow red, and afterwards well anointed with any of the foresaid oyls.

The wind may also be consumed through good government, (if the same be put in practise) through exercise and sobriety: for that where there is not much moisture received into the body, there cannot ingender much wind. And when such a patient hath recovered his health, then must he beware of green herbs, milk, and all other things which be windy. He must also addict himself to drink hony water with spices, or prepare this Mead ensuing.

Take two ounces of clarified hony, three pints of water, see the and skum it well. When it is cleansed, then are you to hang therein half an ounce of grosse beaten Pepper, and afterwards let them see the again untill there remain about one quart of moisture. When it is then cold, take out the Pepper being well wrung out. For this serveth also burnt Wine, or Aqua vitæ, yet there is nothing better then good old wine moderately drunken. He is to be restrained from all watered wine, because it ingendreth winds. He must likewise beware of all cold drinks, viz. the water of all herbs, fruit, fish, milk, and such like.

Of all manner of pain in the belly. §. 8.

Albeit that herebefore there be many things discovered for to assuage the pain of the belly, notwithstanding we must here set down somewhat of the *Narcotica*, which be things that take away or do numbe the senses, for which we advise in the use of them to begin alway with the least, and so to come to the greatest, so that nature be not violated. Therefore where great pain is, you must apply parched Milt, Panick and salt.

Item, take Camomil, Melilot, Rue, Marjoram, Penniroyal, Rosemary, Comin, Annis, Fennel and Dill seed beaten grosse, which one will, and as much as one will: let them see the in wine, and whilest it is warm wet a sponge in it, and lay it upon the place of the pain. Make bags of the foresaid seeds and herbs, and sprinkle wine upon a hot stone, and warm them thereon. Or see the it in wine, and then lay them upon the belly as all other. Afterwards anoint the place with warm oyl, viz. oyl of Camomil and of *Costus*, but if the pain be intollerable great in the uppermost guts that one feareth to fall thereby in a swoond, one must (through extreme need) put things in practise which do numbe the senses: for which the Confection *Philonium* is to be used, and chiefly with the purging Confection *Diaphænicon*, but this must be done with the counsel of a learned Physician, as we have oftentimes already admonished, yet shall suffice half a drach. tempered with half an ounce of the Conserve of Roses.

Ot hers in stead of *Philonium*, use the pills of *Cynoglossa*, for that they be safer; also the *Triphera Saracénica*.

And albeit that through all these former reasons it may be sufficiently understood, how that he is to be kept with meat and drink, neverthelesse we will briefly rehearse it once again for method sake.

This patient is oftentimes and very long to be rubbed with warm clothes. He is also to enure him alwayes before meales to walk easily. He is also to be restrained from all Fruit, Pease, Beans, and Must, and all that procreateth winds. He shall also eat all light meats and dresse his meat with Dill seed, Comin and Annis; Partriches, and all other field Fowls are very good for him. The juice of old Cocks, boyled with the foresaid seeds, is here much commended.

For this sicknesse also is much advised to eat Hedghogs flesh roasted, which causeth all pains of the intrailes to cease. His bread must be a little more salted and raised: then commonly good old clear and white Wine, if there be no Ague with it, is to be his drink.

Of the pain of the bowels through any impostume and other affections of the guts. §. 9.

VVE have numbred this herebefore in the 4. §. for the fourth cause of the pains in the bowels. But in case this pain in the bowels be caused through any impostume and ulcer of the liver, of the spleen, Kidneys, or any other parts, then is the same to be known by the place where those parts do dye: Like as by each of these is sufficiently declared what is to be done for it. But if the bowels be hurt without any impostume and

and that the same may be felt with the finger or any other instrument, then may you find all that is described in the tenth Chapter and 3. §. But if in the pain of the belly through heat there appear any impostume in the one side, then must a vein be opened on the other side: for the same must not be foreflowed, for that it is much needfull. First, he must before other things have a vein opened within the third or fourth day in the contrary side of the pain, and afterwards on the other side where the pain is felt. This being now done, then take two parts of water, and one part of Vinegar, and make a sponge wet therein, and so apply it to the pain. When the sponge beginneth to be warm, then wet it again, and reiterate this oftentimes.

Moreover, the patient is oftentimes to be purged with Manna, Cassie, and four Dates, and let him be ordered like as one is to be ordered who hath an Ague. He must also beware of Vinegar, four Pomgranats and also all four things which may hurt the bowels. Boyled Barly, and Oaten paps, Mallows, Burrage, and Orange decocted in Hen broth, or eaten alone be very meet for him: and if the Ague be not great, then are they to be drest with Butter or with oyl. He must also keep a good diet, and must use much oyl of *Sesamum* in his meats, his drink must be Barly water decocted with Licorice, and all his whole government cooling and moistening, as followeth hereafter. Take Mallows with the roots, Hollihock roots, Bearfoot, and Violet leaves, of each one handful, Burrage flowers, and flowers of Buglosse, of each half an ounce, 4. or 5. Prunes; seethe them all together in a pot of water even to the half, and then take of this decoction 12. or 16. ounces, and temper with it two ounces of Cassie, oyl of Violets 3. ounces, of hony one ounce, then make a clister of it. This is also especially commended being made with Goats milk, Cassie, and oyl of Almonds. When as then the impostume is broken up, then are you to use for to cleanse it, clisters, barly water and hony, and afterwards consolidating medicines. But if so be that one perceive any parings of the bowels in the stools, and that with great pain, then are these following to be used.

Take somewhat lesse then a pound of steeled water and seethe therein broad and picked Plantain and Roses, of each one M. even to the half. Take 12. or 16. ounces thereof, and melt therein one ounce of Deer suet, three yolks of Eggs well beaten, oyl of Roses two ounces, Tho. Sugar one ounce, and temper them all together.

Another: Take broad Plantain, wild Tansie, and Comfry, of each one handful, Pomgranat pils one ounce: seethe them all together in a pot of steeled water even to the half: then melt in this decoction two ounces of Deer suet, *Trochiscos de Carabe*, *De Terra sigillata*, of each one quarter of an ounce, then make a Clister of it.

For plaisters, take the sodden herbs and the other things of the former Clisters, pownd them to growt, and temper therewith half an ounce of the pownded red Saunders, Barly meal two ounces, and oyl of Violets as much as doth suffice for a plaister, and then lay it warm over it, it doth abate the pain very much.

Another: Take Mallows, and Hollihock roots with the herbs of Nightshade, Violets, Camomil, and Melilot, of each half an ounce: beat them all together, and temper therewith oyl of Violets, of water Lillies and Ducks greafe, of each three drach. Linseed meal one ounce, and then make a plaister of it.

If need require to purge more, then may the same be done with the conserve of Prunes.

But if so be this pain of the bowels be with a cold tumour, then must stronger Clisters be used, as there be sundry set forth in the 6. §. against the pain of the bowels through *Phlegma*. But first are the oyl of Camomil with Vinegar, and the oyl of Roses (that it may pierce and strengthen the bowels) for to be used: after the Clisters expressed before in the 5. §. may this plaister following for mollification be used for to ripen and aswage the pain: Take Linseed meal, Fenegreek meal, Wheaten meal, and Barly meal, of each two ounces, six yolks of Eggs, oyl of Camomil, and good wine as much as is needfull for to make a plaister; this must be laid warm upon it.

Another: Take eighteen or twenty Figs, seethe them well in water, crumbs of white bread two ounces, White meal one ounce and a half, unsalted Barrows greafe, and oyl of Camomil as much as is needfull for to make a plaister: let them all seethe a little together, and then lay them warm upon it. you may also put warm unto it one ounce of beaten Camomil.

It happeneth also sometimes, that in these impostumes the urine is retained back,
because

because that the conduits are stopt through the tumor: therefore if that befall, the *Saphen* must be opened, and the Kidneys and the privities annointed with the oyl of Camomil, and oyl of Violets, and also are Clusters and plaisters to be used, like as shall hereafter be further spoken of in the provocation of urine.

Of the Pain in the Bowels through heat and Cholera. §. 10.

This is the last cause whereby (as is discoursed before in the fourth §. the pain of the guts may be ingendred; and then it cometh with heat and an Ague, it is not then so hurtful or lingring as that which proceedeth of *Phlegma*. For this must the Patient first of all be purged with syrups and such like things as do coole, and further be kept with necessary meat and drink. He is lastly to use Clusters in this manner following: first of all he is to take certain dayes together preparative syrups, as both the syrups of Vinegar, *Oxyssachara*, syrups of Violets, of Roses, of Endive, and of water Lillies, with some decoction wherein the same herbs have been decocted, whereof divers be described in the third Part.

For Purging.

Take fresh Cassie one ounce, or one ounce and a half, the juyce of Endive well clarified and skummed three or four ounces: then make a potion of it, and give it him warm, or in stead of the juyce, if one cannot get the same) then take Endive water.

Another; Take eightene or twenty Prunes, and five or six fat Figs: see the them all together in sufficient water, and take of this decoction three or four ounces, temper Cassie therein, and oyl of sweet Almonds five or six ounces tempered with Sugar, and the same drunken at once loose the body very gently, and is also most sure that one may give to the children newly born: Likewise *Manna* decocted with sower Dates, Prunes, and with Sugar, is also very requisite to loose and coole.

Concerning the meats, he must be restrained like as in other hot sicknesses, and must chiefly eschew alwayes meats which make wind. But oyl of Almonds used in his meat, be very meet for him.

All his Clusters must be made soluble and cooling, like as be these following: Take peeled Barly, Mallowses, Hollihock roots, and Violets, of each one handfull, Prunes, *Sebestes*, of each eight or ten, the seeds of Melons, of Purslane, of Gourds, of each one ounce, Bran half a handfull: See the them all together, and take of this decoction and put unto it oyl of Roses, and of Violets, of each one ounce and a half, Cassie for the Cluster one ounce, *Electuarium de Succo rosarum* five drachmes: then make a Cluster of it, like as hath been sufficiently shewed.

But here is to be noted, that if any parings avoid with the guts, then must oyl of Roses be most of all used. yet oyl of Violets doth assuage the pain of the guts if the same come through any sharpnesse or any heat.

Or take Mallowses, Hollihocks, Bearfoot, Violet hearbs, and Beates, of each one handfull, Barly and Bran, of each half a handfull: let them see the all together, and then take of this decoction twelve or sixteen ounces, and temper Cassie in it one ounce, *Hiera Picra* three quarters of an ounce, *Benedicta Laxativa* three drachmes, oyl of Violets three ounces, Salt one drachme or twain, minister it as is accustomed.

This ensuing is also specieal good if any body have been bounden certain dayes together: Take twelve or sixteen ounces of Cow milk, temper one ounce of Cassie amongst it, and minister it warme.

There may also a cooling plaister be layd upon the belly, whereof there be divers discovered against the heat of the stomach and the Liver: yet must alwayes some Camomil, Wormwood, and such like be tempered amongst it.

For a cooling you may also take preserved *Ribes*, or any such like, as in the Eleventh Chapter, §. 6. is shewed.

Of the pain of the Belly Mixt with gravel. §. 11.

For this disease is much advised, to take 3. dayes one after another, a good draught of the water of Eldern flowers, which helpeth marvelous well. Item, take the juyce of Pellitory

pellitorie eight ounces, oyl of Rue two ounces : seethe the dung of a Dog in it, which hath eaten nothing but bones : strain it through, and use it for a Clister. It is also much advised for to take for purgation half an ounce of *Diapnenicon*, and *Sebestes* one drachme, and a half, *Phylonium Romanum* one scruple, *Species Instini* half a scruple : temper them all together, and drink it, and then a little fat broth after it. But how easily an error is committed in distinguishing the pain of the guts, from the pain of the reins, and the pain of the gravel, it shall hereafter be declared, where we shall speake of the gravel.

Of the pain in the Bellies of young Children. §. 12.

WE have here briefly shewed of the oyl of sweet Almonds which is to be tempered with Sugar, and may be given boldly to new born children for the pain of the belly : This is alwayes found to be good. The water of Larks spurs is also good for the same, as well in old folks as in young children. For a small Clister, take Mallows, Hollihock roots, and *Pyrela*, of each half a handful, Melilot and Rosemary, of each half so much : seethe them in a pint of water, and then take of this decoction little or much, according to the bignesse of the child, Hony of Roses half an ounce, oyl of Camomil two ounces, Salthalf a drachme ; temper them all together. Item, take unto small children alwayes a spoonful of the water of black Cherries in their pap, for it asswageth the pain. Oyl of Nutmegs annointed about the Navel, and a warm cloth laid upon it : and in like manner the oyl of Scorpions is also very commodious for this infirmity. Also Chickweed fryed in oyl, and applyed warm on the belly. Also take Mints, and Mallows fryed in fresh Butter, or Camomil and Wormwood, of each a like much : cut them all together meetly small, and put them in a little bag : then make it meetly warm in hot Wine, wring it well out, and so lay it over the childs belly. Item, cut an Onion very small, and fry it in oyl, and bind the same upon the Navel of young children and old folks.

Albeit, that it be not our intent to write much of Chirurgerie, yet neverthelesse, we can not let this escape : &c. if any be wounded in the belly that his bowels issue forth, and then happen to swell, that they cannot be put back into the body, then warm them with warm milk or wine. After that may the Chirurgion well know what he hath to do.

Of the Wormes in the belly. §. 13.

First of all, there is not any thing more certain, then that in mans body, like as in stinking kennels, in Cheese, and in stinking flesh wormes do grow, and that out of a putrified matter : But in man do they chiefly proceed through unaccustomed meats that cannot be digested : also of Surfeiting and overcharging of the stomach. Item, through bathing, and use of venery with a full stomach, through eating of fresh Beanes, of salt fish that is without scales, through Swines flesh, and such like things more. Also these wormes do grow by eating much fruit. Therefore are children most annoyed thereby about harvest.

These wormes do ingender sometimes in the stomach, and otherwhiles in the bowels : and some suppose that they onely grow in the blind gut ; but they which have somewhat more carefully beheld them, do write that the long wormes do ingender in the uppermost bowels, and the small, like unto Cheese Magots, onely in the Arse gut and in the middlemost guts, should round wormes ingender called *Isourides*. Some do take it otherwise. In fine, we will let them dispute thereof ; for they do accord herein, that there be three sorts of wormes which may grow in mans body, like as is shewed before.

And to the end that somewhat may be discoursed of these kinds of Wormes : The long ones be knowne to be in young children through their graving in the bowels, through a small, dry, and troublesome Cough ; Moreover, they do awake suddenly out of their sleep sometimes with an outcry ; afterwards they do quickly hold their peace, and have an unequall pulse. Also they have uncertain Agues, with coldnesse of the outward members, which accidents do happen unto them without any cause three or four times a day. Such children have an unnatural desire of meat, they let out their tongue, gnash with their teeth, sweat about the eyes : they be gladly quiet, they be also very quickly angry, and snapish or testy on them that do awake them, and as now they be ruddie, and immediately bleake again ; they talk in their sleep, be frightened in their dreames, and do

do then rub their nose, the eyes sink into their heads, they will be very hard favoured in their face, they feele great paine in the belly, they have much some and spittle, their mouthes will be dry yet more by day then by night, and their breath stinketh much.

In like manner it happeneth very well, that they avoid the wormes at their nose, at the mouth, and through stooles: but amongst people of yeares there be besides these signes such an extreame pain of the belly also, that they cast their hands and feet from them as it were a Collick. And as they come into their stomach, then do they get a great wambling, and loathing of all meats. And when one forceth himself to eat, yet can he not swallow the meat, but must cast up again presently the meat which he hath taken: their ordure is very stinking, their belly swelleth on high, like as if it were full of wind.

These be now the signes of the long Wormes, which signes though they be not alwayes apparent, yet neverthelesse this disease may be knowne by some of these.

The broad wormes be as well in them that have no Ague, as in them which be troubled with lingring Agues: they do also bring some of the foresaid signes with them, and especially these will be knowne as well through the great gnawing in the stomach, as through the unmeasurable desire of meat. And although they have eaten enough, and do not by and by eat again, yet then do they feele that gnawing and biting again as before. They will be also very lean, and dry of body. But this is the very surest signe that the patient doth avoid through the stoole small things, like to the kernels of Gourds. It is also found, that some not esteeming this gnawing of the Wormes, and taking no advice for it, that the guts be bitten asunder, and that the wormes are got into the hollownesse of the belly, whereof doth follow afterwards a great calamitie, as madness, the falling sicknesse, dogs hunger, swooning, pain of the belly, obstruction or binding of the body, and lastly a painful and bitter death. Therefore is this disease not to be accompted small, but rather men are betimes to use all requisite remedies for it.

But if the wormes be not in the bowels, but in the stomach, and in the mouth of the stomach, then be they commonly vomited up, and they that be in the bowels are rid and dispatch through the stoole.

Of the third kind of Wormes which keep themselves in the Arsegut, shall immediatly hereafter be discoursed. I have therefore the longer discoursed of this, for that it is a common disease amongst children and common families, whereby common householders might know their right difference, afterwards we will write of the remedies serving for these common sorts of Wormes: but above all, there be prescribed by the learned certain common rules of them. The first is, that the lower the wormes be in the bowels, (whether they be there growing or descended out of the stomach thither) so much the better and stronger must the medicine be which is given from above, because that she may not loose her vertue through so long a passage. Secondly, the wormes *Iscaurides* are not so easily killed through Physick, as other Wormes, therefore must stronger remedies be used for them. Thirdly, to preserve himself from wormes, he is to beware of all such meats as do increase *Phlegma*, and to purge out the same in aged folks, like as we shall speak more at large thereof. Fourthly, the first intention of the Physitians, is to kill the wormes, afterwards to expel them, lest that through their stench they do infect the heart, the stomach, and the whole body. Fifthly, as soone as one perceiveth the wormes, then must he indeavour to expel them, and so to free himself from great distresse. Sixthly, all remedies which be hot in the third degree, are very fit for this purpose if there be not a strong Ague or impostume with it. Seventhly, if one will expell the wormes through any meat or drink, then is the same to be done with an empty stomach, and fasting. Eighthly, the wormes are most fittest to be killed through hot and bitter things, as (to the contrary) through sweet and fat things they are fed and sustained. Ninthly, all they that have the wormes, may be fed two dayes with sweet and fat things; but the third day when they be hungry and empty, are bitter things to be given. Tenthly, if one take any thing to kill the Wormes, then must the belly and the stomach be annointed or plaistered on the outside with astringent and bitter things. Eleventhly, if so be that the wormes be in the uppermost guts, or in the stomach, then will they be more easily killed and expelled through that which is taken at the mouth. But if there be in the neathermost guts, then are they to be killed with Clusters and Suppositories. But if in the middlemost guts, are to be used both these remedies.

The order how a man may preserve himselfe from the wormes.

ALl those that are to be preserved from worms are of three sorts, as children which do yet suck, children weaned: and of the age of 14. years. Now for to free the sucking children, the Nurse must eat all light meats, and refrain from all fruits, Fish, and Milk, but especially from overcharging her self with any kind of meats. The children which do not suck must be kept after the same manner, and be restrained from all that is slimy, and also beware of fruit, and especially of those which be not ripe, and those that be worm-eaten, for they also ingender wormes in the belly. The youths and people in years are to be kept likewise as we have said. Also twice or thrice a year phlegme ought to be prepraepared in them, with *Oxymel* of Squils, or *Compositum*, or with the syrup of *Calamita*, and such like. Afterwards they are to take *Hiera Picra*, with the decoction of Polipody roots, *Murabalan*, *Chebuli*, of a little Coloquint, for to purge. They are also to use rather roasted meat then sodden. They must eschew all grosse and fat meats, for thereby do the worms grow especially. Also he must eat every day a little mustard seed.

But if so be that the worms be present, then must one look to kill and expell them by all meanes, for which purpose these hot things following be fit, viz. Wormwood, Bay-leaves, Peach kernels, Rue, white Mints, bitter *Coffus*, Centory, Horehound, Lupins, Annis, Smallage seed, parched *Nardus* seed, Mints, Elecampane roots, dry Bayberries, Southernwood, Comin, Cresses seed, Caruway, bitter Almonds, *Diptamus*, Penniroyal, Gals of old beafts, and chiefly Oxe Gals, or wolfs gals, the common Wormseed, Cinamom, Gentian, the roots of the femal Fearn, and Agrimonie: of all which foresaid things, one drachme, or one drachme and a half is to be taken in winter time with wine, and in Summer with some cooling waters, and that chiefly with Purslaine and Endive water.

These things following do not onely kill the wormes, but also expel them forcibly, to wit, Aloe, roots of blew Flowerdeluce, the juyce of wilde Cucumbers, *Agaricus*, Coloquint, wilde Saffron, the fresh juyce of Elecampane roots, Turbith, and *Rabarbarum*. One may use some of these foresaid things if there be no Ague with it.

Cold simples which do kill the wormes are these: viz. prepared Coriander, Butchers broom seed, *Hypocistis*, sealed earth, Purslaine seed, seeds of Endive and of Lettice, the juyce of Plantane, rinds of Pomgranats, sower Pomgranats, Oranges and their seed, Citron seed, burnt Harts horn, Asses milk; all that is sower, bread infused in Vinegar, Broom seeds, Colewoort seed, dry Plantane, seeds of Orage, and unripe Sallad oyl, a good deal of it taken at once. You may boldly take these things, where as heat and the Ague is.

And further to speak of the compounded things, we will first of all take the things in hand which may be used inwardly and in heat: Take the syrup of Vinegar one ounce and a half, temper it with Endive water and Purslaine water, and drink this certain dayes together alwayes fasting. Item, Take the seeds of Butchers broom, sealed earth, *Hypocistis*, the juyce of Sloes, of each one quarter of an ounce: boyle them all together in sufficient water even to the half, and drink thereof certain dayes together three or four ounces at ounce. Or take Grasse roots, and Butchers broom seed of each one ounce; see the them all together in a pot of water even unto the half, and drink thereof even as before. Another: Take eightene or twenty *Sebestes*, Purslaine seed one drachme, Grasse roots and Mellet, of each one quarter of an ounce, Sugar four ounces, Verjuice, and the juyce of Pomgranats of each two spoonfuls: let them see the together, and skum them well. But if you have not this, then take in steed thereof good vinegar. Item, take prepared Coriander, and the seed of Smallage, of each one drach. and a half: calcined bones of a Stags hart 3. quarters of an ounce, red Coral one drach. Cinamom half a drach, *Calamus* half a scruple, prepared Pearls, half a drachme, *Diptamus*, *Ammoniacum*, field Ivory, and burnt Silk, of each two grains, eight or ten Bayberries, Sugar three quarters of an ounce: make a fine powder of of it, and give one drachme of it more or lesse.

Burnt Harts horne alone two or three drachmes given with Mead, doth Marvelously kil the Wormes. Or take burnt Harts horn one drachme, Pyony seed, Smallage seeds, Coriander, Colewoorts seed, *Nardus* seed, seeds of Plantane and of Endive, of each half a drachme, *Diptamus* one scruple, red Saunders, Coral, and Pearle, of each six grains, Sugar as much as all the rest, make a subtle powder of it.

Another: Take field Ivory which is a little parched one quarter of an ounce, prepared Coriander one drachme and a half, *Diptamus* one drachme and half a scruple, Sealed earth one drachme, temper them all together. Item: Take Rubarb, Basil seed, Plantaine seed Pomgranate pills, Caraway, Butchers broome seed, *Cardus Benedictus* seed, field Harts horn, and field Ivory, of each half an ounce, rinds of Mulberrie roots, Colewort seed, Citron seed; and rinds of Willow trees, of each three drachmes, Purslaine seed, and *Diptamus* of each two scruples, red Coral and Pearls, of each one scruple: make a powder thereof, and then give one drachme or twain of it, viz. in winter (when there is no Ague) with wine; but in Summer, and when there is an Ague with *Oxycrato*. Item, Take burnt harts horn one drach. prepared Coriander, and Aloe, of each half a scruple: beat them all together, and give it him with the syrup of Vinegar, or grasse water. In like manner is also especial good for this the leaves of Smallage one drachme: or take the seeds of Purslaine one drachme, *Muscus* four scruples, red Coral, and prepared Coriander, of each one scruple, Orage seeds one drachme: make a powder of all these, and give thereof with strong wine, or with water wherein grasse roots and Agrimony have been decocted, each time four grains. Another: Take Orage seeds one drachme, Wormseed (which is *Semen*) one drachme and a half, Grasse roots, flowers, of Hyssop, Southernwood, of each half a drachme, Licorice four scruples, Cinamom, and Dill seed, of each half a scruple: stamp each apart, and afterwards mix them together, and at the last put half a scruple of *Muscus* unto it: then give thereof from three or six graines unto half a scruple, with warm grasse water.

Item, take the seeds of Orage, of Purslaine, wilde Thyme, and Marjoram, of each half a drachme, Wormseed three drachmes, Licorice, and Lupines, of each one scruple, *Muscus* half a drachme, *Ambra* half a drachme: mix them all together, and give one drachme and somewhat more at one time with grasse water. Another: Take the seeds of Plantaine, and Wormseed, of each one drachme or somewhat lesse, according to the age, and give thereof as before. Item: Take Plantaine seed, calcined Harts horn, and Wormseed, of each a like quantity, use it as the other. Or if you would make a confection, then take burnt Harts horne one drachme, prepared Coriander, Pyony seed, the seed of Smallage, *Nardus* seed, the seeds of Plantaine, and of Endive, of each half a drach. *Diptamus* half a scruple, red Coral, Saunders, and Pearles, of each five graines, Sugar one ounce and a half: then make Tabulats thereof with Grasse water. Then take about one quarter of an ounce at once.

You have before in the second part, the third Chapter, and seventh § of the hardning of the breast, and in the third part, the second Chapter and eleventh §. a preparation of earth worms into powder against the yellow Jaundies, whereof may a drink or confection be made. But if the guts be distended, and the heat not over great, then lay this plaister following upon the belly: Take Linseed meal, and Bean meal, of each one ounce and a half, Wormwood one handful, Aloe three quarters of an ounce, and make a plaister of it with Meade, or with the oyl of wormwood.

But if there be a small ague with the worms, then may be given to people in years (each according to his age) Treacle of Mithridate: for both of them do kill the worms and expel them.

Item: Take the seeds of *Sophia* one drach. calcined Harts horn, Pomgranate peeles, of each half a drach. *Diptamus*, Cloves, Rubarb, of each one drach. Wormseed half a drach. Saffron fifteen grains, Sugar nine ounces: Seethe them all together in Wormwood water, or in grasse water, and make Tabulats thereof: or take wormseed one quarter of an ounce, Knotgrasse, and white *Diptamus*, of each two scruples, burnt Harts horn, Peach leaves, of each one scruple, Rubarb one drach. make them all together into a subtile powder and give thereof one drach. or twain at once. But if you will have a confection, then take thereto three ounces of Sugar decocted in water of Knotgrasse, and give thereof from half an ounce unto a whole, according to the age of the patient. Item, other more which be Laxative: Take parched Rubarb, and wormseed, of each one drach. prepared Pearls one drach. and a half, burnt Harts horn one drach. Sugar six ounces: make a confection of it as before. Or take wormseed half a drach. Comin one scruple, Cinamom two scruples, burnt Harts horn half a drachme, Turbith one quarter of an ounce, Sugar one ounce and a quarter: make loosings thereof, and give about one quarter of an ounce of it. Item, take Cinamom, burnt Hartshorn, Centory, and Gentian, of each one drachme, Rubarb one scruple, Sugar Six ounces decocted with grasse water

water : make also loofings thereof, They be also very good, and they be all together easie.

The seeds of Rue should also be very good for the worms : like as also is the Vinegar of Rue, and the common good vinegar. Take in like manner the flowers of Feverfew as much as you can gripe between two fingers, and use it fasting. This hereafter ensuing may be used for children of three years of age ; Take white Diptamus, wormseed, *Carlina*, and Rubarb, of each a like quantity ; pownd them to powder, and give each time one drach. thereof more or lesse with wine, according to the importance of the cause : whereupon you are to use for children the salve of Oranges, which shall be described hereafter, and after that, this potion ensuing : Take Rubarb two scruples, *Carlini* one scruple pownd small with wormwood water. In like sort also be very meet these pills following : Take Gentian, Myrrhe, Diptamus, wormwood, Mints and filed Harts horn, of each one drach. Turbith half a drach, Agaricus one quarter of an ounce, *Sul gemma* one drach. Ginger and Cinamom, of each two scruples, Aloe as much as the rest : then make pills of it with the juyce of wormwood, and use oftentimes of it about one drach. at once.

This composition following is most highly commended of the ancient Physitians : Take Gentian, Centory, and *Agaricus*, of each one drach. Cloves, Nardus seed, the roots of Costus, Annis, and water of Scordion, of each four scruples, burnt Harts horn, Roses, Sorrel seed, and prepared Pearls, of each half a drachme ; pownd each alone, afterwards temper them together, and sprinkle them with the juyce of Lemons, with sharp Vinegar, and Rosewater ; of each a like quantity, and let it dry again ; do so five or six times : At the last temper with it half a drach. of Saffron, one grain of Musk, and make thereof small loofings with the sirup of Citrons. One may take thereof from half a drachme to a whole, whether it be made in powder or pills. Conserve of Gilloflowers, and of Peach flowers, be also much commended for this purpose.

There may be also many things drunken ; as the juyce of Radish, and give of it to a strong person one quarter of an ounce : it is a very strong and a right medicine for a Plowman. This also is very like the same ; pownd Garlick, and wring out the juyce, and drink it as before.

Item, take the herb Basil, seethe it in vinegar and drink of it, the worms will run quick out of your body. Another : take Rye, boyl it, and drink sometimes of the decoction, and also temper your wine with it. Or take Citron pills one drachme, or one drachme and a half, give it to children in Milk ; it should be special good. Take the juyce of Elecampane roots four ounces, and drink it ; it is taken to be a special remedy. Item, take wormseed one ounce, Sene leaves one quarter of an ounce : pownd all together to powder, and take one drachme of it or twain, with wine, Beer, or Mead.

Item, take Pomgranat peeles beaten or sodden in wine, and drink of it fasting about one quarter of an ounce. One drach. of pownd Zeduary drunken once or twice a day, doth also kill the worms through his heat.

Another ; take Camomil two handfuls, twenty or five and twenty Sebestes, seethe them in a pot of water unto the half ; then take three ounces of this decoction, and temper with it three ounces of *Oxyracron*, and drink of it three or 4. mornings one after another.

Clifters be also very good for this if one can get Asses milk for it. If that cannot be gotten, then is there to be taken for it a broth which is decocted with 20. or 25. Sebestes and Rye, and mix with it butter and hony.

Also Cow milk may be taken for it alone, tempered with hony.

For to use outwardly, the learned have ordained divers remedies ; as plaisters, salves, and other means more, as hereafter followeth ; Take Aloe, Southernwood, of each a like quantity, temper them with hony or oyl of wormwood, and anoint therewith the belly.

Item, rub Oxe gall upon the Navel as much as you can ; if it be too thin, then temper amongst it beaten Wormwood, Gentian, or any other bitter thing. Note also, because that all bitter things be enemies to young children, that regard must be had to help them with salves, plaisters, and such like, as hereafter shall follow. For that through these means the Worms may be killed in young children, because children have tender, subtil. and thin intrails, so that the plaisters and salves may penetrate, kill the worms, and expell them, which also through the vinegar which is mixt amongst it may be the easier effected. This salve following is very much approved for it : Take Wormwood,

Lupines, Silvermountain, Comin, *Nardus* seed, Centory, *Doronicum*, burnt Harts horn, and Myrrhe, of each half an ounce, Aloe one ounce and an half, *Agaricus* one drach. the juice of Oranges two ounces, oyl of Wormwood, of bitter Almonds, and oyl of Peaches, of each one ounce, an Oxe gall: let the juyce and gall be sodden together and afterwards mix all the foresaid things amongst it, and then make a salve of it with Wax: with this salve is the belly, the stomach, and back bone to be anointed. But if you will make a plaister of it, then will it be good for the stone of the Kidneyes and Bladder. Or take the juyce of Mints two ounces, Centory, Wormseed, and Lupines, of each half an ounce, Gentian, Wormwood, of each one drach. *Diptamus*, *Semen Zedoarie*, of each three drach. Oxe gall one ounce, Aloe one drachme and a half, Mastick, of Spica, and of wormwood, of each one ounce, unripe Sallad oyl, and vinegar wherein toasted bread hath been infused and is wrung out again, of each two ounces, the juyce of Oranges half an ounce, white Wax 6. ounces: see the the juyce and the oyl untill all the moisture be consumed: when the oyl is cold, then temper the rest being beaten small amongst it, and let it see the a little again untill it be thick. Lastly, put three grains of *Muscus* unto it, and spread this salve on a round cloth and bind it on the Navel; it killeth all kinds of worms, and also expelleth them.

Another: Take the juyce of Fleawort, wormseed, Southernwood, Centory, Swines bread, Peach leaves, Lupines, *Ebulus* roots, Pomgranat pils, of each one drachme, the juyce of Garlick two ounces, the juyce of water Cresses twelve ounces: let all these see the unto the half, afterwards put as much wax unto it as sufficeth for to make a salve. Item, take Centory, Wormwood, and Lupines, of each half a drach, *Lignum Aloes*, burnt Harts horn, and *Diptamus*, of each one quarter of an ounce, Aloe as much as the rest, oyl of wormwood 3. 4. wax as much as will suffice. Or take Wormwood, and Lupines, of each half an 3. Cinamom, Comin, *Nardus* seed, Centory, wormseed, oyl of Peach kernels, and of bitter Almonds, of each 3. 4. wax five ounces, make a salve thereof: it hath been approved oftentimes. But if so be that you will have it stronger, then take *Agaricus* unto it one drach. Aloe one ounce and a half, Myrrhe one drach. and a half, the juyce of Oranges two ounces, Oxe gals one ounce, and use it as the rest. Take Treacle half an ounce, *Diptamus*, Gentian, and wormseed, of each one scruple. Aloe two scruples, Oxe gals one quarter of an ounce: temper them all together, and make with beaten Coriander a salve thereof; then spread it upon a cloth, and lay it upon the stomach. Item, take Seduary roots, Gentian, Aloe, and wormseed, of each one scruple, Cloves & Mastick, of each half a drach. Treacle one drach. and one quarter of an ounce. Of the stomachical salve which is described in the eleventh Chapter and the 5. §. make a plaister of it, and lay it over the stomach; for it expelleth worms, and doth also strengthen the stomach.

Item, take Aloe, wormwood, oyl of Peach kernels, of bitter Almonds, of Mastick, and of Spica, of each three quarters of an ounce, *Hypocistis* sealed earth, and Lupines, of each one scruple, Aloe, *Spec. Hiera Picra*, of each half a drach. *Nardus* seed, *Gallia Muscata*, Southernwood, Oxe gall, *Lignum Aloes*, of each one scruple, burnt Harts horn one quarter of an ounce, Endive seed one drach. wax as much as sufficeth for a Salve.

Another: Take oyl of wormwood, and of Myrtles, of each half an ounce, beaten Aloe, prepared Coriander, sealed earth, and *Nardus* seed of each five drachmes, the juyce of Quinces and Oxe gals, of each half an ounce: see the them with the oyl until all the moisture be consumed: afterwards temper the other ingredients amongst it.

This Salve following is very good, and common at the Apothecaries: Take the oyl of wormwood three drachmes, oyl of bitter Almonds one ounce, oyl of Mastick one quarter of an ounce, Myrrhe, Aloe, and white *Diptamus*, of each one scruple, wax as much as needeth.

The salve of Oranges (whereof we have spoken before) is thus prepared. Take a four Orange, cut it up at the top, and wring out the juyce; then anoint the Temples with it, the heart and the stomach: the same is especial good for young children.

Item, take oyl of bitter Almonds, of wormwood, Oxe gals, and white *Diptamus*, of each one drach. Mithridate, and the juyce of Oranges, of each one quarter of an ounce: temper them together and anoint the child therewith upon the Hart, Stomach, and Navel. Put also unto it one drachme of Aloe: it is a good and safe salve, especially if there be an Ague present with it.

Another: Take Southernwood one ounce, wormwood, and the rinds of the Bay tree, of

of each one drach. Sugar, Colewort seeds, of each half a drach. Bayberries one quarter of an ounce, Aloe half an ounce, burnt Harts horn one drachme, white *Diptamus* two \mathfrak{d} . see the them all together in Vinegar and Oyl: then strain it through a cloth, and use it as the other. Or take Linseed oyl one ounce, Rosin more or lesse according to the age: melt it at the fire, and anoint therewith the temples of the head, the stomach, and the belly. Some do much commend the same, although it seem flight.

Item, take Aloe half an ounce, white *Diptamus* and Saffron, of each one scruple: mingle them with a little sharp Vinegar, afterwards spread it on a leather and bind it on the Navel.

Take fresh beaten Wormwood, wet it with Vinegar, and lay it warm upon the stomach. Take the Marrow of Stags bones, temper it with a little molten Wax, and anoint therewith the whole back bone, and then lay it beaten upon the Navel. The juice of Radish spread upon the Navel is also good for worms. In like manner the oyl of Wormwood rubbed into the Navel (chiefly of young children) is also good for Worms. Item, there is also often to be used *Petrolinum* for the same.

Here do also follow certain plaisters which be good: Take Wormwood two ounces, *Euphorbium* one drachme, burnt Harts horn, and the gall of a Hare, of each half an ounce, Hony as much as sufficeth for a plaister.

Item, take *Nardus* seed two scruples, Aloe and red Coral, of each one drach. Wormwood and Mastick, of each one quarter of an ounce prepared Coriander one ounce: make powder thereof. Item, take Rye meal three ounces, Lupin meal five drach. Saffron one drach. Vinegar, and the juyce of Rue, of each two ounces, the juice of wormwood four ounces, then make a plaister thereof.

Another: Take Myrrhe, Gentian, Aloe and *Diptamus*, of each two drach. and a half, Wormwood seeds of Purslain, and of Orage, Lupins meal, filed Ivory; and burnt Harts horn, of each one drach. Saffron one drach. Barly meal one ounce, the juice of Garlick four ounces: temper them all together, and put two grains of *Muscus* unto it.

Item, take Mints and Wormwood, of each two ounces, Centory, *Agaricus*, of each half an ounce, Aloe one quarter of an ounce, Rosewater one ounce, Lupine meal as much as all the rest: make a plaister of it for to lay upon the stomach.

Another: Take Lupine meal, the juice of Wormwood, Mints, Peach leaves, and the juyce of Quinces, of each two ounces, sealed earth, prepared Coriander, Mastick, Myrtle seed, and Aloe, of each half an ounce, Oxe gall one ounce, and red Wine.

Item, take *Nardus* one scruple, Aloe one drachme, prepared Coriander two scruples and a half, Wormwood, Mastick, of each one quarter of an ounce, red Coral one drach. make a powder thereof, and temper it with the juyce of Wormwood, and with Vinegar: wet a cloth in it, and lay it upon the belly.

Another: Take the water of Mints and of Hyssop, of each six ounces, the water of Grasse twelve ounces, Malmsey eight ounces, Gentian, Myrrhe and Saffron, of each one drach. Lignum Aloes, Wormseed, of each three quarters of an ounce, *Muscus* five grains, vinegar five spoonfuls; use this as is aforesaid.

If it be so that the patient be very weak, then may this following be used: Take Sorrel water, and the water of Buglosse, and of Grasse, of each three ounces, *Spec. Cordialium temperatarum* one drachme, water of wormwood and of Hyssop, of each two ounces, the water of Broom flowers three ounces, Gentian, and *Diptamus*, of each half a drachme, Saffron half a scruple, mingle them together.

One may also use these bags following: Take Mints, Penniroyal Wormwood, white Mints, Southernwood, Roses, and Plantain, of each half a handful: beat them all grosse, afterwards put them into a little bag, and wear it on the stomach.

The patient may also smell oftentimes to the black *Nardus* seed, and likewise toasted bread which hath been steeped in Vinegar.

Take Feverfew, Rue, wormwood, Leeks, powdered ana. *M. r.* leaven of brown Bread, Vinegar, one pound, boyl them untill they be thick, apply it hot to the Navel.

Or drink the juyce of Alecost, alias costmarie, first and last for certain dayes.

Or drink the decoction of Centory, Rue, and Sage, sod to the half in ale three or four mornings.

Or stamp VVormwood and Rue, fry it with Oxe gall, spread it upon Leather,

and strew the powder of aloes upon it, and apply it warm to the Navel.

Of the Worms Ascarides which do keep in the Arsegut. S. 14.

Moreover, we will here for a conclusion of this Chapter, discourse of the small worms *Ascarides* which do keep themselves in the Arsegut. These worms may be perceived by the great itch that they cause there. And for to remedy this, dip a little wool in the oyl of Apricocks, or the juyce of white water Mints. Also you may mix Aloe and Oxe gall amongst it, and so thrust it into the Arsegut.

But first, the body must be purged with Rubarb; afterwards are Suppositories to be made of fresh Pork and put up into the Arsegut, and all the little Worms will stick fast unto it. Some do take for this powdred Pork. Also one may anoint the stalke of Coleworts with Oxe gall, and use the same as a Suppository. But above all other things is much to be commended Quicksilver mixed with Barrows grease, and to dip the finger in it, and so grease or anoint the arsegut within with it. But for children may Suppositories be prepared with Hony, and Salt peter, putting them up, and plucking them forth again immediately. Also, there may a small Clister be ministred of milk, with *Hiera Picra* and *Cassie*. Old folks are to have Clisters after this manner following: Take Southernwood, and Wormwood, of each one handful, the seeds of *Cuscuta*, parched Comin, and the seeds of Smallage, of each one ounce, Wormwood one quarter of an ounce. Bran half a handful, oyl of Peach kernels one ounce and a half, Salt one ounce, *Hiera Picra* 5. drach. the juyce of Leeks one ounce. Of thir decoction take not above eight ounces, and make of it a Clister.

The sixteenth Chapter.

Of the Kidneyes.

IN the left side, right under the Milt, in the body of all beafts, is the one Kidney placed, and the other in the right side a little higher, so that otherwhiles it doth touch a great part of the Liver. The Kidney which lyeth in the right side, is also in all beafts somewhat greater and fuller then that which is in the left side, and is not covered with so much fat. For because it is hotter then the left, therefore doth it consume the same fatnesse, which groweth through moisture, like as it is there very needful: for there is no part which sooner waxeth fat then the Kidneyes. Both of them be made fast very strongly to the back bone. They have sundry veins from the Liver whereby they draw blood, with water, and also some part of the gall unto them, separating the same blood from the water, and keeping as much of the blood as sufficeth for their sustenance: collecting also the water together in their concavities (like as in a pot) which the gall dyeth yellow; and then through the Conduits *Ureters* (whereof each Kidney hath one by it self) descendeth into the Bladder, and from thence is ejected by the yard.

These Conduits or *Ureters* are whitish, hard, somewhat fleshy, and of the nature of the Bladder, whereby they may not suddenly be bruised through the sharpnesse of the urine, or through some other occasions. The substance of the Kidneyes is of a tight well compacted flesh, fashioned partly round, and not unlike to Oxe Kidneyes (the greatnesse excepted.) These Kidneyes be also through many causes, and sundry sorts of sore diseases infected, which the Grecians do call *Nephritis*, which is, pain of the Kidneyes. But this pain of the Kidneyes doth come of many causes, as of impostumes, with heat and cold, of the gravel, and the stone, and further of many diseases, and sharpnesse of the urine, whereof we will hereafter directly write and discourse. But here, before we go any further, we will make a general declaration thereof.

First, the learned do divide all diseases of the Kidneyes into three principall sorts: to wit, if they be subject to any bad complexion, whether they have it of themselves, or be compounded with other diseases. Secondly, if they be not as they ought to be by nature. If they from the time of their birth be too great or too small, or fraughted and laden with grosse tough slime which do oppilate and stop the conduits that do descend into the Bladder. Thirdly,

Thirdly, there may be also impostumes and ulcers. These three things may be very well compounded together, whereby divers diseases and pains of the Kidneyes may be caused. The causes of these foresaid diseases may be as well outward, as inward: the outward may be blowes, falls, unaccustomed exercise, hard riding, much going a foot, great heat or cold about the Kidneyes, to drink puddle water, to carry unused packs, excessive letherie, long use of diuretical meats, and drinks. The inward causes are a bad complexion, as if it be too hot, or too cold, too dry, or too moist, the putrifaction of natural seed or sperme, impostumes, and other pains of the Kidneyes. The signs be apparent of themselves, and to be known by the pain of each place, as if the same be small, mean, or great. This doth otherwhiles appear through pissing blood, or the water which is like blood, even as there were flesh washed in it. But if these diseases assail one with heat or cold, therefore we will also (according to our custome) discourse a little of it, and comprehend them in two especial points.

*Of the pains in the Kidneyes through cold and
moisture. §. 1.*

THe signs of the cold diseases of the Kidneyes, are they which have neither heat nor thirst, nor great pain, and their water is not high coloured, but is much in quantity, because the same could not be wasted through unnatural heat, which the Ague, winter, and the gravel augmenteth.

For these diseases, must first a good dyet be used. All grosse, slimy, hard meats, and all cooling things are to be eschewed, as Endive, Lettice, Cicory, Spinage, and Beetes &c. unlesse there be some hot things drest with them, as Parsly, Fennel, Comin, and such like. Fish that be sodden are not good for this, neither that which is drest with dough or milk, Cheese is also herein forbidden. Also cold clear water, thick red wine, and all fruits that make grosse blood, as Pears, Apples, Quinces, Chestnuts, Dates and such like. In all other things he may direct himself according to his old custome; but he must not swallow down his meat greedily nor unchewed, that the stomach be not cloyed.

Great exercise immediately after meat is hurtful unto him. He is to keep himself quiet one hour and a half after meat at the least, without sleep. Also all moist and cold dwellings are to be shunned, like as near to the earth, or such as be under it, or do lye near unto the water. But he is to provide himself of good clothes and of a good dry chamber. He must forbear all sorrow, vexation, anger, lying long upon the back, riding and such like.

Concerning the remedies, heed is first to be taken whether the Kidneyes be obstructed: but if so be that this be, and that the patient be young, full of blood, and strong, than is the Median vein to be opened on the right foot, and to let out about four ounces of blood. And afterwards this Clister following is to be set according to his age: Take Beetes and Coleworts, of each one handfull, boyl them as is accustomed: then take thereof about 16. ounces, and temper in it *Benedicta Laxativa*, and the confection of Bay berries, of each one quarter of an ounce, course Sugar and Cassy half an ounce, Salt one quarter of an ounce, oyl of *Sesamum* and of Lillies, of each one ounce and a half. temper them all together, and then minister this Clister one hour before supper; This foresaid Clister is alwayes to be used every other day, according to the ability of the person.

After letting blood, or after the second use of Clisters, then may this purgation following or such like be used: Take the confection *De Psillio*, and *Sebeste*, of each two drach. and a half: temper them in three or four ounces of the decoction of Parsly roots, and fast after it at the least five hours.

Or if you had rather have pills, then is the patient to take the pills *Fætida* one scruple, *de Hiera Composita* two scruples: make five or seven pills thereof, and take them early in the morning.

Immediately after purging is the patient to use this following one whole week or twain alwayes betimes in the morning.

Take *Syrupum Acetosum Compositum* one ounce, *Syrupum de Calamintha* half an ounce, Fennel, Annis, and Wormwood water, of each one ounce, afterwards drink this warm.

When these kinds of potions have been used, then is he to purge again after this manner: Take Aloe half an ounce, *Agaricus*, Coloquint, and *Bdelium*, of each one scrup.

Ginger half a scruple, *Sal gemma* five grains; form eight or nine pills of one drachme thereof, and take them betimes in the morning.

Or take the confection of Bayberries one drach. *Electuarium Indum* three drachmes, and a half tempered with wine, and used as before. This confection following is also good for this: Take the seeds of Endive, of Smallage, and of Sorrel, of each one drach. Millet one quarter of an ounce, Cinamon, Ginger, Cloves and Mace, of each one drach. and a half, *Oxymel Compositum* six ounces, hony of Roses three ounces, Sugar two ounces; temper them together, and take a spoonful every morning before meat fours hours, and so continue it the space of two moneths.

You have before in the twelfth Chapter and 11. §. a good juice against the yellow Jaundies, beginning, Take Gentian, &c. which is also very good for this purpose, But if you had rather have a confection, then take *Spec. de Seminibus* one drach. and a half, *Milium Solis*, Licorice, Cinamom, Ginger, Annis, and Fennel, of each half a drachme, white Sugar four ounces, being dissolved with Fennel water, make Tabulates of it; then take thereof three drachmes alwayes before meat, and that induring the space of a month. Savine drieth and warmeth well, it is good for the kidneyes, but women must not use it much.

The sirupes which be fit for this are these: to wit, *Oxymel compositum*, *Miva cydoniarum aromatica*, *Oxymel scylliticum compositum*, & *de Radicibus*: all these sirupes do deopilate the obstructions of the Kidneyes. The plaister of Bayberries is especially commended for the cold Kidneyes.

Irem, take Barly meal, Frankincense and Mastick, of each one ounce, Myrtle seed, Roses, Camomil, of each a like much, for to mrke a plaister withall, lay the same warm upon the Kidneyes. This plaister strengtheneth, drieth, mollifieth, and suppleth, and doth hinder that the disease cannot corrode any further: and it is very good to incarnate or to ingender new flesh.

For a salve, take oyl of *Nardus* one ounce and a half, Saffron and Pepper, of each half an ounce, the salve of *Aragon* one ounce, white Wax three drachmes: melt them, and make thereof a salve. With these salves is the patient to be very well annointed morning and evening in the warm Sun all over the the back bone.

Another: Take oyl of Rue and of Saffron, of each two ounces, the salve of *Aragon* 3. 3. temper them together, and let the back bone be annointed with it every evening and morning: and fume the back with *Laudanum*, and then lay a warm cloth upon it. Also to set boxing cups on the buttocks with picking is much commended for this disease, because that the veins which feed the conduits of the urine do there end themselves in the very buttocks.

And if so be then every such patient do recover his health through the foresaid remedies, yet is he notwithstanding to use the foresaid salve, and two or three clisters more. And if so be that the sicknesse will not avoide with this, then take Spelt, Millet, of each 3. handfuls, made very warm in a bag, and lay the patient warm upon his back thereon, until it begin to be cold, and then annoint him on his Kidneyes with this salve following made very warm: Take oyl of sweet Almonds, of *Coffus*, and of Lillies, of each one 3. oyl of *Euphorbium* one ounce and a half, Bears greafe, and Badgers greafe, of each one ounce, Hens greafe one ounce and a half, *Sagapenum*, *Steckas*, *Coffus* roots, Myrrhe and Saffron, of each one scruple, Wax as much as needful to make a plaister withall. If you occupy it, then warm as much as you mean to occupy at one time.

Of the pain of the Kidneyes through wind. §. 2.

THis pain doth not appear in one place onely, but spreadeth it self abroad, and hath no signs of any impostume, neither of the stone nor ague, for the pain is more after that one hath eaten well, then before, and it is especially augmented through windy things when the meat is half digested. Now for to remedy this pain through windy things, then must he beware of all kinds of Pottage, of Pease, of Beans, &c.

Item, from all manner of fruit, from Chestnuts, from Rice, from Ric bread, and from Beer; for all these do ingender wind in the body. Against which are all things to be used which be light of digesture and expel wind, as Annis, Fennel, Comin, Caraway, the seeds of white *Sesamum*, *Agnus Castus*, and Rue seed; likewise the confection of *Diacuminum*, *Diacalamintum*, is very good for this.

He is also to be outwardly anointed upon the place of the kidneyes with oyl of Rue, of *Costus*, of Lillies, and with oyl of *Sesamum*, and afterwards to wear this plaister upon it: Take Parsly, Smallage leaves and roots, white Watermints, Marjoram, of each one handful, Cumin, Caraway, and Dill seed, of each one ounce; beat them and drie them in the oyl of Dill and of Rue, then make a plaister thereof and lay it upon the kidneyes: it is not onely good for all cold pains of the kidneyes with wind, but also for the gravel and for the stone, and against all obstructions of the same which do proceed of cold.

Of the obstructed Kidneyes. §. 3.

Of these forementioned reasons may easily be discerned, that the most causes of the pains of the kidneyes be none other than coldnesse and obstructions: for this, cold applications may be used, as the Conserves of Marjoram gentle which doth open all obstructions of the inner parts. In like manner also conserves of Betony, confected roots of Pimpernel, Eringus roots, and Calamus. Of wines be fit for this, Elecampane wine, Hyssop wine, aromatical wine, and chiefly all spiced wine as Claret wine, and Hippocras.

Item, Betony wine, *Asarabacca* wine, and wine of Marjoram gentle. In like sort also all the distilled wines, or *Aqua vite* of these herbs, also Mead, and Hony water. But he is much to be restrained from all puddle wines; for that they not onely obstruct the Kidneyes, but also all inward parts; they ingender gravel and the stone. Item, there is also a potion described in the 12. Chap. and 11. § of certain roots decocted, which be also very commodious for this disease.

The great Treacle or *Diatessaron*, if it be known how to give them in good sort, are highly commended for this purpose. This powder following is also good and meet for to open the obstructions of the Kidneyes, and to expel the cold: Take Annis, Fennel, Millet, Smallage seed, of each one quarter of an ounce, *Spicaromana* half a drachme, Licorice three drachmes, dragagant, Gum of the Cherry tree, of each one quarter of an ounce: beat them to powder, and take thereof about the second day alwaies one drachme with wine.

This sirupe following hath an especial propertie in deoppilating of the obstructed Kidneyes: to wit, *Miva citioniorum*, *Aromatica*, and *Oxymel* of Squils with other more, described before.

The Simples which do open these obstructions, be Agarick, Saxifrage, *Milium Solis* Parsley of Macedonia, or stone Parsley, white Mustard seed, Nettle seed, red Rease Porage, Fennel roots, Parsly roots, and roots of Sperage, of Smallage, and of Butchers broom, *Spica nardi*, *Spicaromana*, water Cresses, garden Cresses, and Pingles; the compounds are *Discalaminthum*, *Electuarium Ducis*, and *Philantropon*.

For all pains and obstructions of the Kidneyes I have used my vomiting potion with good successe, mentioned in the third part, Cap. 11. §. 4. this I have given twice in one week, according to the state of the Patient. And I have prohibited the party from milk and from all diuretick medicines.

Of the pain in the Kidneyes through heat and dryth. §. 4.

The signs of these hot diseases of the Kidneyes, are such as that they may be perceived by the heat in feeling, and all cold things are welcome to the Patient, and hot things contrary unto him, unlesse the fulnesse of the body doth hinder and let them.

The patient hath also a great thirst at all times, and a bad stomach: his urin is very little and high coloured, there swimmeth otherwhiles some fat upon it, and the rather in cholerick, and hot men: with the hot pain of the Kidneyes is more danger than with the cold: Therefore must one with all delay proceed forward without all necessary remedies: and that much rather, for that through the foresaid heat (which is mixed with a tough thick phlegmatick matter) the stone of the Kidneyes might easily grow, wherein first the Liver vein is to be opened, afterwards the *Sapha*, and such Clusters to be ministred as may cleanse the guts, that is, such as be decocted with Quinces & Dates. This following is to be oftentimes used: Take Goats milk twelve or sixteen ounces, melt in it Goats suet one ounce, oyl of Roses two ounces, and use them as the other. For preparative potions you

you are to make this. Take Lettice, Purslain, Liverwort, Shepherds purse, of each one handful, the seeds of Lettice, of Purslain, Endive, Roses, Butchers broom seed, Barberries, water Lillies, Burnt Ivory, red and white Saunders, of each one quarter of an ounce; Sugar, twelve ounces, then make a sirupe of it. You are afterwards to purge with fowr Dates, with Cassie, with *Manna*, and with *Succo Rosarum*.

Also for this (like as in the pain of the Kidneyes through cold) is needful a good order of dyet. Therefore is his dwelling to be high from the ground, and not on the water, but to open towards the East and the North, and not towards the South or against the West. His clothes are to hang loose about the body, and not girt tight or hard. Venery is very hurtful for this disease. Out of these foresaid reasons may easily be noted, that sore labour is hurtful; as to ride hard trotting horses, to go up hills and stairs, and that chiefly after meat. Notwithstanding moderate exercise is more commendable than to sit still utterly unoccupied. Also anger, heaviness of mind, and all other motions of the same are to be eschewed. One must not eat too much, for this sickness is caused most of all through overcharging of the stomach, or gluttony; sleeping or waking must also be moderate: for to use too much of either of them is hurtful. But one must chiefly refrain from lying much upon his back, for thereby will the humours sink much towards these parts: therefore is the first sleep to be done on the right side, and then finish it on the left side. To his meat and drink must be taken some more heed: he must eschue all old and unleavened bread, old flesh, and all herbs which make grosse humours, as Beets Coleworts, &c. All hot and tart meats, as salt flesh, Garlike, Onions, Leeks, and Radishes shall he forsake. In like manner must he not use the things that do vehemently force urine; as Fennel, Parsly, Smallage, and such like. But he may not eat bread which is light and leavened, and is two or three daies old, Hens, Pullets, young Pigeons, Fefants, Partridges, &c. will be his best meats: but he must forsake all water fowls. Young Bucks flesh, Veal, Lamb, young Mutton, Conies Hares, and wild Swines flesh may be eat very well, and especially young Hogs flesh is much commended for this disease. The fruits and herbs are Barly pap, wheaten pap, Coleworts, Spinage, Gourds, Cucumbers, Melons, Apricocks, green Fennel, and above all Sage and Betony. And in fine, all that hath a saltish and opening power, and not hot above the second degree, all sorts of Cherries, and especially the kernels of the same, be good for to cleanse the Kidneyes, and to break the stone. In like manner also Hasel nuts, fresh Almonds, and Figs that be well dryed, and Raisons be altogether much commended. This Patient may eat fowr Apples (but no sweet) and also Peaches. He must refrain from Pears (if they be not very sweet, and the stones taken out of them;) Pistaces, Pingles, (and sometimes nuts) be commended: but Chestnuts, Medlars, and Services are hurtful. Of all milk Sheeps milk is the very best for the Kidneyes, and next to that Goats milk: but above all other, the whay of milk. But the first milk after calving or *Colostrum* must be eschewed, except that of Sheep and Goats. Butter is not much commended, but Sallet oyl is much more requisite. Cheese is utterly to be refrained, for it hath an especial nature to ingender gravel, unlesse that it be permitted otherwhiles for custome sake, and that it be Cheese of a year old, which is dry, well salted, and not rotten. And alwaies in the end of the mealtide, of confectioned fruits, Olives and Rapes of Brimswick are most healthful, and *Sisarum*, Quinces, Ginger, Walnuts, conserves of Piony, of Butrage, Buglosse, of Roses, water Lillies, and especially of Cicory, which do open the obstruction and cleanse. Item, Vinegar, the juice of Citrons, of Lemons, half fowr, half sweet, Pomegranates be also very meet for this malady, but Verjuice is forbidden.

Of spices and seeds these are good, Cinamom, Pepper, Ginger, Saffron, Annis, Caraway, Lovage seed, *Ameos*, Rue seed, but a little of each for meats.

The drink for this Patient shall be white wine, or red wine which is not hard nor fowr, but of a good and pleasant tast. The Cherry wine doth not onely cool and moisten alone the Kidneyes, but also the inward parts of the body, therefore may the same be freely drunk. Preserved Cherries do also the same.

Thus much have we meant to speak of the order of dyet for those that be plagued and vexed with the Gravel, which may be augmented or diminished according to the quality of the cause.

How

How to assuage the pain in Kidneyes. §. 4.

VVE will speak now first of all of some particular things which have a secret vertue for to conveigh the medicines into the Kidneyes and Bladder: viz. Saxifrage, *Milium Solis*, Parsley of Macedonia, and stone Parsley, *Cantharides*, the roots of Fennel, Sperage, and Butchers broom feed, of Melons, Gourds, Cucumbers, and Pompeons. These following have power for to cool the Kidneyes: viz. Lettice seeds, the seeds of Purslain, Endive, white Pepper seed, Tassel, juice of Quinces, broad Plantain, and such like:

The compounded things are the sirupes of water Lillies, of Vinegar, and all that coolth the Liver and the Spleen, whereof is written before. Afterwards you have in the third part in the beginning of the eight Chap. sundry things which are also good and very meet, therefore are you not to leave them unread. But if you will have yet more, then look what is written of *Diabete*.

If any body then do meet with this disease, or fear to get the same; then must he take the utmost green pills of Beans, and distil water of them, and drink thereof two ounces tempered with Sugar. Other do temper amongst it as much water of Hounds tongue, and so use it every day. Take oyl of Violets, of water Lillies, and such like cooling things, and annoint therewith the Kidneyes.

You have also in the beginning of the foresaid eight Chapter, a salve called *Anodyna*, which asswageth all pains. Item, take the Oyl of Violets two ounces, Oyl of *Sesamum*, and of sweet Almonds, ana. ʒ. i. β. Butter, ʒ. i. Saffron, ʒ. i. β. Wax, ʒ. i. β. Dill seed, Cammomil, Ducks grease, ana. ʒ. β. three yolks of Eggs; temper them together, and make a salve thereof.

Another. Take Eldern oyl, ʒ. i. oyl of Roses and of Violets, ana. ʒ. β. Ceruse one ounce and a quarter, Rose water, ʒ. i. two yolks of Eggs, Wax, ʒ. 5. The oyl and Wax must be molten together; and let them seethe a little: when it is almost cold, then mix the other things amongst it; and at the last the two yolks of Eggs, and ten drach. of fine Bolus, and afterwards stir it well about. This salve is marvellous good for all our heated Kidneyes, and especially if one after the annointing do lay water Lilly leaves upon it.

Likewise doth the Saunders salve expel all hot matter and distemperature of the Kidneyes, like as same is described in the sixt Chapter and i. §.

Item, take the Saunders salve, and of that which is called *Comitissa*, ana. ʒ. β. oyl of Violets one quarter of an ounce; temper them all together and annoint the Kidneyes with it twice or thrice a day.

The Rose salve which is described in the first part, the second Chapter and first §. and other more which be noted in the second Part, the fourth Chap. and 3. §. are all together meet for this purpose.

Item, take Roses, Purslain. of each one handful, seeth them in Cow milk, and stamp them to growt: add unto it red Saunders powdred, ʒ. 2. oyl of Roses as much as you will for to make a salve of it.

Item, take oyl of Olive and fresh Butter, ana. ʒ. β. the juice of *Veronica*, of *Milium Solis*, and Marjoram gentle, ana. ʒ. 3. let them seeth together until the juice be consumed. This salve is much commended. Or take foresaid herbs, and seeth them in oyl or grease and wring them through a cloth.

Take Rose water and oyl of Roses, ana. ʒ. i. Vinegar one spoonful, the white of an egg, and bray them well together, and lay it blood warm over the Kidneyes.

If the pain will not thereby be eased, then let him wear a leaden plate, full of holes, upon the Kidneyes continually: it taketh away the heat and Venery: If one perceive any gravel in the Kidneyes, then cut a Radish in thin slices, and frie it in Goose grease, and lay it on the Kidneyes. In fine, for all such inflaming of the Reins, there is nothing better then to bathe, and chiefly in all such waters as do run over iron mines. You are also to look how to strengthen the stomach in this disease: look for that in the eleventh Chap. and the 4. §. unto the end thereof, where is shewed at large what strengtheneth the stomach with heat or with cold. For this also is convenient all that hereafter shall be written of the gravel and the stone of the Kidneyes.

Of an hard Impostume in the Kidneyes. §. 4.

THe Grecians do call this disease *Scleros*. The same may also be caused through two manner of means : First, if the matter of the impostume begin to harden through great heat, and to alter into a stone : Or that at the first it be an impostume of Melancholick humours, which is especially caused of cold that hardneth the matter. The signs of the said impostumes are sorenesse, or heavinesse about the place of the kidneyes with little or no pain at all, whereby the members do grow lean. The urine is wholly clear, raw, and very little : and although it be (as many famous Physitians do affirm) that this disease is not to be holpen, yet are you to use all things for it which be hereafter described for the hardnesse of the Milt and Liver. And first of all, he is to be purged, the *Saphea* or Liver vein is to be opened, and afterwards the Kidneyes to be anointed with Hens grease : with the marrow of Neats feet, or with the salve *Althea*. And afterwards this plaister following is to be applyed upon it : Take Linseed, and Fenegreek, of each five drachmes, Mallows, Hollyhock seed, Dillseed, and Cammomil, of each half an ounce, Gum, *Bdellium*, and Turpentine, of each three drachmes. First, dissolve the Gum in warm water, afterwards temper the rest amongst it, and so make a plaister of it. If so be then the Patient have any want of stools, then is Cassie or Manna to be used for it. This disease of the Kidneyes doth make also oftentimes that one cannot hold his water, yea that otherwise it passeth away from the Patient unwittingly in his sleep, whereof we will hereafter speak and discourse apart.

Of impostumes and ulcers in the Kidneyes. §. 7.

VHat difference is between the impostumes and ulcers of the Kidneyes, it is sufficiently declared in the eleventh Chap. and 29. §. because that the Kidneyes be subject to both of these maladies. Therefore we will discourse of them severally, and speak first of the impostumes, and therewith also shew all that concerneth both these diseases.

Notwithstanding that both these diseases, of *Hippocrates*, or *Galen*, and of all other learned be thought to be incurable, or that at the leastwise the same could not without great industry and long time be holpen ; for which they alleage many reasons ; yet are there neverthelesse many kinds of means found, whereby the pain may be asswaged. And if so be that they do not grow and wax worse. Now then concerning the outward remedies of this disease, you have for it salves, plaisters, and other means before for to lay upon it, wherewith is this remedy also much commended : which is, that one is to lay tow over all his privities, being wetted in the brayed yolks of Eggs, and to refresh and renew the same often.

We must also speak here somewhat of the causes of the impostume, and shew first that the Kidneyes and the bladder in this pain do depend so much one upon the other, that they cannot be discerned one from the other : therefore all that we shall write hereafter is fit for both these parts.

These foresaid impostumes may proceed as well out of cold as hot matter, which cometh to fall upon the Kidneyes and the bladder, and there to assemble. But if any outward cause do happen unto it, as blows, fallings, and such like, that must be learned of the sick person. If the impostume be in the Kidneyes, then is there great pain in the same place, the Patient cannot make his water, and there is a small Ague with it. Or if the disease be in the bladder, then doth there arise a very painful swelling about the privities, like to womens pangs in childbed, chiefly if there be a hot matter, which causeth also an ague. And if this do come through cold, then is the pain and the ague more tolerable, but the making of water very grievous, and this disease lingreth long. But in case that the impostume be in the right Kidney, then doth the pain draw upwards : or if it be in the left Kidney, then doth the pain stretch downwards even to the bladder ; the Patient hath one while cold hands, another while cold feet : and his legs on the same side will be for the most part asleep. Also the sick person cannot lie upon the whole side, but must lie upon his back, or his side where the malady is. There doth come also oftentimes great binding of the body, with the first headach, watching, rednesse

ness of the eyes and face, heavy breath, and especially if the impostume be in the membranes. And if the Patient do stir himself forcibly, then thinketh he that the impostume hangeth or sacketh.

But before we come to the remedies, there be certain rules which are to be observed in such like impostumes. First, in the beginning he must beware of giving too strong purgations. Secondly, onely laxative things are to be used: as Violets, Castie, and such like. Thirdly, if so be that the Patient be plethorick of body, you must open the Liver vein or *Saphea*. Fourthly, there must not be given unto him, so long as the impostume is not ripe, any thing that forceth urine; for thereby would the humours be driven to sink the more vehemently upon the Kidneyes, or into some other part of the body, whereby the disease might be increased. Fifthly, one must endeavour that the humours which do flow towards the kidneyes, may be conveyed into the outermost members. Sixthly, and that by reason that the kidneyes should not harden. Seventhly, when the impostume is teorow ripe (which may be perceived by the urine) then is there to be given him diuretical and strong things. Eightly, if the body be bound, then must he not be let blood; likewise also if he have too many stools; but all accidents are to be prevented and watched before. Ninthly, because that the Kidneyes be so far distant from the neck of the stomach; therefore are the medicines which are to be taken by the mouth, so to be composed, that their vigor, through so long a distance and passage, be not enfeebled and abated. Tenthly, all they that have any disease in the Kidneyes, are to eat and drink but little, chiefly if there be many humors in the body present. Eleventhly, if so be that the disease of the kidneyes may be holpen with any mild things, then must there be no strong things to knit and draw them together that they cannot come to any corruption. Therefore are temperate things to be used unto it, and warm and cold things to be mixed together.

Of the impostumation in the Kidneyes through heat. §. 8.

AND for to come to the remedies; if so be that this impostume be caused through heat, then is it first to be opened with Clisters, as hereafter followeth: Take Mallows, Viole leaves, and Hollihock roots, of each one handful, Linseed, Fenegreek seed, ana. \mathfrak{z} . 2. see the them altogether, and take of this decoction 12. or 16. ounces, oyl of Violets, \mathfrak{z} . 3. oyl of Roses, \mathfrak{z} . 3. for to strengthen the Kidneyes: make a Clister thereof, and you are to use the same 3. or 4. times, if it be needful: Or take Barly water alone with the foresaid oyl, or Sallar oyl. But if there be any lask or scouring with it, then use binding Clisters, and such as do strengthen the intrails, whereof every be divers discovered.

Also the liver vein is to be opened in these sick persons on the same side, and that in the arm where the disease is.

Secondly, if the Patient may sustain it, the vein is to be opened in the hams or bending of the knee. Or if it be not to be found, then to take or open the *Saphea*, and that alwaies in the side where the impostume is.

Afterwards cooling salves are to be used, or those plaisters to be laid upon it which we have lately described. And if the sickness come to diminish therewith, then is it a good sign: but if the pain and the Ague do continue stil, and the Patient cannot make any water, or that it passe too exceedingly away from him, then is a sign that there is an assembly of corruption in the Kidneyes, against which you have also a note before, what is to be done in these hot kind of accidents.

For this is this plaister following good: Take Roses, \mathfrak{z} . 1. the seed of Purslain, and white Poppy seed, ana. \mathfrak{z} . 6. Sallar oyl, \mathfrak{z} . 1. Barly meal as much as will suffice for to make a plaister.

Item, take pounded Cammomil, and Linseed oyl, of each one ounce, oyl of *Sesamum* four ounces, Bran as much as will suffice for to make a plaister; these being made, apply them on the Kidneyes. Item, take the slime of Fleawort, and of Quince kernels, of each one quarter of an ounce, oyl of Roses two ounces, Endive water six ounces, the seed of Purslain, of white Poppy, and Vinegar, of each half an ounce, Barley meal as much as is needfull for to make a plaister.

Item, take Hollihock roots, and Mallow roots, of each one handful, fresh Figs one ounce, the marrow of Veal bones, Butter, and Ducks grease, of each half an ounce, oyl

of sweet Almonds, and of Camomil, of each one ounce and a half, Camomil and Balm flowers, of each half an ounce, Barly meal, and wheat meal, as much as sufficeth for to make a plaister. This pap or plaister maturateth all impostumes.

In the beginning of these impostumes give the sick persons Barly water or Mead to drink, the water of Melons and Pompeons, tempered with Barly water the space of one week. Other do ordain this drink: Take the syrup of Violets, the musilage of Fleawort, and Mallowses, of Hollihock roots, and the seeds of Cotton, of each half an ounce, Reisons (the stones taken out) one ounce, Licorice three drachmes, Sugar eightene ounces; then make a syrup of it, and temper a little of the juyce of Nightshade with it, and drink it so with Barly water.

This syrup cooleth, and therefore it is very good against the Ague, which is alwayes present with this hot impostume: and relaxeth, clenseth, and asswageth the pain. Afterwards is the body to be purged with Cassy, sower Dates, Manna and such like.

The Dyet.

All such Patients as have a hot impostume in their Kidneyes, must (as is said) keep themselves very sober in eating and drinking, and must eat none other but Barly paps, Hen broths made sower with Verjuice, stoved Spinage, Mallowses, Orage, Lettice, Burrage, Almond milk, and young Pullets decocted with Gourds, &c. And this is to continue so long, until it be openly seen and known that the impostume is ripe. If so be then the patient between meales be troubled with any great thirst, then must be given unto him sugred Barly water to drink. But if so be that the Ague be very small, and that the impostume be through cold *Phlegma*, then must he rather drink Mead. But if there be great heat with it, then must he leave flesh, and Wine, alwayes at the first.

But if the same be caused through cold, then may watered wine be allowed, but no flesh, at all, chiefly Pork and Beef: also Cheese, Pease, Beanes, unleavened bread, and Rice, be forbidden. But all field fowles, reere Eggs, river fish, drest with Parsly rootes, and salt, are permitted for him.

Of Impostumes in the Kidneyes through cold. S. 9.

WE have admonished before that all such impostumes of the Kidneyes may also proceed of cold, and wherby the same may be knowne. For this impostume are Clusters fit to be adhibited, and then to make afterwards this potion following.

Take water Mints, Hyssop, Wormwood, rumbled Mints, Reisons, Ireos, of each one ounce, Caruway, Fennel, Endive, small Endive, of each one quarter of an ounce, Licorice, half an ounce, Hony nine ounces, prepare it then, and use it as other potions.

And if so be that after eight dayes there be many humors present, then first open his Liver vein, afterwards the *Saphea*, and purge the *Phlegma* with *Diatriach*, and use Clusters of herbs, which be mentioned in the first potion: but put Mallowses unto it, Hollihock roots, and Camomil: also oyl of Camomil and of *Nardus*. After the taking of this Clister, the Patient is to lye very high with his taile, that the Clister may the better run towards the Reines.

Of the Exulceration in the Kidnies. S. 10.

These Exulcerations may as well come in the Kidneyes, as in any other places of the body, wher they with their matter and corrosion do take away the natural operation of the Kidneyes. The causes of these ulcers may be blowes, falles, wounds, and such like: as also blood, and other humors, which descend thitherwards, and do there exulcerate and open the Kidnies and the bladder through their sharpnesse.

Item, if that any impostumation of the Kidneyes be not throwly healed: Item, through the gravell and the stone that do bruise the Kidneyes within: also of the use of all hot meats and Spices, and of eating salt, and by doing over great labour in the heat of the Sun. All these former causes may ingender some sharp humors which fall afterwards upon the Kidneyes, and there do corrode and exulcerate them.

The

The signs of these ulcers are corruption, and blood, with tough slime, as if they were small veins peeces, as it were flesh, which do passe away with the urine. If so be that there be any heat with it, that is knowne by the thirst and by the feeling. The signs of the Stone are to be found in their proper place.

If so be that the disease of the Kidnyes and the bladder, with other more such like diseases, do agree so neer together that the same may be hardly discerned, yet we will nevertheless discover certain especial signs of it.

For the diseases of the Kidnyes there is no grief in making water, like as there is in the disease of the Bladder, wherein the water is made with pain and longsome. In the ulcers of the Kidnyes are alwayes found in the urine small peeces of flesh like small red Corans: where to the contrary, in the ulcers of the Bladder, there avoid great and white peeces.

If so be that any skalinesse be pist out with blood, and corruption which stinketh, then doth such come out of the Bladder: like as contrariwise, that which cometh from the Kidnyes doth not stink. In the exulceration of the Bladder is losse of a little blood: but in the ulcers of the Kidnyes much. If so be then that the Kidnyes have any disease, then doth the Patient feel pain about the Reins: and in the disease of the Bladder, there doth the Patient feel pain above the privities. The corruption which cometh out of the Kidnyes is mixt together with the urine, and doth settle in an hours space not to the bottome of the glasse: where contrarily all that which cometh from the Bladder doth separate it self forthwith from the urine, settling to the bottom of the glasse. We are also to alleage certain common rules for this: as first, if there be any young cholerick person which feeleth pain in the water conduits, that the same must be forbidden Wine. Secondly, for as much as these ulcers do chiefly proceed through the falling down of any sharp humors, then it is needful that their sharpnesse and heat be allayed with sweet things. Thirdly, one must refrain from all hot, sharp, salt, bitter, and fowr things, and to use all that is to the contrary of them. Fourthly, to drink too much, whether it be Wine or Beer is hurtful that one be not thereby constrained to make much water. Fifthly, Venery, great labor, and exercise, be very hurtful for this disease, for that the parched Kidnyes cannot be throwly healed without rest and quiet. Sixthly, if so be there be nothing that may hinder the letting of blood, then is the same very profitable, as be also all great purgations. Seventhly, by reason that vomiting maketh the matter to have recourse unto another place, therefore is it not to be taken to be unprofitable for this disease. Eightly, if there be great pain with this ulceration, then must diligence be given first to assuage the same pain, and afterwards look well how to cure and cleanse this disease. Ninthly, for to heal this disease, one must first begin with things which provok urin gently, whereby the Kidnyes may be a little cleansed. Tenthly, all medicins which are to be taken for the diseased Kidnies, whether it be by vomit, or otherwise, must be alwayes done fasting, and he must also fast long after it. Eleventhly, after the mundification of the ulcers, astrigent and healing things are to be taken tempered alwayes with exsiccativē medicaments.

Thus for to heal these ulcers these are the right means: if so be that the Patient be hard bounden, then is he to be loosed with gentle Clisters. Accordingly, if he be full of blood, he must first have his Liver vein, and afterwards the *Saphea* to be opened. For his drink, the Patient is to use Hony water, or make this drink following: Take twelve ounces of peeled Barly, Fennel roots, Smallage roots, and maydenhair, of each one handful: seethe them all together in two pots of water untill that the Barly be well swollen. Afterwards take twelve ounces of Hony, and boyl it all together with the foresaid decoction, but scum it well, and drink thereof.

If so be that the ulcer be great, and that there be need of stronger things, then put Ireos, Hyssope, and Horehound, of each two ounces, and a good pint of water more. But if there be but a small ulcer which hath not long continued, then take Mallows, Hollihock seeds, the seeds of Melons and of Pompeons, of each a like much. But you peelee the seeds, and give thereof three drachmes at one time tempered with Mead. Afterwards shall he urge himself to vomit once every fourth day. Let this much suffice, as briefly spoken of the ulcers of the Kidnyes.

Of the Pissing of Blood.

FOR as much as this pissing of blood may be caused as well of the ulcers, in the Kidnies, as in the Liver, therefore we will describe it here in this Chapter. The pissing of blood is of two sorts: the one, when one pisseth fair clean blood: the other, when the same is mixed with matter or corruption. This pissing of blood, cometh of inward and outward causes. The outward may be caused through falles, blowes, strong riding, insatiable venery, great labour, of certain meats, and drinks, wounds, of a course of melancholick humors which are wont to be driven out through womens Terms, or through the Pyles. Of the inward causes are superfluity sharpnesse of humours and of the urine, winds, tumors, impostumes, debility of the Kidnies, and of the Bladder: then doth he feel the pain about the privities, and the blood is congealed, and separated from the urine. In case that the blood be much, and runneth out swiftly, then doth it signify a broken vein: but if it come out slow or longsome, then an ulcer: but if the urine be like water wherein fresh flesh is washed, then it is of a weakned Liver: and if so be that it do come of a superfluous blood, then is the same to be seen by the fulnesse of the body: but if it come through the sharpnesse of the humour, then doth the Patient feel a continual burning. But before we do come to the particular remedies, it is needful that we do make declaration of certain common rules. First if so be that the malady be new, then above all things is the Liver vein to be opened, and afterwards (if the cause require, and that the Patient be strong enough) the *Saphea* is to be opened, thereby to drive the blood to another place. Secondly, in the beginning are not astringent nor binding things to be used, that the blood may not congeal and coole, but he must first begin with such things as do cleanse the water conduits. Thirdly, if this pissing of blood do come as an expulsion of superfluity, or *Crisis*, then is it not to be stayed, if it be not so that thereby the natural powers be overmuch weakned. Fourthly, whensoever the pissing of blood, whether it be caused of the Liver, Kidnyes or Bladder, is thoroughly cleansed, then is the same blood to be holpen with cold and astringent things, and to mix amongst them Anodines. Fifthly, all such Patients, are to eschew all great labour, venery, hot drinks, all spices, and all hot things. Now for to come to the remedie of the same, then it is to be considered whether this pissing of blood do proceed of outward causes which may well be perceived by the sick person, and is also to be remedied. First of all, whether this pissing of blood have continued long or not. Of the pissing of blood, one must begin according to the contents of the other rules, with the cleansing of the ureters, which is to be done through these meanes: Take Maidenhair four handfuls, Melon seed one ounce and a half, Sugar and hony, of each nine ounces: make a cleer syrup of it, and give it with water wherein Melon seed is decocted.

Another which is very good. Take four handfuls uof Cincofoile, Sugar nine ounces: see the herbs in sufficient water, then wring it, and with Sugar make therof a syrup. This syrup is to be given with water wherein Plantaine is decocted: this syrup healeth and cleanseth certainly.

If any one fall or be beaten, whereby a vein is broken in the body: the Liver vein is then to be opened, for that thereby the blood will be drawn back which doth run out of these places. but if that the blood do avoid in abundance, and the Patient be strong enough, then is the *Saphea* to be opened the second day afterwards: and to the end that the blood which lyeth clotted in the water conduits might be carried forth, then give to the sick body a potion wherein Fennel roots, the roots of Smalage, Dragons roots, Ireos, Hyssope, Maidenhair and Ciceres be sodden, afterwards one drachme, or one drachme and a half of *Trochisci de Carabe* may be given him with water wherein the seeds of Butchers broom and such like is decocted, or the *Trochisci de terra figillata*.

For this is also meet the confection of *Phylonium Persicum*, but it is not to be used without the advice of a learned Physitian.

Some do also take three quarters of an ounce of the conserve of Roses, and temper amongst it seven grains of Henbane seed, and two scruples of prepared Corall, which may be used with steeld water. It is also very fit to use otherwhiles one ounce, or one ounce and a half of Cassy, and chiefly if there be heat withit. We have spoken before of the letting of blood, and thereupon are to give to this sick person a profitable purgation of

of Rubarb in substance which is deaten, and not wrung out, but in powder of Plantaine water; afterwards give him one drachme of beaten Horsetail, and one quarter of an ounce of Plantaine water, and strew all his meats with the same water.

All his flesh is to be sodden with Butchers Broom seed and unripe Grapes. He is alwayes to beware of all sharp, tart and salt things, and lay a plaister on the place of the malady made of *Bolus* and the juyce of Sloes, *Aloe*, *Licynum*, Vinegar and Rose water. If you will have more remedies, then looke into the former §. of the impostumes and ulcers of the Kidnyes.

And although all the same were caused of other meanes, yet shall you find also three remedies fit for the same. And if so be that this bleeding be caused through sharp meat, or any composed wind, then is the Patient to order himself as of the letting of blood, and taking of the foresaid *Trochisci* is before said. But if there be any impostume or ulcer of the Kidnyes with it, that may be seene by the matter and blood: therefore have you hereafter all that is requisite for the pissing of matter.

Let the Party be purged with some gentle medicine as *Cassia* newly drawne, *mechoachan*, *Manna*, or the like.

Then I have used my Mastick pils made of Mastick and venice turpentine sodden together: but above all, the powder of bole-Armenike, drunk in sheeps milk is to be used.

If any man pisse matter. §. 12.

THe pissing of matter must proceed out of the bladder, Kidnyes or some of the uppermost parts, as from some ulcer of the sides, ulcer of the lights, the Liver &c. the which may proceed from some outward causes, as of blowes, falles, woundes, strong diureticall medicines, and such like. the inward causes may be unclean impostumes, ulcers, superfluous, tough and grosse humours, wind or stone, which do settle there and make some excoiation. The signes of these accidents may be perceived easily by the pain of the same place and by the declaration of the Patient.

This infirmity is thus to be holpen. take peeled Melon seed, Cucumber seed, Gourd seed, and Pompeon seed, of each one ounce and a quarter, fine Bolus, *Gummi Arabicum*, Frankincense, and Dragons blood, of each five drachmes, *Opium* one drachme and a half, the seed of Smalage one drachme: make Trochiskes thereof with the muscilage of Quince kernels, and give the sick folks every day the weight of one quarter of an ounce with the syrup of Poppy heads. For this is also to be used consolidating and mundifying things, as hereafter followeth: Take peeled Melon seed, the seed of Hollihocks, and Nightshade, of each half an ounce, Bitter Almonds, Pompeon seed, fresh Maiden hair, Ireos, and Licorice, of each half a drachme: make a confection thereof with Sugar, or with clear hony. For mundification are also fit, Barly meal, mead, the decoction of figs, of Hore hound, and maiden hair decocted with milk. Now for to heal, you are to take great and small Comfrey, of each one quarter of an ounce, Dragons blood, Frankincense, Mastick, and fine Bolus, of each one drachme, parched Rubarb, the juyce of Sloes, and Myrtle seed, of each half a drachme, Indie *Spica* half a scruple, Sugar as much as you please, make a confection thereof.

This syrup following may also be prepared: Take Licorice one quarter of an ounce, Maiden hair and hounds rib, of each two handfuls, Peeled Melon seed, Pompeon seed, Cucumber seed, and Gourd seed, of each one drachme, white Poppy seed, Hollihock seed, and muscilage of Quince kernels, of each half an ounce, Dragagant and Gum, of each three drachmes, Rubarb, Roses, of each one ounce and a half, white Sugar nine ounces make a clear syrup of it. The *Trochisci de Alkekengi*, which is of winter Cherries, are surpassing good in this disease: and not onely for this, but also for all other diseases of the Kidnyes: give one drachme thereof, or one drachme and a half with Goats milk or Plantaine water. Also for this disease is Hony water to be spouted into the yard, and when the Patient hath kept it in a certain season and pist it out again, then is this following to be used: Take Ceruse, *Sarcocolla*, Gum. Frankincense, *Opium*, Dragons blood: of each half a scruple, temper it with four ounces of wofans milk, and spout one ounce thereof at one time through the yard. In like manner shall he drink Radish water, and water of Horse radish, or spout it in. For this must also this order be observed, to wit, that he now use consolidating, and then again mundifying things, and doe alter them according as occasion serveth.

Item, take oyl of Roses two ounces, oyl of Myrtle, and the juice of Plantain, of each one quarter of an ounce, *Trochiscorum de Terra sigillata, de Carabe*, of each one drachme, Vineger one quarter of an ounce, Wax as much as is needful for to make a salve. This salve for the pissing of blood and water, is to be rubbed on the place of the Kidneys, and also round about the privities above and beneath, being rubbed well in, and then well covered with warm clothes.

Of outward Ulcers of the Kidneyes. §. 13.

THese Ulcers outwardly in the Kidneys, are wont to be caused if one lye upon his back, then are the places of the Kidneys red, and do come to exulcerate. Now when this is perceived, then is there a plaister to be made with the meal of Miller and with Pannick meal, and be laid thereon, and then are you to strew it with Willow leaves, and to moisten the heated place with cold Rose water, or to lay any cooling things upon it. These salves following are also meet for this, viz. salve of Ceruse, Poplar salve, Sanders salve, and other cooling salve of *Galen*, vine leaves steeped in Rose water; and thin beaten Lead also which is full of holes, worn upon the reins. Item, take oyl of Roses tempered with a little vinegar and laid upon it. If that there do then appear bladder or blisters which do break open, then are they to be cured with cooling salves, and dried up with the salve of Ceruse or *Album coctum*.

All these foresaid sicknesses and diseases are the true messengers of the most grievous disease of the Stone or gravel of the Bladder and the Kidneys, whereof we will hereafter further discourse and write. But we will first of all prescribe a brief order of dyet for all them that be infected with these terrible diseases, as the pain of the Kidneys, impostumes, and ulcers.

The order of Dyet. §. 14.

ALL meats of milk, of wheat meal, of the crums of bread, barley paps, oaten paps, are very commodious for this disease. In like manner all field Fowles which are to be eaten, as Partridges, Pheasants, Doves, Turtle doves, Kids, and young Mutton. if it be utterly without an Ague: but if so be that there be a great heat with it, then is he to use Melons and Peaches which be very ripe.

Hasel Nuts, Almonds, Pistacies, Pingles, and such like may he also eat. Item, young hens, reere Eggs, hen-broth, wherein Purslain, Lettice, Melon seed, Pompeons, Gourds, Cucumbers, or any other cooling things have been sodden; all River fish that have scales, frayed, are to be tolerated. Green herbs, as Orage, Mallôwes, Purslain, and Lettice, are also very meet for him. His best drink were indeed Barley water; but if he will drink Wine, and so there be no Ague with it, then may he drink good thick red Wine tempered with water. Asses milk is marvellous good for him; and if the same cannot be gotten, then may one take Goats milk. It is before admonished that every such Patient is to beware of all sharp, hot, bitter, and sweet things, and chiefly of all fruit, whether they be green or dried.

The seventeenth Chapter.

Of the Gravel, Sand, or Stone of the Kidneyes, and of the Bladder.



His stone or gravel hath his principal off-spring in the Kidneys, in the Bladder, and seldom in the hollowesse of other inward parts, as of the Liver, &c. The cause of it, is commonly by inheritance, like as the Gout or Podagra, the Leprosie, and other more. Also these diseases do come through a weak stomach and Liver, that ingender much tough and grosse slime. In like sort also of a foggy ayr, surfeiting by meat or drink, the feeding of overmuch slimy meats, the which do obstruct not only the Kidneyes, but also all other inward parts, as hath been said, and hinder them that they cannot have their right operation: the

the which may evidently be seen in young children, which are most subject to this disease, for that they eat much milk, whereby the stone and gravel is most of all ingendred, of which the grossest sinketh into the bladder with the urin, where the same lyeth and dryeth, and is confirmed to the hardnesse of a stone, like as we for example cannot otherwise liken this foresaid grosse matter of the stone, then with the matter of a tyle stone, which is first a weak tough slimy earth, afterwards dryed, and at last burnt and baked in an oven to a hard stone. The stone of the bladder differeth also much from the stone of the Kidneys, for it is whiter, harder, and greater then the stone of the kidneys.

This foresaid stone or gravel is known by these signs. Lie he in the Bladder? then must the Patient often rub his privities with his hand, his member is alwayes erected. Also in young children, they feel most pain about their privities; the urine passeth from him with labour and very great pain, and otherwhiles the Arse gut thereby descendeth. But if it be the stone of the Kidneyes, then do they feel great pain in the reins of the back, as it were the Colick or pain of the guts, because that the pain draweth downwards.

As soon as they stirre themselves, then doth the pain increase; they are much inclined to vomiting and casting, their body is bound, their urine is raw and waterish, they are alwayes provoked to pisse, nevertheless they cannot be rid of it without very great pain; therefore can this growing and confirmation of the stone in these parts of the Kidneyes not be without great pain and grief. It is also evidently and sufficiently well known to each mans eyes, where the pain remaineth in one place that the urine doth avoid with gravel, sand, tough slime, yea sometimes mixt with blood and other things, and the kidneyes be full of heat.

Afterwards this grief and pain stretcheth even to the conduits of the urine, and principally in fat folks, and before even to the privities, and then especially when they would make water. But because there be many deceived in the knowledge of the stone, and adjudge otherwhiles the Colick for the Stone, and so come to use contrary medicines; therefore it is not without great need that we make a declaration of both their differences.

The first is this, that the pain of the Kidneyes is not so sharp as the pain of the Collick. Secondly, the pain of the Collick doth appear beneath in the right side, and stretcheth her from thence upwards towards the left side. Contrariwise, the pain of the kidneys doth begin from above, and so descendeth softly downwards even unto the place where it doth settle it self, and stretcheth her a little more towards the back. Thirdly, the pain of the kidneys is much more forcible when he is fasting, and the pain of the Collick is by fasting and emptinesse eased. Fourthly, the Collick cometh upon a sudden; and to the contrary, the pain of the kidneys cometh in a longer time. Fifthly, the Collick will be taken and driven away, when the wind and the ordure may have their expulsion or avoidance by Clusters, but the pain of the gravel not. Sixthly, all Saxifrages and all other things that break the stone, are good for the Kidneys and not for the Collick. Lastly, there is found in the urine gravel and sand, and not in the Collick or pain of the guts.

By all these foresaid declarations one may easily adjudge whether this disease be in the kidneys or in the bowels.

For to binder and restrain the ingendring and growing of the gravel and stone. §. 1.

And that we may orderly proceed herein, heed is first of all to be taken how the matter, whence the sand and stone is ingendred, may be taken away, and how that the unnatural heat may be tempered, the which is first to be done through those things that do purge the same matter, as hereafter followeth.

Take *Electuarium Indum* 3. drach. *Agaricus* one scruple, Ginger five grains, temper them with a little white wine, and drink it up, and fast thereupon four hours, then drink a cruse of sugred Barley water, and eat four hours after it.

Or take *Electuarium Diaphaniconis* one quarter of an ounce, Turbith one drach. Ginger one scruple, salt of Indy 3. grains, give it him with water wherein *Milium Solis* is decocted, and then made warm with Sugar.

One more milder; Take Turbith one drachme and a half, *Hermodactili* one drachme, *Diagridii* six grains, Salt of Indi two grains, Ginger half a scruple, Annis and Mastick, of each three grains, Sugar pennets one ounce, white Sugar half an ounce, steep them

them all together in three ounces of the water of Smallage, or the water of Maidenhair throughout the whole night; after that wring it out well and drink it; if so be that there appear any phlegmatick matter, then may the patients vein be opened: but if so be that the matter fall into the stomach, then it is advised that the patient be made to vomit, and how the same is to be effected, look for that in the Register; for that through vomiting, the matter will be especially drawn away which would run towards the reins. For this vomiting, be Radishes, Orage feeds, the middlemost peeles of Elder, and *Nuxvomica* to be used.

Some use Clusters, but they must be very easie and mild; but Suppositories are much more praised for this disease. Item, all things which move urine, do also let and hinder the growing of the stone or gravel. But first the mildest are to be begun withal, like as with these following, as Licorice, &c. and whereas is heat, Melon seed, Pompeon seed, Gourd seed, Cucumber seed, Sperage roots or the water of them, fresh Fennel, Hollihock roots and the flowres.

Afterwards are stronger things to be used, as Smallage, Maidenhair, dry Fennel, yellow wild Rapes, *Milium Solis*, Lovage, wild Smallage, Hares tongue, wild Thyme, Pistacies, Radish seed, Tassels, Thistlin seed, and such like, the ashes of Hares heads, of Wagtailes, prepared Bucks blood, *Lapis Spongia*, and Jewes stone: of all these foresaid things may sirupes, Juleps, confections, powders, pills, salves, bathes, and such like be prepared: and because the unnatural heat is one of the chief occasions of the stone or gravel, therefore are the foresaid cooling things to be used, and also all such medicines which in this former Chapter and 8. §. be described.

To let the growing of the Stone. §. 2.

NOW for to let that the Stone may grow no more, that consisteth in two kinds of causes, viz. that one prevent the tough phlegme from growing, which is the cause of the stone, and that the unnatural heat get not the mastery.

But in this it chiefly consisteth, that one keep a good order of diet, and eschew all that may cause that grosse matter, as milk, and all that is drest with it, fresh Cheese, Cow beef, Swines flesh, Goats flesh, Geese, and all water fowls, all grosse fish, and all other that be without skales, and all that is not wel baked, sandy, or is ground with a new sharped stone, Rice, Pease, Beans, Coleworts, fowr fruits, unripe apples and pears, Citrons, &c. and hard sod eggs be also very hurtful, troubled water, red thick wine, Must and Beer are also to be eschued,

But to the contrary, all light meats are to be used, as light and hard baked bread, which is a day or two old, wherein Fennel, Annis, Carawayes, or *Nardus* seeds are baked, Hens, Pullers, Partridges, Capons, young Mutton, Goats, Turtle doves, Doves, and all wild fowls, but especially Wagtailes are very meet for this sicknesse. He may also eat all river fish which have skales, as they that are prepared with parsley. In like manner also poched eggs. For his drink he shall take fair white Wine tempered with a little water, wherein the seed of Smallage and Fennel seed is decocted. Meade may also be used instead of his drink, and for a medicine. He may also drink sometimes pease broth, and the broth of Lentils wherewith parsley is decocted; but he is not to eat the pease at all. The kernels of bitter Almonds, of Peach stones, of Prune stones, Pingles, Pistacies, and Raisins is he to eat: in fine, he must eschew all which causeth the matter of the stone to increase, and to use all that cooleth the unnatural heat, and expelleth the matter of the stone, for which these things following are fit, and be very good, as *Agaricus*, *Hermoadactili*, Turbith, wild Saffron seed, roots of Polipody, and the smell of the wine Hellebore, and also a little root thereof steeped a day and a night in water, and the same water drunk also otherwhiles.

Amongst the compounded things there is *Benedicta laxativa* or *Inda*, which cleanse the Kidneyes, the Bladder and Ureters of all phlegme. The same doth also Cassie given with diuretical things, and with beaten Licorice, for the same dryeth not onely the gravel, but hindereth and letteth also the growing of the stone, and allayeth the heat: and if so be that one giveth it him with the seed of *Agnus castus*, or Licorice, then doth it help the reins marvelously, and stirreth no other humors then those whereof the stone doth grow.

Further, there be other things more which do cleanse the ureters or conduits of urine,

urine, and open them, as the water of Hyssope, and white water Mints, and of Marjoram, of Smallage, of Parsly, of Betony, of Pennyroyal of *Milium Solis*, and above all other the water of Hollihocks. Of Syrups which be most used, are the Syrups of Hyssop de *Calamintha*, *Acetosus compositus*, *Oxymel compositum*, and all other Oxymels, but especially the *Oxymel* of Squils: and for example: these compounded things ensuing may be made: Take *Oxymel* of Squils one ounce, syrup of Hyssope half an ounce, water of Harts tongue, and of wilde Cucumbers, of each one ounce, and a half. This drink is to be taken certain dayes together, untill one may evidently see in the colour of the urine and in other signs, that the disease apparently frameth it selfe on the better side, by the which the Physitians have their especial markes and signes.

And in case there be such matter present which may cause the stone to grow, then are they prepared through the first recited waters, syrups, and such like for expulsion; and when now the matter is prepared, then is the Patient to be purged, which may be done through this ensuing or such like meanes.

Take the confection *Benedicta* one ounce, or one ounce and a half, or somewhat lesse, according to the importance of the cause, then temper them together with three ounces of Parsly water.

Or prepare this following, which cleanseth much the Kidneyes, and expelleth the matter of the stone marvelously: Take Centory, peeled wilde Saffron seed, of each one drach. prepared *Agaricus*, powdered *Hermodactili*, of each four scruples, *Diagridion* six graines, Annis, Fennel, Licorice, the seed of Smallage, and Ginger, of each half a scruple, Sugar pennets one ounce: steep them altogether the space of 4. and twenty houres in 4. ounces of the water of Maidenhair, afterwards wring it out and drink it. Lastly, you are to govern your self as in all other purgations.

This following is also much commended for to prevent the gravel: Take about Saint Johns tide Mellet as it standeth and bloometh, then burn it with herb and root, and drink thereof morning and evening two or three ounces with wine, and then fast two houres upon it, and do so five or six dayes together: it is said, and also taken for to be certain, that doing this one shall be cleer and free from the gravel half a year.

Against the paine of the Gravel. §. 3.

But if in this disease there happen great pain with it through which the Physitians are much hindered, that they cannot use due remedies: then do they notwithstanding advise first of all, that at the first one is to begin with things which allay the paine, or at the least do ease it: for which are Clisters to be used made of these herbs following, as Mallowes, Hollihocks, Beets, Bearefoot, Pellitory, and such like with the oyl of Violets, with Cassie, with *Hiera Picra*, or the confection *Benedicta* tempered amongst it.

Secondly, when the foresaid paine is a little swaged, then are these things following to be used: Take water Cresses, Mallowes, Hollihocks, Mercury, Yarrow, Cinquefoil, *Pucedanum*, the herb of Mew, and Rue, of each one handful, *Calamus*, Barly, of each three ounces, Bran, Linseed, of each a little: let all these seethe in sufficient water, and take twelve ounces, temper amongst it *Hiera picra* *Benedicta* and *Lithontribon*, of each half an ounce, oyl of Camomil and of Rue, of each one ounce: this Clister looseth, expelleth wind, and also the paine.

Item, take afterwards of the foresaid herbs, but somewhat more watercresses, and a few Marigolds, and make a bath thereof, and set the Patient in it even up to the navel: you are also to put some stalks of Rapes unto it, then will it be the better.

Thirdly, take Mallowes, Hollihock roots, Watercresses, Camomil, Maidenhair, Linseed, and Fenegreek seed, of each two ounces: let them all seethe in sufficient water, wet a woollen clout or sponge therein, and lay it continually warm upon the place of the pain. The sodden herbs are you to pound small and temper with Camomil oyl, and so lay them upon it. The place of the pain is sometimes also to be annointed with these things following: Take the grease of Hens, of Geese, Hogs grease, fresh butter, oyl of *Camelina* and of Violets, of each half an ounce, oyl of Camomils, and Wax, of each two drachmes, then let them melt by the fire. But this is not continually to be used, to the end that the reins be not there by too much weakned and infeebled. After this annointing are these plaisters following to be layd upon it, which doe assuage the pain, and will open the

conduits of urine; Take three ounces of Wheaten meal, of Fenegreek meal, of Linseed, beaten Camomils, of each one drach. and a half, Salt one ounce, then make it to a plaister with the oyl of *Camelina*, and with the oyl of Scorpions, and then lay it warm upon it. You shall find hereafter many things more which allay the pain also.

Take of Parsly seeds powdered and searced 3. 1. white Wine, Saxifrage water, ana. 3. 4. drink it in the morning fasting, and lye in a bed and sweat.

Of those things which expel gravel and do break the stone. S. 4.

IF there be any fear had of the stone or gravel, or that one perceive it already, then may these things be used for it: Take oyl of Lillies, of Scorpions, and of Earth-worms, of each a like much, anoint the reins very fat with it by the fire, or by a warm oven. And if you cannot get this Scorpion oyl, then take onely the other oyles.

Item, eat every morning 6. or 7. bitter Almonds, of Peach kernels, like as is counselled before.

There is also much commended the bone of a Hare, which we call the Hares spring, powned, and the same drunken with fresh broth: when as any bodyes reins begin to grieve him, then is the red oyl of S. Johns wort esteemed to be very good for to anoint him therewith.

Item, take 18. or 20. Peach kernels, one quarter of an ounce of Raisins; eat them together, and drink a good draught upon it, of Pease broth sod without salt or suet: for this is also much commended, the Cicers or Spanish Pease which have a special vertue against the gravel.

Item, take Hollihock roots two pownd; the same being made clean, pownd them and see the them in two or three quarts of water until the half, and then strain this broth through a cloth, whereof you are every morning to drink a good pull. Afterwards use the foresaid potion of Cicers, and Peach kernels; and when you have a pound of this drink, then mix amongst it one drachme of beaten Cinamom, and as much of the Swams which groweth on the wilde Rose branches. You may also see the Parsly roots, Sperage roots, and Fennel roots with it, and drink often of it: this especially commended for them that would withstand the gravel.

Item, take roots of Pimpernel half an ounce, *Bisforta*, Tormentil, Polipody roots, and Annis, of each one quarter of an ounce, Gentian, Fenegreek, *Oculi cancrorum*, peach kernels, Lovage seed, the seed of Smallage, Pickrels bones, shales of hasel nuts, the seed of Mallows, and Camomil, of each one drachme; make a powder thereof; and take thereof the weight of one drachme, or one drachme and a half every day.

The ancient Physicians accustome to make this potion following, the which they do call Williams potion; Take one handful of Alehoofe, young Acorn buds half so much, the herb Mouse-ear a little, water and wine, of each a pint; let them see the together until about the half be sodden away, then strain it through a cloth, and drink thereof in the evening and morning, each time about 3. spoonfuls, and every 14. dayes make a fresh.

How the wine of winter Cherries is to be prepared, is amongst others declared in the eight parts; it openeth the conduits of urine marvellously, expelleth the matter whence the stone and gravel doth grow very vehemently, as well out of the Kidneyes ureters as also of the bladder.

And now further to come to a right proceffe of the gravel, take at the first five ounces of fresh oyl of sweet Almonds, and drink the same warm. Two hours afterwards take a good draught of this potion following, and afterwards as often as you will; Take Mallows with the herb and roots, and Hollihock leaves, of each one handful, Licorice one ounce, fresh Butter and clear hony, of each two ounces; see the them together in sufficient water, or in the water of Cresses, and so drink thereof as is expressed. The next day one is to take this confection following early in the morning: Take fresh Cassie and Benedicta, of each half an ounce, *Species Iustini* one drach. and a half; temper them together, and then strew them with Sugar and Licorice. Having taken this, then is the party to take thereupon presently a good draught of the water of Cresses, and through this advice hath many a one been released of the gravel.

Or take of the confection Benedicta five or six drach. Turpentine washed in water of Mallows, one quarter of an ounce; temper them all together with three ounces of Agrimony water, and then drink it as warm as you can: it is marvellous good against the stone,

Necessity

Necessity doth otherwhiles require that these Confections following are to be given to the patient: Take the confection *Benedicta* and washt Turpentine, of each three drach. and a half, Jewes stone which is prepared with water wherein Millet is decocted, one drachme, temper them all together with powdered Licorice, and then give it him with Cresses water. Men do also take sometimes for it half a drachme of prepared blood of a Buck also, which is not amisse.

Hereafter followeth one other necessary mean or proceffe: and first in case the stone be in the bladder, then are these pills to be prepared which do vehemently break the stone: Take the fruits of Balsam, Radish seed, & the seed of great Smalage. Some do take for this the seed of stone Parsly, *Opopunacum*, Capres roots, bitter Almonds, Saxifrage, Squinanth, Cipres roots, Indy Spica, Cassy wood, Harts tongue, wilde Rue, Gentian, Hartwort, *Asarabacca*, *Cardamom*, *Ammoniacum*, *Serapinum*, *Bdellium*, long Pepper and Calamus, of each a like much; the Gums are to be molten in sufficient Balsam, temper the rest among them beaten small, and make it into pills; take of them one drach. at once with the foresaid confection of *Benedicta* and of Turpentine, as is before rehearsed: when he is purged, then take pellitory of the wall, Mallows, of each one handful and a half, Linseed, Fenegreek seed, and Hollihock roots, of each one handful, fifteen or sixteen Sebestes, Licorice, powdered Millet, of each half an ounce: cut all that is to be cut, and let it boyl in fresh broth. Take 12. or 16. ounces thereof, and temper amongst it one ounce of *Benedicta*, oyl of bitter Almonds three ounces, slight Sugat one ounce and a half, Salt one drachme, and one yolk of an Egg; then mix them together, and set this Clister very warm.

Pills for the Stone.

And if that this purgation (by reason of the unpleasantnesse of the Turpentine) went against his stomach, then may he use one of these ensuing; Take fresh Cassie one ounce and a quarter, oyl of sweet Almonds four ounces, temper them together and drink it.

Or take *Electuarium de Sebesten* and Cassie, of each half an ounce, *Electuarium Indum* one drachme and a half, mix them all together with Sugar, if you will put therewith one drachme of Jewes stone, and make it to a drink with Millet water, then doth it expel the better.

After this are you to come to the things which do break the stone easily, and open the passages of urine. For to atchive this, then is the body first of all to be purged, and afterwards are these following and elected remedies to be used.

To break the stone is this following very forcible: Take prepared Bucks blood one drachme and a half, ashes of Scorpion one scruple, ten grains of good Treacle, burnt and prepared glasse one drachme, then see the Radishes, Saxifrages, winter Cherries in water or Wine, and take four ounces of this broth, or as much Bean water, and make the foresaid a potion, and use it fasting in the morning. In case that for all this the pain remaineth induring, then take scraped Licorice and Currans: of each one quarter of an ounce, powdered Millet, maiden hair, of each half an ounce, see the them together in water of Agrimony, Pellitory, or Camomil water; Take of this decoction two ounces and a half, *Spec. Lithontribi* one quarter an ounce, *Philonium Romanum* two scruples, good wine two ounces, Sugar one ounce; then temper them all together unto a potion, and drink it 3. hours before meat.

Item, take prepared Bucks blood one drachme and a half, *Oxymel* of Squils half an 3. wine wherein Radishes be decocted four ounces, then make a potion of it. Further, it is necessary that the stomach be strengthened, and the hot matter of the Kidneyes expelled, for which is meet also the foresaid Clister, if there be put unto it one ounce of Cassie more. Or use this following: Take twelve ounces of Linseed oyl, oyl of bitter Almonds six ounces, Hens grease four ounces, or in stead of that, as much fresh Butter, two yolks of Eggs, then mix them all together, and minister it warm. You may also give unto the sick body oyl of sweet or bitter Almonds, of each three ounces and a half or more to drink, for it is found, that the same taken by the mouth hath more asswaged the pain, then that which been used in the Clisters. It is in like sort found to be very good, that the place be fomented with these things following where the pain is, and after that anointed: Take Camomil, maiden hair, Linseed, and Hollihock roots, of each one handful, see the them all together in white Wine and water; then make a sponge wet in it, and lay the same wrung out very warm upon it.

For the anointing may many things be used, or like as hereafter followeth: take oyl of

Scorpions ʒ. i. oyl of sweet Almonds and Butter, of each half an ounce, muscilage of Linseed, Fenegreek, of each five drachmes, Saxifrage one drach. and a little molten wax, temper them all together. The last and highest mean for the intollerable pain is, that the *Narcotica* be used, which be things that take away all sense and feeling, thus: Take the first described decoction, and put therein of the confection of *Lithontribon* two drach. *Philonium Romanum* one drachme, oyl of sweet Almonds one quarter of an ounce, good white Wine two ounces, mingle them all together, and give thereof to drink. Will you then make a Clister of it? then take of the foresaid decoction about two ounces, oyl of sweet Almonds four ounces, *Philonium* one drach. wine three ounces, and then minister it like as is accustomed.

These two proceedings in this sicknesse, I thought good to describe thus at length, that every one might know how to chuse of the medicines following what is most needfull for him.

First, we will describe all such things which are to be eaten, and may be used in the body, and first of all beginning with the confections: Take sponge stones, Hollihock seed, Millet, and Medlar stones, of each half an ounce, prepared Bucks blood one drach. Jewes stones, and Gromel seed, of each one scruple, great and small Endive seed, and Pikes bones (which be unsodden) of each half a drachme, Sugar as much as of all the rest: but the Sugar decocted with the water of winter Cherries, and then make Tabulates thereof, and take of them every time half an ounce.

Or take Pomate stone, Jewes stone, and burnt glasse, of each one drachme and a half, prepared Bucks blood three drachmes, Gromel seed half an ounce, beat them all small together, Sugar as much as all the rest doth weigh, make with the water of winter Cherries, or the water of Mallows, tabulates of it, and take half an ounce at once thereof.

Item, take four ounces of Pistacies, steep them two dayes and two nights in the water of winter Cherries, take off the peeles, and chop them very small, Gromel seed half an ounce, roots of Cinquoile, Harts tongue, wilde Thyme, Rue seed, of each one drachme and a half, Sugar six ounces; then see the it with the water of Saxifrage, make tabulates of it, and use them as before.

Another; Take prepared Bucks blood one drachme and a half, the jaw-bones of Pickrels two scruples, Jew stones and Sponge stones, of each half an drachme, Melon seed, Hollihock seed, Licorice, the seed of Smallage, Cucubes, of each one scruple, Sugar two ounces and a half, make a confection thereof with the water of Mallows.

Fennel seed and Comin raw or concocted and eaten, be good for all diseases in the kidneyes of the stone and gravel. The confection of *Iustini* or *Lithontribon*, as they be prepared at all well furnished Apothecaries, are also marvellous good for this use.

In like manner also bitter Almonds confectioned and eaten, expell the matter whence the stone doth grow.

This following is also a very sumptuous Confection: Take burnt glasse, and burnt Grashoppers, whereof the feet and wings be cast away, of each three drachmes, the ashes of a burnt Hare, and prepared Bucks blood, of each one ounce, Plantain seed, Starch, the seed of Butchers broom, of each two drachmes and a half, *Sirupi Acetosi Compositi* thirty ounces, Sugar pennets twenty four ounces, then make an electuary thereof. This foresaid confection doth cleanse all slimy matter and gravel, it breaketh the stone, and openeth all conduits of urine, if one take every morning the space of fourteen dayes three drachmes, with the water of Gromel, or Radish water.

The Confection of a calcined Hare is thus to be prepared: Take Jewes stone and sponge stones of each one drachme, the powder of a burnt Hare one quarter of an ʒ. *Spr. Lithontribon* one quarter of an ʒ. Sugar four ounces; make thereof with Saxifrage water tabulates or a Confection.

This foresaid Electuary provoketh urine, and cleanseth all the ureters of all slime and gravel, and expelleth also all winds: take thereof two or three drachmes with the water of Sperage betimes in the morning, and also before both the meal tides.

Item, take yellow wild Rape seed, Comin, Balsam wood, Parsly seed, sweet Costus roots, Calamus, Annis, *Asarabacca*, Fennel and Cinamom, of each one drachme, the seed of Purslain, of Endive, of small Endive, of Lettice and *Creta Marina*, of each one drachme, *Lapis Lyncis*, Sponge stones, and burnt Glasse, of each one quarter of an ounce, Sugar as much as is needful for to make a Confection.

One may take a drachme or two thereof with a little water; all according to the importance of the cause

The

The Confection of horse Radishes is thus to be prepared; Take well cleansed horse Radishes, cut them in round slices, and let them stand and steep in vinegar until that they be very soft; Or pour strong wine upon it, and renew the same every day, and that the space of five or six dayes: at length see the them away therewith, and rub them through a strainer: afterwards, take thereof one pound, and one pound and a half of clarified hony, then let them see the together by a gentle fire, stirring them alwayes about until they be decocted, as behoveth for a confection. Afterwards let it be somewhat cold, and put the spices unto it, which hereafter in the eight part in the first Chapter of Calamus are described. Or take in the stead of the same half an ounce of Cinamom, Ginger three quarters of an ounce, Cardamom, Cutubes, Cloves, and Nutmegs, of each one drachme and a half; temper them together: therewithall the fuming of the horse Radishes in the head is abated and taken away. This confection is not onely good for the stone and gravel, but also for the stomach, it warmeth the inward parts, and delayeth the pain in the belly which proceedeth of cold; it is a right Treacle for the common people, and an especial medicine for the Scurvy.

There is also another Confection prepared for this called *Electuarium de Cineribus*, which is a confection of ashes, as followeth hereafter: Take ashes of burnt Scorpions one quarter of an ounce, *Cantharides* without heads and wings one drachme, prepared Bucks blood one quarter of an ounce, burnt glasse, ashes of unfer Coleworts, Hares ashes, ashes of Wagtailes, and ashes of Egshels whereof Chickins have been hatched, of each two drachmes, Jewes stones, stones of Oxe gals, Pepper, wild yellow Rape seed, Caraway, Hollibock seed, Gum, Saxifrage and Gromel seeds, *Seseli* Balsamifruits and the wood, *India Spica*, Maiden hair, Mallowses, Pompeons, Cucumbers, and Gourd seeds, of each one 3. of Roses, as much as sufficeth for to make a confection of it, take thereof morning and evening the quantity of a hasel nut at once, tempered with the decoction of Cicers.

Item, take Mithridate or new Treacle, half or a whole drach. with the decoction of Cicers: then expel and break the gravel and the stone, and also ease the pain, especially if it be used after bathing.

Amongst all other confectioned things, are especial good for the stone and gravel (chiefly if one want warmth) the preserved Elecampane roots, Pimpernel roots, *Calamus*, yellow Rapes, Parsneps, conserves of Gilloflowers, and of Piony: the water Cressles eaten for a sallad, expelleth the stone, the gravel and urine.

There be divers powders made for this which follow hereafter: Take prepared Bucks blood half an ounce, *Lapis Lyncis*, *Lapis cancrorum*, and peach kernels, of each one drach. the seed of Parsly and Smallage, of each half an ounce, beat them all together, and temper them all together, use thereof in the morning, at noon, and in the evening half a drachme, or more at once with that kind of Bean water which immediatly is described hereunderneath, and that so long, until the stone avoid, and that you perceive no more gravel.

Item, take Saxifrage, Annis, Pepper, the seed of Smallage, Gromel seed, and Sperage seed, of each a like much, beat them all together very small, and let them passe through a searce, then take thereof half a drachme or a whole drachme with honey water, or with wine.

This following hath oftentimes been approved: Take parched Peach kernels half an ounce, Medlar stones one ounce, pownd them very small, and then give him a drach. thereof with the water of Saxifrage wherein Cinqfoyle hath been decocted.

There is also one ounce, or one ounce and a half of *Oxymel* to be put thereto, and to temper the same with any water; that also expelleth the stone: but one must beware therein for using any hot things.

This drink is also very requisite for this: Take wild Thistle roots, which be the roots of Tassel, and roots of Smallage, of each one handfull, Annis, half a drach. see the them all together in a quart and a half of water unto the half.

Item, take Sponge stones, Jewes stones, burnt glasse, prepared Bucks blood and Sugar, of each a like quantity, give one drachme thereof with *Oxymel* or with the water of Smallage when it hath the pain.

Both these foresaid are by reason of the great help and cure that they do, called the hand of God.

Item, take the roots of Burres one drachme and a half, burnt glasse one drachme, rub the

the same with Vinegar, with the water of Smallage; or with any other such like distilled waters, this is marvellously praised of all ancient Physitians.

Another; Take Gromel seed one drachme, Licorice one quarter of an ounce, peeled Melon seed half an ounce, gum of the Cherry tree one ounce; pownd them all to powder, and give thereof at each time half an ounce with a little distilled water.

Or take Gromel seed, Annis, Fennel, Parsly seeds, and Peeled Melon seed, of each one drachme, *Lignum Aloes*, winter Cherries, red Saxifrage, Sponge stones, and Jewes stones, of each one scruple, the seed of Broom and of Saxifrage, of each half a drachme, Cinamom, prepared Coriander, and red Saunders, of each three quarters of an ounce, Cloves, Galangal, Ginger, of each three drach. white Sugar two ounces, make a powder of it, and take one drach. at once thereof with Mallows water and Pease broth.

Another; Take Gromel seed, and the seed of Saxifrage, of each one drach. the seeds of Lettice, of Henbane, of Pompeons, of white Poppies, of Melons, of Cucumbers, of Gourds (all together peeled) of each two scruples, powdered Licorice four scruples, *Trochisci Alkakengi* which is of winter Cherries one drach. and an half, the seed of Pimpernel, of Broom, of each two scruples, Sugar two ounces, make a powder of them.

In like manner, there be good for this disease powdered Medlar stones, and powdered Earth-worms of each one drach and a half well weighed, and take Fenelike with Saxifrage water. Item, see the Crab like as they be used to be sold, and wash the same with wine, and let it dry, then beat it clean to powder with his shels, and take one quarter of an 3. thereof with wine.

Or take the powder of Maiden hair one quarter of an ounce, and drink it with the water of Strawberries, or the water of Mallows, or the water of Parsly, it is also especial good.

Take half an ounce of the shales of the Hasel nuts beaten small, Sugar also as much, temper them together, and use thereof every time a drach. or more fasting in the morning with the water of Lillies; and women may drink it with wine or any thing else in stead of Lilly water. The stone which is cut out of one, beaten small, and half a drach. thereof taken every day with the water of Saxifrage or Radish water, doth also break the stone of the bladder.

Item, take Licorice one quarter of an ounce, Sponge stone, and Jewes stone, of each ten grains, Fennel seed, *Ameos*, *Mircha*, *Annis*, the seed of Mallows, peeled Melon seed, Pompeon seed, chopt small together, of each half a drachme, Cinamom one drach. beaten small together: there is the weight of a drachme thereof to be taken with any of the foresaid waters. There may also be prepared for this these pills ensuing: Take burnt glasse, ashes of a Hare, Sponge stone, and Jewes stone, of each a like much, make pills thereof with the water of Saxifrage: also three round slices of Radishes eaten every morning to be very good. In like sort also the small bird the Wagtail roasted, powdered, or taken as one will, is marvellous good for this, like as here before is specified already.

It is also taken for a certain experiment, if one do accustome to eat Nettles, that thereby he should be freed of the stone and gravel.

Pills for the
Stone.

Now we will write of certain potions which be meet for the stone and the gravel: Take Turpentine which is washed with Mallows water, three quarters of an ounce, *Species Iussini* two scruples, *Benedicta Laxativa* half a drach. let the Turpentine and decoction melt, afterwards temper the rest with it, and so drink it as warm as you can.

Another; Take Rubarb one quarter of an ounce, Juniper berries one ounce, the bark of the Cassie three drachmes, Jewes stone half an ounce, *Agaricus*, Ginger, Cinamom, Galangal and Mastik, of each one drachme, Mithridate three drach. Mace, Cloves, of each half a drach. spirit of wine one pint, and Malmsey three pints: set them all together the space of three moneths in the Sun there to distil; and of this distillation give 3. 2. early in the morning, or being in the bath, it is a marvellous and approved remedy.

Another; Take Rubarb, Ginger berries, Cassie wood, and Fennel, of each one quarter of an ounce, Annis one drach. Licorice five drachmes, Jewes stone half an ounce, *Agaricus*, Ginger, Cinamom and Cloves, of each one drach. Mithridate three drach. Mace, and Nutmegs, of each half a drachme, Mastick one drachme,; put all these together beaten in a glasse, and pour thereon three pounds of the spirit of Wine or Aqua vitæ, then stop it tight, and set it the space of five dayes in the Sun; stir it all together very well

well, then pour as much Malmsey unto it, and let it stand again eight or fourteen dayes in the sun, stirring it every day well about, afterwards strain it and keep it well; when as the gravell beginneth to prick, then take a spoonfull thereof every day, and you shall find amendment out of hand. This same may be distilled like as the former.

Another. Take a pint a of *Aqua vita* more or lesse as you will, Malmsey four ounces; Sugar candy eight ounces, the water of Strawberries four ounces, Parsly water 2. ounces, mix them together, and take a spoonful thereof, or as much as you please,

It is also here to be marked, that you need not be afraid of *Aqua vita*, burnt wine, or any other strong wine: for all learned do require to drink strong wine as, *Vinum punicum*, Malmsey, Muscadel, and such like, against the gravell or stone, yea when the paine is at the extremest, yet with moderation.

Some that love distillations do very much commend this potion following against the gravel: Take oyl of Mace and cleer Turpentine, of each ten or twelve drops, Annis water and Fennell water, of each one quarter of an ounce, the syrup of Licorice one ounce, oyl of Vitrioll three or four drops, then temper them well together, afterwards prove it: and if so be that it be not so sower that it set the teeth on edg, then it is meetly: and if it be not sower enough then put two drops of the oyl of Vitrioll more unto it. It is somewhat perillous to deale with the oyl of Vitriol, therefore good heed is to be had and taken, like as is declared in his description. Take Nettle seed two ounces and a half, pour wine upon it, and drink thereof. This wine is accounted marvellous good for the the gravel and for the stone.

Here before is oftentimes admonished of Bean water, which is thus made: when they begin to be ripe, or when they be in their full juyce, then is the ou termost green pods or peeles to be taken where the Beanes do lie, and the leaves, and all their moisture is to be distilled out of them in seething water. This being done, then take one ounce and a half thereof, prepared Bucks blood one drachme or four scruples, and give the Patient thereof in the morning when he riseth, and at night when he goeth to bed. And this is he to observe and continue so long untill that the stone or gravell be clean expelled, and no more gravel can be perceived; this is of all antient & latter Physitians taken to be a famous and certain experiment. Item, take womans milk about two ounces, steep therein cut sprigs of Cypres, and let them stand and steep the space of three or four hours in a warm place, and then drink it.

Item, take Knotgrasse half an ounce, red Pease and peeled Melon seed, of each one ounce, let them seethe in twelve ounces of water even unto the half, and give thereof one ounce at once tempered with a little Sugar: the mead or hony water is an especial medicine against the gravell and the stone. In like manner is also wine or water wherein Harts tongue and Mallows be decocted, and also of both these distilled waters.

Item, take a good handful of Watercresses, seethe them in a pint of water unto the half, and drink thereof morning and evening, each time three or four ounces, and doe this the space of 8. or 10 dayes together Some do also much commend Limons water:

Take the roots of Chervil and Saxifrage, of each a like quantity: seethe them in wine, and drink oftentimes thereof, it breaketh the stone, and causeth well to make water. Or take Maidenhair one handful, winter Cherries and Gromel seed, of each two drachmes, boyl them in a pint of white wine until two thirds remain, take three or four ounces at once, and especially after a bath the water of Larks spur.

Likewise also the water of *Carduus Benedictus*, if one do drink three or four ounces of it, is very good for the stone. Item, so are all these waters ensuing good therefore, viz. the water of Saxifrage, of Pellitory, of Cinquefoil, of Watercresses, of Fennel, of Radishes, of Maiden-hair, of Strawberries, and of Camomil.

Item, take a fresh Radish, cut it to thin round slices, and pour thereon *Vinum punicum*, or any good wine: afterwards drink thereof sometimes a good draught.

You have also herebefore in the twelfth chapter and eleventh §. a good drink against the gravell and the stone, beginning, take Gentian, &c.

Item, take Maidenhair, Sperage, Tassel leaves, water Mints, broad Plantaine, and red pease, of each a like quantity: seethe them altogether in water; then take of this decoction five ounces, and temper therewith two ounces of *Oxymyl*: afterwards give it to the Patient. Further, lay him a bed and let him sweat well: this openeth the conduits of urine, maketh all tough humors thin, and expelleth them which cause the stone and the gravel.

Further,

Further, there be divers Wines decocted and also unfodden, whereof we will discover some. Of all the most used are these following, as the wine of Winter Cherries, wine of Elecampane roots, wine of Hyssop, wine of Harts tongue, and wine of *Asarabacca*, which is thus to be prepared: Take Must, and to every quart of Must half an ounce of *Asarabacca*, the herb being taken off when the root hath been a drying the space of two moneths. Of this wine take every evening and every morning a good draught; it forceth the urine and the gravel, it warmeth all inward parts, it expelleth the Ague, it is good for the Drop sic, and also for the yellow Jaundies.

Sanguis menstrualis exiccatus, tritusq; et bibitus ante omnia lapidem frangit.

Also drink the Juice of *artemesia*, 3. 4. every morning, and it breaks the stone, and expels it like sand.

And to keep the stone from growing, use my vomiting potion mentioned in the third part, Cap. 11. §. 4.

Drink the juice of Radish roots in white Wine, or small drink, and it will cause urine and dissolve the stone. And anoint the reins, the yard and *peritoneum*, with the fat of a Conie and of a Fox, anoint with these fats mixed, and it will cure the Stone.

Also take Pellitory, Mugwort, Parsley, stamp them and seeth them in white Wine, drink it, and apply the herbs warm unto the yard and members unto the arse. *Prob.*

Another good Wine.

TAKE Strawberry leaves, Pellitory, Water cresses, and Gourd cresses, of each a like quantity; seeth them in Wine untill the third part be consumed, then drink thereof a meetly draught when you go to bed, and in the morning when you rise. This hath been oftentimes found very good.

All Physitians do conclude, that all troubled and thick Wine, much and often drunken, causeth the stone and the gravel speedily to grow. Therefore must one alwaies beware thereof.

The Cherry wine, like as it by reason of the temperate nature may be used in all sicknesses; so may the same also be occupied for this disease, and especially when the Cherries with their kernels be stamped in peeces, whereof it is made, then doth it drive out the gravel the better.

We will here yet describe certain sirupes which may be used with great commodity for the gravel, like as these ensuing; Take the roots of Sperage, of *Ruscus*, and of grassle, of each three ounces, Harts tongue with roots, *Creta marina*, Maidenhair, water Mints, Saxifrage, Pimpernel, and Yarrow, of each one handful, red Pease two ounces, Vinegar of Squils one ounce, white Sugar and hony, of each six ounces. Lastly, seeth a cleer sirupe of this, and use the same with diuretical waters.

Another.

TAKE Fennel roots, Parsley roots, the roots of Smallage and of Sperage, of each one handful, the seeds of Parsley, of Fennel, of Smallage, of Annis, of Caruway, of Lettice, of Purslain, of small Endive, of Melons, of Pompeons, of Gourds, and of Cucumbers, of each one ounce, red and white Saunders, Roses and Violets, of each half a drach. five and twenty or thirty dry Prunes, Harts tongue, Liverwort, Centory and Maidenhair, of each two handfuls. All these foresaid things seeth in sufficient water unto the half, and then wring them out, unto this decoction put eighteen ounces of Sugar, and let it seeth again to the sirupe, and then clarifie it with the white of an egg.

What outwardly ought to be used.

FOR the gravel and the stone may divers things be also outwardly used, whereof we shall hereafter write and discourse sufficiently, but we will first begin with the salve.

Take the fat of the kidneyes of a Weather, stamp it very small, and temper therewith a cruse full of the juyce of water Cresses, or garden Cresses, and let them seeth together; this being done, then strain it through a cloth, and anoint you therewith.

In like manner is also good for all gravel and pain of the reins, for the stone and the conduits

conduits of urine, and for all diseases of the bladder; the precious balm or oyl, which in the last part of this book, is the first of all therest that is described, if one be anointed therewith.

For a plaister is this following to be used; Take hollihock roots with the seed, Linseed, figs, and butter, of each one ounce, oyl of sweet Almonds two ounces, Wax as much as is needful for to make a plaister, and then lay it upon the kidneys: afterwards you are also to anoint the place of the reins with the oyl of Scorpions, and to spout some of that oyl therein. Item, take oyl of Scorpions 3. ounces, burnt sponge stones, and burnt Wagtailes, of each 3. drachmes, Jewes stone one trachme, make a salve or a plaister thereof with Wax.

Item, in the former sixteenth Chapter and the fifth Section is described a plaister of Radishes, which may also be used for this purpose. For this is also good a pap made of the crums of white bread decocted with Wine, and a little Saffron put to it:

Item, for to lay upon it; Take Pellitory, put some Scorpion oyl unto it, oyl of Camomil and some oyl of *Camelina*; fry them all together in a pan untill it be as thicke a pap, afterwards put amongst it powdered Saffron, and then lay it upon the kidneys.

Item, take Pellitory, Spikenard, *Spica Romana*, Fennel seed, Parsley seed, wild yellow Rape seed, and *Asarabacca*, of each one handful, pound them somewhat together, and put it in a bag, afterwards let it see the in Wine, and lay it over the reins.

Of bathing and fomenting in the gravel.

ALl they that can come to the warm sulphure bathes, may frank and freely use them, for these be very necessary for to break the stone.

But if so be that one cannot come at them, then let this following be prepared; Take Hollihock leaves, Fennel, Parsley with the roots, Pellitory and Linseed, of each one handful; put them together in a bag and see the them in a great kettle of water, afterwards let it be meetly cold without putting any other water unto it; then set the Patient in it even to the navel, as long as he can abide. This is to be often used, and so long untill that the Patient do find that the stone weareth away.

Another, take Pellitory, Lavender flowers, Parsley seed, Fennel seed, wild yellow Rape seed; see the them all together (as is aforesaid) and bathe therewith. The bag is also to be laid upon the kidneys.

Item, take the herb Horsetail, Mallowes, wild Thyme, the stalks of Rapes, put them all together in a bag, and see the them in a great kettle with water; and further, let it be meetly cold of it self, and used as before.

When one hath then bathed a certain space, then are diuretical potions and salves of the reins to be used, made of such things as are described herebefore.

These are now the principallest things which of the ancient and latter Physitians are described against the gravel and the stone of the bladder: also whatsoever else is prescribed for the infirmities of the kidneyes, that is for this most meet and convenient.

There be also more accidents which are wont next to the gravel and the stone to accord and accompany it, as *Lithiasis*, *Dysuria*, *Stranguria* and *Ischuria*, and all these bring also great pain and sometimes swelling, whereby the conduits of the urine be stopt; but because that these altogether belong but to the bladder and the neck of the same, therefore will we discourse thereof after the description of the Bladder.

But there is yet a heavy disease which proceedeth from the kidneys, the which we are here to describe, and therewith to conclude this Chapter.

When one cannot hold his water. §. 5.

THis disease the Grecians call *Diabeten*, the Latinists *Urinae profluvium*, which is an unnatural flux of the urine; with the great pain which is with this disease there is an excessive and intollerable thirst, the which when one thinketh to quench with drinking, then doth all that is drunk passe straight away from him, and is without any alteration of the same drink pist out again all together, whereby this disease hath his name also *Profluvium*.

Well now, this is a disease of the kidneyes, which is wholly to be compared with the disease

disease of the stomach in the flux *Lienteria*: in which disease of the stomach or flux, there is no satiableness of meat, because that the meat received, forthwith undigested and without any alteration passeth out through the bowels.

And albeit (as is said) this unnatural heat of the Reins commeth from the Liver, the which afterwards doth draw unto it the moisture which is received of the stomach, then doth this disease nevertheless for some come from the cold of the Kidnies and of the whole body, like as may be seen in them who get the palfie, and cannot hold their urine. If it proceed of heat, then it is known by the pain and pricking about the Kidnies, and by the great thirst. If of cold, that is to be perceived about the same parts, and in the outward members, for cold things offend him, and all warm things are acceptable.

By all these forementioned things are yet the tokens that in pissing there is no pain, and that there is stoppage of the stale: when this sickness growes to be old, whether it be in aged or young persons, then is it esteemed to be incurable, for that it consumeth the body from day to day, and that so long, until death that follow after it.

The cure of these sicknesses depend on these rules following, whereof the first is, like as this disease is caused most out of heat and dryth of the Kidnies, so is the same to be remedied through cooling and moist things: Secondly, if so be that the retentive force of the Kidnies be infeebled through the superfluous moisture which they do draw unto them, then are men to strengthen the same (if it be caused through heat) with astringent and cooling things, and to alter their nature: Thirdly, because that the whole body through the attraction and affluence of all watrish moisture, waxeth faint and thirsty: therefore it is good not to permit the sick person to drink much, that he fall not utterly thereby into the consuming ague *Marasmus*: Fourthly, if so be that the sickness be caused through heat, and that the Liver and stomach be also thereby infected, then is he to eschew all light meats and eggs: Fifthly, to the end the moisture may be drawn to another place, then is after much drinking of water parbraking and vomiting to be provoked: Sixthly, all that draweth the moisture outward, as the sweat, is here very profitable: Seventhly, like as the body in this sickness is commonly bound and obstructed, therefore is care to be had to open the same with *Clusters*.

And like as we have expressed that this disease *Diabetes* can be caused through heat and cold, therefore will we write distinctly and severally thereof, and first begin with the cold *Diabetes*:

Of the Effluxion of the Urine through cold. §. 6.

Though now it hapeneth (like as we have discovered here before) that the sick person do make water very much, and yet no heat perceived thereby, or that a nights his urin unwitting run from him, and had also no thirst, and abated not, then are all such remedies to be given him which do stay the urine: for which these things following shall be very meet: To wit, Eggs supt early in the morning fasting, stealed milk, or wherein peeble stones be flaked: but especially is the sheeps milk commended for it.

Some do advise that for this disease is every day to be taken half a drachme or a drachme of Mithridate with a good draught of Wine. These pills following are also highly commended for this disease: Take Bevercod, Myrrhe, Hyssop, Marjoram, Acorn cups, and *Pieratrion*, of of each a like quantity, make them to powder: then take the syrup of Myrtles, and forme a masse of pills thereof: afterwards then give a drachme thereof at once, to wit, when the Patient goeth to bed. Or use this powder following: Take Acorn cups, pownd them to powder, and take thereof one quarter of an ounce at once with red Wine before that you goe to bed. Item, take a burnt Hedg hog powdered one drachme or one drachme and a half, and give it him as before: the flesh of an Hedg hog is marvelous good for this. Item, take Acorns one drachme, Frankincense three ounces, and six drachmes of prepared Coriander, fine Bolus and Gum, of each one ounce and a quarter, then make a powder of it, and take every morning thereof one ounce and a half with red Wine. Item, take pownded Agrimony one drachme with red wine when you goe to bed.

Outwardly may some of these things following be used: Take oyl of Lillies, or oyl of Costus, annoint the privities with it and the parts above it; but temper amongst it some fine Bolus, Mastick, Momie, Myrrhe, and make a salve of it. Or lay one of these plaisters following upon it: Take *Landanum* and Mastick, of each one ounce, Frankincense, Cy-

pres;

pres nuts, of each one drach. *Lignum Aloes*, red *Styrax*, *Calamus*, *Galangal*, *Cinamom*, of each half a drachme; Turpentine one drachme, or as much as is needfull; melt the *Laudanum* in a warm mortar, then make a plaister thereof, and lay it over the privities; but first shave off the hair, that the plaister may be taken off without pain. Or make this following; Take *Laudanum* and Mastick, of each two drachmes, *Lignum Aloes*, red *Storax*, *Galangal* and Quince kernels, of each one drachme, Turpentine one ounce; pownd all that is to be powned, and add the *Laudanum* unto it as before, spread it on leather and apply it to the privities.

Another. Take the juyce of Mints twelve ounces, Frankincense and Mastick, of each half an ounce, Cypress nuts one quarter of an ounce, *Galangal*, *Lignum Aloes*, of each one drachme, Cinamom, or beaten Comin seed as much as is needfull for a plaister; use it as is before shewed.

It is to be noted, that the Comin seed must be parched before. So that further is requisite for this purpose, it may be sought for in the third part, the 11. Chapter, and also in the 12. Chapter, in the first part, and 13. S.

For the affluxion of urine through heat. S. 7.

IF so be that there be with this unnatural affluxion of the urine an unnatural thirst, and the drink forthwith piss out again, then are these means following to be used; first, in case that the body be bounden, then minister to the patient laxative clisters of the common cooling herbs, wherewith *Hiera Picra* or *Benedicta*, with the oyl of Violets be tempered; and immediatly afterwards open the liver vein, whereby all the ill accidents of the body may be defended and avoided.

And if it be needfull, purge the Patient with yellow Mirobalans and with Cassie, which both doe coole. But if you will make it that it be good for the gravel, then mix things amongst it which expel the gravel: afterward cause the Patient to vomit when he hath drunken much water, like as is taught in the sixth title.

By the Rosen of the firre tree made into powder 32. and drunk in sack every morning for 2. or 3. dayes, cures the *Diabetes*; *Probari sepe*.

Otherwise is this ensuing especially commended for this disease *Diabetes*; Take *Ancia* one quarter of an ounce, Rose leaves three drachmes, fine Bolus, Gum, and Dragagant, of each half an ounce; pownd them all small together, and let it passe through a small sieve; afterwards make it into small Trochiscs, with the musilage of Fleawort, and give thereof the weight of a drachme with Endive water, Burrage, and Cicorie water. Item, take fine Bolus, and Sealed earth, of each one scruple, the juyce of Sloes, Pomgrate flowers, Mirtle seed, red Coral, and Roses, of each one drachme; make a fine powder thereof when he goeth to rest, with thick red wine: or take the innermost rindes of hens mawes, wash them clean with Wine, and dry them, the powder of a burnt Hares head and Mastick, of each half an ounce, Agrimony five drachmes, burnt powder of an Hedge-Hog half an ounce, temper them all together, and pownd them all small to powder; afterwards give thereof one drachme and a half with red wine when he goeth to sleep.

Another. Take Nettle roots one handful, Vervain and Caruway, of each one handful and a half, seeth them together in sweet water, and drink thereof.

Item, take *Wiba* and Pears, stamp them together, distil a water thereof, and drink often of it; or mingle any other drink amongst it.

Outwardly may these things following be used; stamp cooling herbs, viz. Lettice, Purslain, Nightshade, Housleek, Rose leaves, and Willow leaves. Or cut fresh Pompeons or Citrons in broad peeces and lay them thereon: you may also wear a beaten plate of lead upon the reins, the which may be made oftentimes wet with Vinegar.

Also prepare this salve ensuing; Take three ounces of Poplar salve, oyl of Roses, and oyl of *Mandradora*, of each half an ounce, the musilage of Fleawort one quarter of an ounce, Vinegar one drachme, Wax as much as is needfull for to make therewith a salve. Item, take the juyce of Lettice, of Purslain and of Nightshade, of each one drachme and a half, Rose water one ounce, Vinegar half an ounce, white beaten Poppy seed one ounce, Wax as much as sufficeth for a salve, and anoint the reins with it.

After the anointing lay then this plaister following upon it; Take Barley meal, Vinegar and oyl of Roses, let them seeth together, and lay it thereon. Or take Vine leaves, Willow

Willow leaves, Quince leaves, Tassel leaves, and Houfleeke, of each one handfull, stamp them well together, and put unto it six ounces of Barley meal, oyl of Roses and Vinegar, as much as sufficeth for to make a plaister, then lay it cold upon it.

The order of Dyes.

ALL meats that do cool are good for this Patient, as Verjuyce, the juyce of *Rustus*, Barly, and all that is drest with Barly, Almond milk, and Rice, all fruits which cool and bind, as Medlars, *Sorba*, Sloes, Cherries, sometimes also plums, Mulberries, Pomgranates, and Strawberries are also good for him. If there be neither heat nor Ague with it, then may he have the foresaid things drest, as Barley, Rice, and Almonds with fresh broth. He may also use otherwhiles Neats feet and River fish, but very little salted. Also hen-broth decocted with cooling seeds is very good for him. His best drink shall be Barly water, wherein a little Fleawort is decocted. Buttermilk is also good for him. The juyce of the first mentioned fruits may be mixed with fresh Well water, and so drunk: in like sort also the Rose water of it self alone. Thick red wine is also (as before) to be tempered with fresh Well water. For this is also meet the sirupe of Violets, or Julep of Violets, with some cooling waters, or tempered with some Well water.

You have also herebefore in the twelfth Chapter and 3. §. other Juleps and Confections more which be also very fit for this use, as *Triasantalon* and *Diarrhodon Abbatis*, therefore is he to take now the one and then the other, to the end that nature chance not to abhor and loath that which is to be taken.

For an intollerable thirst may this following be used: Take burnt Ivory ten drachmes, Lettice seed and Purslain seed, of each 15. drachmes, Coriander seed, yellow Rose seeds, and fine *Bolus*, of each five drachmes, Pomgranate blossoms one quarter of an ounce, Camphire half a drach. then make a powder of it, and use one drachme thereof, or one drach. and a half at once with the juyce of Pomgranates.

What is further good for the thirst, look for it in Chap. 12. and §. 10. in the third part of this book.

This patient must restrain and keep himself from all labour, and conversation or company of women. Also to eschue all sower things, and to perform and do in all things like as herebefore in the sixth Chapter, and §. 1. is taught of the effluxion of humane seed.

The eighteenth Chapter.

Of the Bladder.



His inward part of the Bladder is common to all humane bodies; it is made of two strong skins or membranes, whereof the innermost skin is twice as strong as the outmost, and that not in vain, but to the end it might the better withstand the sharpnesse of the urine. Both these skins are formed of a slippery white matter: and between both the skins or membranes there run many veins, sinewes and arteries every way, whereby they do draw the moisture of the Ureters, which do come from the Reins, and do carry it into the Bladder.

For the foresaid Ureters be so small and so narrow, that one cannot in a dead body discern nor find the same; like as also the bladder of beasts doth manifest the same, which is so tight and so shut up, that no water nor wind can pierce through.

In men doth this Bladder lye with his neck (which is fleshy) very hard besides the Arsegut. crooked, and almost like this letter S. great and long even to the beginning of the Yard. But in women the neck of the bladder doth lye somewhat higher then the neck of the womb, it is also shorter and wider, and therefore also they may much easier be holpen of the stone then men.

Item, in the forepart of the neck of the bladder there is a muskelish flesh, the which holdeth the urine so long shut up, until a body desire to make or let go his water. Further,

ther, mens bladders be also according to the proportion of the body, much bigger then in any beasts; they can also stretch themselves very far, whereby they in time of need may retain and keep a great quantity of urine.

Whensoever this Bladder also is pricked in her membrane substance, or a hole made in it, then is it incurable; notwithstanding that *Aristotle* doth think that it hath been healed, but very seldom: for the neck of the bladder, which we have said to be fleshy, may be healed without plaister or salve, and only through the urine, like as is sufficiently made known and shewed by the stone cutters.

Amongst beasts, they only have bladders which bring forth a living creature into the world, and that have lights full of blood. But all that do lay eggs, as fowls and worms, they have altogether no bladder, the Tortoise only excepted.

This bladder is by nature ordained for a receiver of the urine, and to the body a very needful member; for if so be that nature must have expelled all her waterish moisture throughout all the whole body, not having any particular vent or passage for it, then of necessity should a body oftentimes either dry away or stifle.

To this bladder do also happen oftentimes many sundry diseases and perillous infections, as the gravel, the stone, painful making of urine, retention of the same the Strangury, flime, obstruction through blood, the which doth not only cause heat, swelling ulcers, and deadly impostumes, but also bringeth with it many kinds of other perils: and because that we herebefore have written at large thereof, therefore will we not here rehearse them again, but only speak and discourse of those things that concern the bladder and the neck of the same.

Of retention of urine in general. §. 1.

Under the name of the retention of urine we do comprehend all accidents, whereby the water is retained and kept back, whereof there be five kinds disclosed in the seventeenth Chapter, in the conclusion of the fourth §. and here are to be rehearsed. Amongst all these is the one more violent then the other, and for that cause are to be cured and holpen with divers and sundry remedies.

First, we will speak of the disease which the Grecians do call *Lithiasis*, which is when the stone of the bladder relying on the neck of the same, hindreth the passage of urine, or causeth such a distention of the yard and foreskin, that this and the stone together doth wholly hinder and keep back the urine, which is not without great pain and trouble to the Patient: but these meanes following are to be used in this extremity.

If so be that the Stone of the bladder cannot be expelled through the former remedies, then put back the stone and so let out the urine. First, the Patient is to be laid on high with his arse, and spread his legs abroad, and shake and rub the place strongly, that thereby the stone may be removed from the neck of the bladder, or the same is to be put back with a silver instrument, that thereby the urine might freely passe forth. But great care is to be had whether the passage for the urine be not shut up by some swelling, otherwise would the yard within thereby be bruised, and the grief made worse then before.

The second manner of the retention of urine is *Dysuria*, which is when a man doth make water with great grief and pain very slowly, the which is commonly perceived by the pricking pain and great heat in the forepart of the yard.

The third kind of the retention of urine is called *Stranguria*, which is when one is constrained to make water often, and that with a few drops at once. These two sorts of retention of urine, are so like one to the other, that few Physitians can sever them, yet nevertheless have they some differences.

Both these kinds are caused of a sharpness of some humour and of the urine, or through the debility of the muscles and of the retentive power. For if there come any sharp or corroding humour into the Bladder, then will it presently by force expel the same without any intermission.

Or if the retentive vertue of the bladder be weakened, then can it not abide the least distention in the world, but let the urine continually pass forth as an intollerable burthen.

Ischuria detaineth the urine altogether, and is caused diversly, to wit, of heat, of the hardnesse of the passage, of the debility of the expulsive, and force of the retentive vertue, and of the forementioned disease *Lithiasis*.

Also if there be any grosse and tough slime gathered together in the passage of the urine, or if there be any clotted blood, through blowes or falls settled in the bladder, which there do hinder the course of the urine.

In like manner also when the Kidneyes and the bladder do rankle and impostumate.

Lastly (as it oftentimes hath been found) when the water is long held up.

And albeit there be many sorts of this retention of urine, which at the last may cause impostumes, ulcers, and much pain; yet is this the total sum and conclusion, that all of them that detain or hinder the free passage of the urine, do require but one kind of remedy. Notwithstanding we will in this our discourse following (as much as shall be possible) shew some differences in them.

Although there have been divers causes shewed before of this disease, yet (to prosecute our accustomed method) we will recite them once again; namely, if one have fallen hard, or have had a blow or briuse on the bladder. Item, the tumors and impostumations which do stop the passage of the urine. Also when the back or any other part of the body is bruised, and the blood fall down into the bladder, and there lyeth clotted. Likewise thick tough slime or corruption, or other causes more, &c. whereof partly hath been spoken of before in the 16. Chapter and 7. §. and partly shall be treated of hereafter more at large.

The signs of this malady are these: if it proceed of any outward cause, that may be inquired of the patient. Or if the same be caused through congealed blood, stone, slime, or corruption, then may the same matter be perceived by the urine, and by the pain of the place infected, whence the matter cometh. Also by the silver probe, whereby the stone may be felt, or by the blood and slime which remaineth on the instrument being drawn forth.

Of the pain which is caused by the retention of the urine. §. 2.

WE have amongst other things before made mention of gravel, whereby not only the patient is grieved with great pain, but also the Physician is hindered from the application of those remedies as may seem meet for him; wherefore it is specially advised, first to delay the pain, or at the least to diminish it; for the which these remedies following are especially commended.

All gentle Clusters, easie purgations, and above all others, bathes of warm water, wherein Mallowses, Hollihock roots, and Nettle roots, Gromel seeds, or any such like mollifying things and Saxifrages are decocted, wherein these Patients are oftentimes to bathe themselves even to the navel.

Item, take Colewort leaves, Southernwood, Rosemary, Pigeon dung, wild Saffron seeds beaten grossly: seeth them all together in water for a bath. Or take Mallowses, Hollihock leaves, Pellitory of the wall, Southernwood, *Creta Marina*, Fenegreek seed, Hollihock seed, of each two handfuls; seeth them all together unto a bath. Afterwards anoint the Kidneys with the oyl of Scorpions, or with any of the foresaid salves.

With this bath may this powder following also be used with the decoction of Pepper: Take the seeds of Purslain and of small Endive, of each half a drach. Dill seed two scrup. Marjoram half a scruple; give this to the Patient when the pain is present.

Note also that these two meats be very good, both for the retention of the urine, and also for the strangurie. And if so be this be holpen, then will the pain which is in the end of the Yard soon cease.

In the description of the Kidneys there may you see many plaisters, salves and oyles, as that of *Anodinum*, and others more, which are very meet for this purpose.

Take a gallon of Sack, put it into a glasse vessel or stillatorie, set it into a pot of water, having a long glasse-receiver. The first liquor that cometh is called the spirit; the second is an *Aqua vita*: the third water is small, and the fourth water is smallest; and drink 4. or 6. ounces of this smallest water, and it will cause urine presently, and allayes the heat of the urine.

Or seeth Radish roots in white wine, and drink it. Or bruise the roots of Vervine, and drink it warm with white Wine. Or seeth Acorns and Myrrhe, and drink it. Or seeth the roots of Burredock in Wine and Oyl, and apply it to the yard and *perinaum*. Or drink Wine with the roots of Cucumbers.

Of the stopping of the Urine through the debility of the vertue
expulsive. §. 3.

IF any one be hindred in the making of his water, or that the same be altogether stopped without any swelling, ulcer, or pain of the Kidneyes, it is then to be censured that the same should come through the debility of the vertue expulsive; against the which such things shall be used as are diuretical, or that do provoke urine, as these pills following; Take the seeds of Smallage, Saltpeter, Maddar, great Smallage, Juniper berries, *Asarabacca*, *Ameos*, Fennel, *Spica*, and bitter Almonds, of each one ounce and a quarter; Melons five drachmes, *Cantharides* (the heads and wings cut away) half a drach. *Ammoniaceum* one drach. and a half; dissolve your gum in wine, and mix all the rest being beaten small amongst it; then make pills of them of the bignesse of peason, give three of them at one time. These pills have an especial efficacy for to dry the body, so that they are accounted very good for the Dropsie.

The *Electuarium Ducis* is also very good for this purpose, if thou give one quarter of an ounce of it with pease broth or wine, which thou wilt.

There was not long since one cured with this remedy following, who for the space of five daies could never make his water: first he took this elister; Take Pellitory of the wall two handfuls, Mallowses and Camomil, of each one handful, boyl them together; then take of this decoction the accustomed quantity, and temper amongst it one ounce of Cassie, oyl of Camomil three ounces, Turpentine one ounce, Licorice one quarter of an ounce, minister it warm.

Secondly, this following was also ordained for him; Take Cassie and Turpentine, of each one quarter of an ounce, *Benedicta Laxativa* two drach. prepared Jews stone 3. i. make an Electuary thereof with *Oxymel*. At night he took two ounces of *Oxymel* with the water of Maidenhair, and presently after this he made water.

Item, take four or five ounces of the juyce of Pellitory of the wall, and clarifie it with the white of an egg, then seeth it with Sugar to a sirupe, and use 3. ounces thereof every morning with the water of Mallowses, or with any such like distilled liquor.

This done, give unto the patient a purgation of Cassie. Thirdly, take Coriander seeds half an ounce, Mallowses one handful, one head of Garlick, pownd them all together, and seeth them with good white Wine until that one third part be consumed, and give him thereof three ounces to drink.

Peach kernels and the kernels of Cherry stones do also provoke urine. Item, preserved Pimpernel roots, Calamus, and the roots of *Eringus* are also very good for this purpose, confected Lovage seed, Annis seeds, Fennel seeds, Caruway seeds, Comin seeds, and Saxifrage seeds, these do expel all urine, gravel and stone. Treacle and Mithridate do also cause one to make water. Item, the confection of Cherries with their kernels beaten in peeces, and rub it through a strainer is also meet for this use; also half a drachme of dried Grasshoppers is very fit, and a great secret in this disease. Item, the stone which is cut out of a living body, and used as before hath been shewed in the expulsion of gravel, is also very convenient and commodious for this intent.

Take Tormentil, Pionie, *Bistoria*, Acorns and wild Flax, of each a like much, pownd them all together, and take thereof in the evening and morning one drach. with Wine. The Spanish flies do expel urine most violently, but beware of them because they be very sharp, and exulcerate the ureters; but the Grasshoppers are somewhat milder. Item, take the roots of Pimpernel beaten small as much as one can contain between his two fingers, and drink it with Wine. The powdered shels of Hasel nuts do the like also, and the jawes of Pickerels, if thou take of each of them a like quantity.

But if the urine be stopped by reason of the stone in the Bladder, then give unto the patient two small drops of the oyl of Sulphur with Wine or Agrimony water: or beat a Radish very small, presse out the juyce of it, and take 3. ʒ. thereof with wine; it provoketh urine immediatly, and breaketh the stone also. Item, drink in the morning 3. or 4. ounces of Radish water very warm, and fast two hours after it. In like manner also two in the evening two hours before supper, and walk after it.

Another. Take Mallowses and Garlick, of each a little, seeth them in Wine until the third part be waisted away, drink three or four ounces of this decoction at once. Or take *Balsamina altera* and the lesser burre leaves, boyl them together in wine, and drink it

as before. Take a great Onion, cut it small, and Mallowes one handful, boyl them in wine, and drink oftentimes of the decoction being warmed.

If a child could not make his water, then take ten or twelve bitter Almonds, and ten or twelve Peach kernels, and two ounces of Currans, stamp them all together, strain them through a cloth with water like to Almond milk, and give it the child to drink like Almond milk.

Amongst the herbed Wines are especially commended for the provoking of urine the Wine of Elecampane, of Harts tongue, of sweet Marjoram, of Cherries, of *Asarabacca*, and of winter Cherries, which are also mentioned before in the Treatise of the gravel. But if any one might not drink wine at all, or that he had it not, then may he drink Meade or Hony water, which is also very good. What sirupes and other things might be used for the provoking of urine, that hath sufficiently been shewed before in the discourse of the gravel. But *Oxymel compositum* and the sirupe of Vinegar are, for this use very highly commended. Clifters are of no small force in this disease, but especially when they be made with *Benedicta*, and the oyl of Scorpions.

Amongst the outward remedies are the forementioned bathings the especiallest and the most highly commended.

Hereafter follow the descriptions of salves and plaisters. Take a sliced Radish, seeth it to pap, and temper amongst it the oyl of bitter Almonds and the oyl of Scorpions with a little Wax, then spread this very thick upon a cloth, and so lay it upon the privities. Item, take Turpentine, oyl of Scorpions and of bitter Almonds, of each a like quantity, and a little molten Wax, then temper them together, and therewith anoint the whole privities.

Another. Take the oyl of Scorpions, of *Costus*, of Lillies, of Dill and Ducks greafe, of each half an ounce, Pellitory of the wall and Saxifrage beaten, of each one drachme, Comin three drach. Wax as much as sufficeth for a salve. For this you may also use the balmes and oyles which are described in the eight part, like as shall be shewed there more at large.

Here before in the affluxion of the humane feed, is also admonished that the navel is to be filled with a little old suet, either of an Oxe or of a Hart; the which is also an expert remedy for the making of water, but that is oftentimes to be used. The oyl of S. Johns wort should also expel urine if one be anointed with it.

If now there be any body which cannot make water, then cut two great Onions, and put a spoonful of Caruwaies unto it, pour then thereon some Sallad Oyl; afterwards fry them all together, and spread it on a cloth two handfals broad and meetly long, and so lay it as before upon the privities as warm as can be suffered: do this six or seven times together, it helpeth evidently. Item, take Pellitory of the wall, fry it in oyl, and so lay it warm on the privities. Some do write that the fat of Conies anointed on the privities and on the Kidneys, should marvellously expel urine. Likewise also the oyl of Bayberries, of Camomil and of Scorpions. The detention of the urine of what cause soever it be caused, this ensuing is good for it; take live or dead wood-lice, lay them over the privities before, and then pluck over the foreskin: these and Cony fat are by some highly commended: also the foreskin is to be put over the anointing with Cony fat.

This ensuing is also highly commended for Women when they cannot make water: Take filed Goats horn and Maiden hair, of each a like quantity, make them to powder, and strew them on a new hot tile: put this into a close stool and set the woman upon it, then sprinkle Wine on the tile to the end she may receive the vapour beneath; this is to be done twice or thrice a day, according as the obstruction of the urine is great. But if this malady seem wholly to get the mastery, then take the water of picked Plantain, make Almond milk with it, and drink thereof twice or thrice a day, it is also especial good. And if so be that the sharpnesse of the urine had made any excoriation, then anoint the place with the oyl of Eggs. And if a woman with child cannot make her water, then is she to take yellow Rose seeds and seeth them in Wine; when the pain is somewhat asswaged, then give thereof to drink; afterwards make a little oyl of Lillies warm, and anoint therewith the Reins and over all the belly. Item, take Sage and Wormwood, of each one handful, Rie meal one spoonful; seeth them all together, and let the woman sitting on a close stool receive of the vapour.

You have also in the fift Chapter, and 1. §. somewhat else which is also meet for this purpose.

Of the retention of urine through falls or blowes. §. 4.

IF the retention of the urine come of any outward cause, as of falls or of blowes, then must good heed be taken if so be that thereby any coagulated or clotted blood, not only in the bladder, but also in any of the inward parts, came to putrifie, like as in the stomach, in the breast, and elsewhere, then may great sorrow and trouble proceed of it, yea death it self; for that there follow great faintnesse after it, great weaknesse of the whole body, and the pulse will be so small that one can scarce feel it.

And to remedy the same, is the Liver vein of the sick person to be opened, and the bruised place irrigated from on high, oftentimes with warm water wherein Camomil, Melilot and Roses be decocted. Afterwards is the sick person to be anointed with this salve ensuing; Take Myrrhe and Mastick, of each one drachme, oyl of Roses one ounce, oyl of Dill half an ounce, wax as much as is needful.

But if the pain will not abate and cease, and that it appear that the bruise will come to an impostume and heat, and an ague stick unto it, then open the *Saphes*.

If the Patient be bound, then are milder clisters and purgations to be used, and the patient is to keep himself as sober in eating and drinking as may be possible the space of two dayes, and afterwards to dyet himself like as one that hath an Ague is wont to do. The place is to be fomented with the foresaid herbs and thereupon to anoint it with warm oyl of Violets, and with oyl of Camomil. The bladder is softly to be wrung from the top even to the privities; also an Oxe bladder may be filled with this decoction following, and laid upon the privities.

Take Mallows, Camomil, Rape leaves, Melilot, Violet leaves and Linseed, seeth them together, and make a felt or sponge wet in it, and lay it warm upon it. You may also make a bath for the loines thereof, putting thereto some Hollihock roots, Onions, Garlick and Colewort leaves powdered all together; seeth them and wring them out well, then put them in a bag which hath a hole in the middle to put the yard therein, and that he may lye upon it. Item, take Wormwood, put it in a bag, seeth it in wine and wring it well out, then lay it upon the privities, as is expressed, and admonish the patient that he endeavour himself to pisse oftentimes.

This ensuing is not only good for the clotted blood in the bladder, but also for all other places of the body, be it of whatsoever occasion it may be; Take Wormwood, Fennel, Smallage, the seed of the yellow root, red Storax, peeled Melon seed, and Radish leaves, of each a like quantity, make a powder of them, and give thereof between one and two drachmes with Asses milk, or with water wherein Fennel roots, and the roots of Smallage, of Parsley, of Sperage, or of *Ruscus* be decocted.

Of the retention of urine through some obstruction of the conduits. §. 5.

IF so be that it happen that this retention or painful making of water do vex or pain a body, and yet neverthelesse the bladder is full of urine, and that the patient had pisse any blood or matter before; then are those remedies to be given him which do open, and which do attenuate the clotted blood and corruption in the bladder, and make it fluxible: therefore one must first begin to wring the privities hard, that thereby the lowermost passages may be opened, and the urine may run out. Now if so be that this obstruction do come of clotted blood, of matter or of slime, then are Sperage water, Saxifrage water, and Radish water, especially good for it. In like manner is also very good, the broth of red Pease, of Fennel roots, of Parsley roots, and of Smallage, of each apart, or boiled together. Also Limon water is very much commended for this use. Item Treacle, good Mithridate, and most of all that which is declared in the retention of the urine.

Also Salt water, or this following may be spouted into the bladder, which may draw out the urine through their sharpnesse; take burnt ashes of Fern, Vine ashes and lime, of each a like quantity, pour as much water upon it until it be covered, let it stand so the space of 3. daies; afterwards pour it through a tight cloth, and spout a little thereof into the bladder. This can also be done with the oyl of Scorpions.

Item, take the seeds of Carrots, the seed of Stone Parsley, and of Parsley, of each one quarter of an ounce, *Hermodactili* 3. drachmes, make a powder thereof, and give one drach. thereof at each time. Or take the seed of Smallage, of Parsley, or Piony, of Brooms, and

of Saxifrage, of each one quarter of an ounce, Fennel seed, Caraway and Annis seeds, of each half a drachme, Gromel seeds, *Spica*, Cinamom, peeled Melon seeds, Pompeon seeds, Gourd seeds, and peeled Cucumber seed, of each one drachme, Licorice three drach. Sugar one ounce and a half, make a powder thereof, and give of it every day one drach. with some diuretical decoction. If so be that the sick person have no stools, then is the matter first to be prepared with *Oxymella diuretica*, or with *Oxymel* of Squils, and afterwards to purge with *Medicamnia Turbith*, and with *Agarico*, or with *Benedicta Laxativa*, whereunto are added *Hermodylyli*: also these ensuing clisters may be used.

Take Pellitory of the wall, water Cresses, Saxifrage, and Camomil, of each one handfull, see the them all together in water, and take twelve or sixteen ounces of this decoction, *Benedicta Laxativa* one ounce, Cassie and *Hiera Picra*, of each one quarter of an ounce, oyl of Rue three ounces make a clister thereof.

For an outward application, take handfulls of Rue leaves, pownd them a little, and fry them with Butter, or with oyl of sweet Almonds, or oyl of Scorpions, and lay it on the privities.

Another; Take Dock roots as many as you please, see the them in wine, fry them, and use them as before. Or take wheaten bran, let it see the to pap with oyl of Nuts, and use it warm.

Item, take Pellitory of the wall, water Cresses, Saxifrage and *Diptamus*, of each one handfull, Fennel and Annis seeds, of each half an ounce; see the them together in white wine, wring it out hard, put it between two cloths and lay it on the privities. You may also put the same decoction into the bladder, and so apply it warm unto it.

Of the first mentioned may also a bath be made, whereunto diuretical medicines shall be added, as Camomil, Stechas, Marjoram, Mints, the buds of Colewort stalkes, Pigeon dung, and let the sick person bathe therein as long as he can suffer it.

Another; Take Colewort leaves, Hollihock leaves, water Cresses, and garden Cresses, Pellitory of the wall, *Clavicularis*, Camomil, Smallage and Parsly roots, of each three handfulls; see the them all together unto a bath, and then lay the decocted herbs upon the privities.

For a salve you are to use Dogs greafe and wilde Cats greafe, of each one ounce, *Ammoniacum* half an ounce, oyl of Lillies two ounces, oyl of Scorpions one ounce, make a salve of it with Wax, and use it like as the other salves. Or take the salve which is described in the 3. §. beginning thus, Take oyl of Scorpions. &c.

Item, temper Balm and oyl of Roses, of each a like much with Wax. Further, of all these oyles following may also salves be prepared, as of the oyl of Scorpions, of bitter Almonds, of Lillies, of the kernels of Cherries, and of Pepper; or one may also use them as they be. For this disease are all things meet that be ordained for the stone of the bladder and of the Kidneyes.

Of the hot and scalding urine. §. 6.

There happneth also otherwhiles such a burning with the urine, that the patient thinketh none other than that fire passeth through his yard. The cause of this is, that there be mixt with the urine some hot cholerick or salt humours, which make this scalding in the passage.

This cometh commonly of great labour, much and long walking or travelling through heat of the Sun, through much venery, through long use of many hot meats, or for that the conduits of the yard have such exulceration within.

This infirmity is indeed not to be regarded slightly, for if it continue long, then doth it excoriate the yard within. The signs thereof be sundry, to wit, when the patient avoideth in his water sometimes matter, small scales like bran, and otherwhiles also blood.

These kinds of sick persons are to beware of all sharpe, salt, four, and such like meats, because that thereby the pain will be augmented. But he shall contrarywise use all cooling and moistening things, as well boyled Barly, Spinage, Lettice, Purslain, Mallows, Apples, Melons, Pompeons, Gourds; Prunes, Peaches, and Cherries, &c. Item, Lamb, hens, and Partridges drest with the foresaid herbs are the best meat for him. Buttermilk, and that sodden, is also very good.

He is to take for his drink Barly water, Buttermilk, watered wine, and fresh water tempered with sirupe of Violets or sirupe of Roses, Almond milk, or Sheeps milk which

(which is most meet for him) if there be one drachme or two of fine *Bolus* tempered amongst it. Item give him sirup of Violets with water of Melons, or if you have it not, then beat the seeds, and make thereof a decoction: afterwards drink it with the other meats. In the morning and evening use this powder following: Take peeled Melon seeds five drachmes, peeled Cucumber seeds, Citron seeds and peeled Pompeon seeds, each one 3. ss. Henbane seed one drachme, Sugar the weight of all the rest, then temper them all together; take thereof every morning and evening the weight of three drachmes, with Julep of Roses.

Another; Take peeled Melon seeds, seeds of Pompeons, of Gourds, and of Cucumbers chopt small, of each one ounce: the seeds of Purslain, of Henbane, and white Poppy seeds, Licorice and Currans, of each one drachme, Sugar three ounces, temper them together. Item, take Lettice seeds and the seeds of Purslain, of each half an ounce, powdered Sugar two ounces, make a powder thereof, and use it in all meats and drinks, it is marvellous good, yea for all old folks also.

These Trochisks following do cool and cleanse the Kidneyes and the bladder of all such matter which doth inflame or overheat the conduits of urine.

Take peeled Melon seeds, Pompeon seeds, Gourd seeds, and peeled Cucumber seeds, of each half an ounce, Dragagant, red Saunders, of each one drachme and a half, Purslain seeds, white Poppy seeds, of each three drach. white Henbane seeds one drach. make Trochisks thereof with the muscilage of Fleawort, afterwards take one drachme of them and break it in Barly water, and give it early in the morning and at night going to bed. You may also make an electuary of it. Cassy taken with Turpentine is also especially good for this purpose. The oyl of sweet Almonds asswageth and cooleth also the heat of the conduits of urine.

If in case then the Patient (because of the sharpnesse of the matter) ought to be purged more, then is the same to be done with four Dates, *Manna*, and Rubarb steeped in Endive water, or with the decoction of Violets: if there be salt flegme with it, then give him Cassie tempered with the whay of Goats milk, wherein Polipody roots, Annis, Violets and Burrage flowers have been decocted. When he hath thus been purged, then is the liver vein to be opened, and the foresaid powder to be diligently used.

If so be that a child hath this disease, then take Mallow seeds, Dragagant, and Licorice of each a like quantity, see the them in water according to the importance of the cause, and let him drink none other drink. If this urine be very sharp and hot, then take so much the more of the seeds. And in case that a child through the sharpnesse of the urine had gotten some exulceration, then use this salve ensuing: Take Myrrhe half an ounce, Barly meal or Bean meal one ounce, temper it to a soft unguent with the oyl of Roses, spread it on a cloth, and then lay it where it is needful.

The brayed white of an Egg may also be spouted into the privities, or take the muscilage of Fleawort and of Quince kernels, of each one drachme, temper them with womans milk.

Or take the seed of Fleawort three quarters of an ounce, the seed of Quinces five drach. peeled Melon seeds, Pompeons seeds, Gourd seeds, and peeled Cucumber seeds, of each one quarter of an ounce, white Popy seeds one drachme and a half; see the them all together in a pint of water until the third part be wasted, then strain it through a cloth that it may be like a muscilage, and spout thereof into the yard, it cooleth and asswageth the pain.

You shall use outwardly red and white Saunders, the seeds of *Ruscus*, burnt Ivory, and Myrtle seeds, of each one quarter of an ounce, the juyce of Plantain and Rose water, of each one ounce, Barly meal as much as sufficeth, then pownid then all together, and make a soft pap of it: you may also put unto it two whites of Eggs. But if one desire to have it stronger, then it the juyce of Sloes and *Hipocistis*, of each one drachme to be tempered amongst it and so to be layed upon it. If so be that the yard have an exulceration within, then is a cloth to be made wet in Rosewater and layed upon the yard.

If any one be forced against his will to make his water. §. 7.

Although this disease which the learned do call *Diannem*, be somewhat like unto *Diabetes*, and especially in this, that in both sorts of these diseases the urine passeth away against ones will and pleasure, yet is there neverthelesse a great difference between

them; for that with the disease *Diabetes* is a great heat of the kidneyes, her attractive vertue is against nature, whence followeth a great thirst, and great quantity of urine, all which is not with the disease *Diabetes*. For *Diabetes* is none other but a continual flux of the urine against a bodies will without any pain or heat, and also without any feeling of it. The occasions of this malady may be when the muscles of the neck of the bladder be perished, like as otherwhiles hapneth in cutting of the stone. This can also chance through falls, through blowes, or through great cold, as to sit upon a cold stone, through cold sicknesses, as the Palsie or Lithargie: Item, through immoderate and excessive drinking, and through great binding in the body. They may likewise happen unto women with child, when the child oppreseth the bladder too hard. Lastly, also through some impostumes about those parts. The signs of this disease are apparent, to wit, that all warm things are acceptable to the patient, and cold things contrary are hurtfull. When these diseases (as often befallerh) are caused through cold, then is this electuary very good, which hath efficacy for to stay this flux of urine.

Take Cipres nuts, the rinds of Cipres, Frankincense and the rinds of the same Myrtle seed, Comin, Miobalans both fried, and dried Pigeon dung, of each three drach. Amber, red Coral, and Roses, of each one quarter of an ounce, sirup of Quinces as much as is needful for to make an electuary therewith, whereof is to be taken every morning, noon, and evening, the bignesse of a Chestnut, with a decoction of Cipres nuts, Sage, Myrtle seed, and such like. This electuary is also good for the laxes called *Diarrhea* and *Lienteria*.

Another; Take *Miobalani*, *Chebuli*, *Emblivi* and *Belivici*, of each three drachmes, Atorns three drachmes and a half, which have layne four and twenty hours steeped in vinegar, Cipres roots, Myrtle seeds, Frankincense, dried Elecampane roots, red Storax, red Coral, and yellow seeds of Roses, of each two drachmes and a half, Myrrhe one drach. and a half, stamp them small, and make an electuary thereof with clarified hony.

For this is also good Treacle, Mithridate, and burnt Oxe bladders, of each taken alone with wine.

Item, take the dried kidneyes of a Hare, stamp them to powder, and Dill seed, of each half an ounce, the seed of Smallage one quarter of an ounce, make a powder thereof, and give it between two and three drachmes at once with a little cold water: boyled Hedges flesh is also very commodious for this purpose.

If so be that the patient have any need of stooles, then is this clister following very commodious for it, for when he keepeth it very long, then doth it strengthen the neck of the bladder, and draweth it together, that it doth afterwards keep the urine the better; Take Sage, Rue, *Clavicularis*, field Cypres, Camomil, Stechas, Nuts flowers and rinds of Cypres, of each half a M. then let them seethe together, and use this Clister like as is accustomed, but mix the oyl of Bevercod and of Behen, of each two ounces amongst it, powder of roasted *Chebuli*, Myrtle seeds and Cypres roots, of each one drachme and a half; lastly temper all together.

Outwardly may he use the Mineral and Sulphurish baths, but if one cannot get them, then make a dry sweating bath with the foresaid herbs, which are named in the description of the clisters, which also one may use for a bath for the Reins, if the same be sodden in Wine or lee, and put Salt or Allom unto it.

The privities and bladder are also to be anointed with these oyls following, whether they be tempered together or each a part. viz. with oyl of Bevercod, of Behen and Eldern, amongst which there may be a little *Picetrum*, Pepper, and the rinds of the Cypres tree mixed.

His order of dyet consisteth principally in this, to wit, that he do not overcharge himself neither with eating or drinking, and use nothing which for ceth urine, as Radishes, Cucumbers, Melons, Parsly, fruit, and such like. He is also to refrain from all clear, white, delicate Wine, and from Syder, but is rather to drink a red, thick, hard, and unwatered wine.

He must strew his meat with powned Comin which is somewhat parched: also with a little Mustard seed, Pepper, Caraway, or which one please; and he must specially beware of all that ingendreth much moysture in the body. Roasted Chestnuts and hasel nuts be very good for him.

Of the excoriation of the Bladder, and of the neck of the same. §. 8.

THe causes of this disease may be a precedent impostume, or some sharp humour of the body, the use of some hot meats and drinks which are salted too much, or some thing else which doth exacuate the urine, as is before discovered.

The signs of it are detention of the urine, and although the same have some small passage, yet happeneth it with anguish and great pain of the privities, and of other parts adjacent. In the urine are small skales to be seen, and otherwhiles blood and corruption, the which doth stinke. And now for to remedy this, then look what hath been prescribed against the gravel, stone, and such like; for all that is also meet for this purpose, and therefore not needful to be rehearsed at this present.

But here is especially needful a good order of diet, as hereafter followeth; all salt, sour, sharp, and sweet meats, also all great exercise must he refrain: yet all mild meats, and specially Sheeps milk is he to use.

He is to use for Physick such things which do munditie and cleanse the ulcers of their corruption, viz. *Trochiscos Alkekengi* three drach. with sirup or Julep of Violets. He is also oftentimes to drink mead, *Sist album Rafis* one drach. or two tempered with milk is oftentimes to be injected into the bath, or Hony water wherein Figs be decocted.

Of the impostume of the Bladder, or of the neck of the same. §. 9.

THere do come very seldom impostumations in the Bladder, or in the neck of the same; yet when they comethere, then commonly be they caused through bruises, blowes, and falls upon the same place, or such like. Item, through a sweaty and bloody body which is mixed with *Cholera*, repletion of the matrix and of the kidneyes, whence the matter falleth into the Bladder, and there impostumateh: the stone in the bladder may also cause the same.

The signs of these impostumes are Agues which be caused of pain, also biting and pricking pain above the privities, swelling of the same place with heat, which is also to be perceived by feeling detention of the urine, the which the patient cannot otherwise avoid but standing onely.

Herewith cometh also oppilation of the body, partbreaking of *Cholera*, heavy breath, cold of the outward parts, swelling of the tongue, distemperance of the brains; they be also distempered through hot and diuretical things; age, hot weather, and a licentious life do trouble and harm these patients greatly.

In these impostumes be certain common rules prescribed. First, if so be that this impostume be in tce bladder, in the neck of the bladder, or in the yard, then is no diuretical medicine to be given him. Secondly, the matter which causeth these impostumes, is to be derived to another place, except it were in the Plague, for then ought first a vein to be opened. Thirdly, when it is known which humour is most peccant, then must one look to purge the same with appropriated medicines: Fourthly, there be not any attractive clisters (neither in the beginning nor augmenting of the impostume) to be used, to the end that by the affluence of the humour the impostume be not augmented; but onely is to use onely mild things, so that through the great binding in the body there ensue no hurt: Fifthly, repelling medicines are not to be too long used, that the matter be not made too grosse, and those parts which be cold by nature be more refrigerated and cooled: Sixthly, whensoever through cooling things the outward accidents be somewhat ceased, then are such things to be used as may assuage the pain: Seventhly, if there be but a little moisture in the patients body, then are besides the expulsive medicaments, also bathing and rubbing to be used: Eighthly, if there be any impostumes in the neck of the bladder, then must one beware to use any instrument about or in it, for that in doing so you might hinder the matter greatly: Ninthly, when the detained urine, neither of it self, nor of any instrument may be letten out, then are other means to be used, whereof we have written somewhat before.

Thus for to help this disease, is in the beginning the *Baslica* to be opened, according to the prescription of the second rule, and let out as much blood as shall seem meet. But if the patient find himself meetly strong, and if so be that the matter be much, then is the *Saphea* to be opened the next day after. If the impostume be through heat, as of cold or *Cholera*, then take oyl of Roses and unripe Sallad oyl, of each one ounce, vinegar half an ounce

ounce, temper them all together, afterwards anoint it upon the place of the pain, and then strew upon it this powder following: take Myrtle seed, Roses, Dragons blood, and white Saunders, of each a like quantity, pounce them all together to powder, and lay a cloth upon it dipped in the foresaid oyl of Myrtles.

The patient is also to be purged with lenitive medicines and gentle clisters, thereby to mollifie the hardnesse of the impostume, and to assuage the pain, and so to open the conduits of urine.

Of all which you have had good direction before. Besides these is this fomentation following very meet: Take Camomil, Melilot, of each three ounces, Hollibock roots, Fenegreek, Linseed, of each one ounce and a half; let them all seethe well together in water, and then bathe the place affected therewith the space of an hour; afterwards fill a bladder with this decoction about half full, and lay it warm upon the privities; then anoint the pivity with oyl of Camomil, with oyl of Lillies, and such like, even as in the impostume of the kidneies hath been declared more at large.

For this is also very meet water baths, wherein Mallowses, Hollibock roots, Camomil, Linseed, Melilot, Marjoram, Cipres roots, Rape leaves, Colewort, Fenegreek, such like be decocted. If it be needfull to use warming oyls, then take oyl of Lillies, of S. Johns wort, of Rue, of sweet and bitter Almonds, of wall flowers; all these oyls do allay the pain, as also doth the oyl of tyles, and the plaister of Barberries, which consume all cold humours.

When as this impostume is broken, then follow the same course as hath been taught in the impostumes of the Kidneies.

To conclude, these things following are much commended to be eaten for all diseases of the bladder, viz. preserved Elecampane roots and Pimpernel roots, which expell all uncleannesse from the stomach: likewise also preserved Calamus, Treacle, Mithridate, conserve of Betony, Mead and Hony water. Item, the juyce of Lemons which is especial good for all bruifings of the bladder that were caused of the stone.

The nineteenth Chapter.

Of the Matrix or Womb.



From the beginning of this book of Physick hitherto we have written and discoursed of all the principall inward parts of our body, concerning as well men as women; but concerning the Matrix, which is onely proper to the femal kind, have we deferred untill this present, and now we will intreat somewhat thereof.

This Matrix or Womb is the chiefeft part whereby the generation of mankind is maintained, and ordained of God Almighty (Creator of nature it self) as for a vessel, receiver and preservative place of humane seed, which is therein formed unto a living creature, increased, defended, nourished, and sustained until the opportune time of birth.

The Grecians do call this Matrix or Womb *Metra* and *Hystera*, the Latinists *Matrix*, *Vulva*, *uterus*, and we by reason of her vertue, for that it incloseth the conceived child, the Mother or Womb. This hath her place in the neathermost part of the belly, right under the Navel. It reacheth backwards to the arse gut, and forward to the bladder. It is divided into two parts, wherof the first part is her whole body, wherin (as is said) humane seed is received, and the fruit preserved. The second part is the neck of the Matrix or Womb, which reacheth out of the foremost part of the privities, so that it is assimilated unto the Bladder with her neck, the ligaments wherewith she is bound to the hips, onely excepted. When this Matrix or Womb with all that belongeth thereto is rightly beholden, then is it only shapen like to a mans member, only that the humane member dependeth outwardly, and that the womanwood lieth hidden within, whereof in the beginning of the fifth Chapter, and afterwards hath been spoken at length.

Her substance is inwardly fleshy and rough, especially in the bottom strewed over all with small knops or bunches, which be full of small veins, that come and have their accourse from all parts of the body unto the womb, and incarnal use do draw and keep with them the humane seed, which also yeeld forth the flowers or terms, nourish the conceived

conceived fruit, and maintain the secondine. Also this Matrix hath two concavities, and it is supposed that in the concavity on the right side, Sons be conceived, and in that on the left side the Daughters, whereof we shall speak hereafter more at large.

Outwardly she is full of sinews and hard, because that she openeth and shutteth too again in the bearing of children, all which must be achieved and brought to passe through the sinews; the same hardnesse doth also defend her from many kinds of bruising.

The foresaid sinews be also causes of her motion, and ascending and descending in the body, for that because these sinews are very sensible and easily harmed, therefore they do shrink in and draw the mother upwards with great painfulnesse, as hereafter shall be shewed more at large.

The neck of the womb which is with some women long, and with some short, whereof the right measure is the breadth of eleven fingers, is shapen of a hard muskelly and sinewy flesh, which so hardeneth from day to day (especially in lecherous women or common harlots, and old women) that it is at the last altered into a kind of Cartilage.

This neck of the Matrix hath also where the Mother beginneth, an entrance which is never more opened but in the venereous act, in time of the terms, and in the birth, otherwise doth it remain alwayes most tightly shut, and especially after the receipt of the humane seed; so that nothing may go in or out. In young maidens or girles it is very thin, but in growing it waxeth thicker and bigger, viz. when the terms be at hand, and lesseneth when they be past; the thicknesse also increaseth with the being with child; and how many times more that she beareth child, so much the thicker doth it grow. In like sort also will it be harder and thicker in time of the first conception, but in the growing and increase of the child is it dilated, to the end the fruit might have room and scope: but in women that never conceived, or have not born any children at all, it continueth in one bignesse, and is much lesse than in fruitful women. In like manner is it also in children much smaller then the bladder, but with growing up it daily waxeth greater, yea that it is at last in greatnesse far exceeding the bladder.

These kinds and such like sundry motions, like as they have delight in odoriferous things, and a loathing of stinking things, for which it flieth, and for which it ascendeth, caused the wise Philosopher *Plato* to write as hereafter followeth; This part in women, which many do call *Metram* and *Hysteram*, is a living creature, very greedy of conception, therefore if it be drawn upwards untimely, and if it remain a long space unfruitful, then doth it become unwilling, it creepeth through the whole body, whereby the parts of respiration are so obstructed and stopt, that the woman can get no breath, yea it bringeth with it at the last great danger and peril, and causeth many kinds of sicknesses. These be the words of *Plato*; but this opinion is withstood by *Galen*.

This noble part in women is subject to many kinds of diseases and sicknesses, which if they do get the upper hand, do hinder the conception and the fruitfulness of women; which unfruitfulness is especially caused when she hath too many of her terms, or too few, or when the same is wholly detained, whence then followeth a spoyle of the natural seed, the whites, the suffocation of the mother, which otherwhiles stiflith women, the precipitation and falling out of the same, great pain, ulcers, impostumes, hardnings, Cancer, the unnatural disease *Mola*, barrennesse, and if she peradventure chance to conceive an untimely birth, whereof hereafter shall be written, yet first we will begin of womens terms and flowers.

Of the Terms or Flowers of women in general.

THAT these Termes of women be called the Flowers, is for this cause, viz. when it is seen that a tree bloweth, then is it esteemed meet and convenient to bear fruit, and contrariwise the tree unfruitful which bloweth not, except the Figtree. So is it likewise with women, that all they that have their Termes are fit and commodious to conceive and bear children, the which they that have not their Flowers or Termes, can never more accomplish. Secondly, the Latinists do call these flowers *Menstrua*, of the moneth, and thus, for they every moneth or thirty dayes return and come againe; or for that they according to the course of the Moon, that is, because they appear the first quarter of the Moon in young girles, the second quarter in them that be somewhat bigger, the third quarter in the middle sort, the last quarter in aged Women. Whereby all expert Physitians do observe in each time that each age is to have them, to wit, the young people in the new and increasing Moon, the old folks in the

the decrease of the Moon: in fine, the health of all women dependeth especially on this necessary menstrual flux, yea all her chastity, fruitfulness and welfare.

To the contrary, if they do not at all avoid, do flow too much, unorderedly, or be loathsome of colour, then do they cause all miseries, inclination to every, and many kind of sicknesses, like as hereafter shall be taught.

Wherewith it is to be esteemed for no small work of wonder, that amongst all creatures that do live and are of the female kind (except certain Apes) only women are subject unto this flux, and therefore have the Philosophers many kind of disputations, which be here too long and needlesse to be rehearsed. But of the fountain and matter of this blood, it is with one consent concluded, that it is a cold, undigested and grosse matter, and the blood of the whole body, the which through the foresaid veins is gathered together in the womb, and is afterwards expelled in due time as a matter hurtful and of no use. That this matter is also cold, is by this perceived, that when it passeth away, the woman feeleth a great cold over the whole body, this happeneth after many fashions. Of the Terms that be avoided over and above their natural custome, shall be hereafter spoken of with all their appertinances. The women whose Terms avoid in two or three dayes, are rid of them with small trouble, but if they endure long, then will they be thereby very feeble.

The first avoidance of their Terms is commonly about the fourteenth year, the which signifieth that then their natural seed beginneth to ripen, that the hair and breasts begin to grow, and they that be hot of nature do then get desire of the man, for that the womans Terms be none other but a natural seed which is not yet thoroughly ripe, and that through his superfluity of nature desireth to be expelled. This course of the Terms or Flowers abateth about the age of forty or two and forty years, or endureth sometimes untill the fiftieth year, but very seldom untill the sixtieth year, in which time women be still meet and fit for generation; yet do these Flowers or Terms of women come sometimes sooner and sometimes later, according to that the nature and complexion of the body is full of blood, strong, suffereth much labour, is quiet and feeble. It is also a common rule with all them that have experience in natural things, that a woman which getteth not her flowers, like as some which be hot and dry by nature, is barren and unfruitful, and that for those causes that are discovered in the seventh Chapter of the barrenness of men and women, although that it chanceth neverthelesse (but very seldom) that such women do conceive and bear.

This is also the natural custome, that when a woman hath conceived, that then her terms do tarry away, for this blood is prepared for a sustenance unto the child in the mothers womb; like as also after childbirth the same to that end is turned into milk, notwithstanding that it oftentimes happeneth that women with child avoid their Flowers or Terms after the old custome until the very day of birth, as we shall hereafter somewhat intreat thereof; but these women do bring small, spare, weak and not living children into the world, because they have been deprived of the most part of their nourishment. It is also contrary to the opinion of many women, that she shall open a vein when she is half gone with child, in case if she be not full of blood, and the veins not great, therefore is not the same very unadvisedly to be done. Item, in this flowing or course of womens terms, there is another wonderful nature and property, to wit, that so harmful and venomous a matter in mans body, without any hinderance, yea for a great preferment of health, may be retained and expelled. The common experience bringeth with it, and all learned do testifie the same, that these womens terms do bring innumerable sicknesses with them, and have many infectious properties; namely, where the same happeneth to fall, there groweth no fruit, spoileth the vines, the Must will be vinegar, the herbs wither, the trees dry away, iron rusteth, and all metals do darken and wax dim: the same being taken make a man mad, and chiefly the doggs: the Bees leave their hives if they be anointed therewith; women when they have the same, then do they darken through their breath all bright looking glasses, the ayr will be poysoned with them, and children (as it is said) bewitched. Now doest thou see thou stout high minded man, what a precious matter it is that thou hast in the beginning of thy birth, and what the matter is that hath thee nourished? This hath caused the ancient Poets to assimilate this flux unto the wars, saying, that *Mars* is no son of the god *Jupiter*, but of *Juno* onely, meaning by *Juno* this menstrual flux. And truly if this hurtful property be likened to the wars, then is it an expert and true similitude; for what doth more spoyle fruits, vineyards, Must, herbs and trees,

trees, then the wars? what is there which taketh away and wasteth more iron? how many bright harnesses be thereby darkened? where beareth madnesse more mastery? where are men more like to mad doggs then in the wars? how can the ayr be more venomd then through the stinking dead bodies? Here is now sufficiently spoken of this matter, now we will proceed with our medicines.

How to prefer and move the Terms or Flowers in women. §. 2.

FOR the first, we will speak of the causes whereby the terms be detained, the which be outward and inward. The outward causes be sore labour, hunger, care, great fatnesse, agues, dropies, consumptions, and some disease of the womb. The inward causes be a bad complexion, of heat, cold, dryth, or of moysture, whereby the vertue expulsive is weakned, so that it is not strong enough for to unburthen her self of the superfluities. Or that there be any malady in the Matrix or mother, to wit, if the neck of the womb be stopt and obstructed, and is swolne too, like as it may easily happen in the mother or in the veins of the same.

Now for to have some certain or infallible knowledge of these things, there may outward causes be easily perceived by the declaration of the patient her self. If it come through weaknesse of the expulsive power, then is it perceived by the heat, by the thirst, by the swift and strong pulse, and other signs of heat. But if such be caused through cold, then is the woman bleak, sleepey, without any thirst, the arteries of the pulse beat slowly, and the urine is of loathsome colour. If the disease be of any inward part, then doth the whole body declare the same through the great fatnesse or leanness. If such be caused through any of the four humours, that doth the blood sufficiently shew, which therein beareth sway. This obstruction doth bring to women no small sicknesse, besides that as it is said) they be barren, for that they fall thereby otherwhites into *Maniam*, (which is madnesse), into the falling sicknesse, suffocation, swellings, and impostumes of the womb, and of the other parts adjacent unto it, slothfulnesse and heavinesse of the whole body, great unlustinesse, wambling and parbreacking, coughing, and a heavy breathing, the dropie and detention of the urine, and of going to the stool: heavinesse of the mind, great pain of the head, and at last into the gout.

And to remedy all these diseases, therefore will we first of all prescribe certain common rules, whereof the first is, in case that the Terms be obstructed in a dry body, then must one beware of all those things that might cause either heat or dryth, to the end the disease be not increased thereby. The second is, if in the stay or detention of womens flowers the blood had course toward any other part of the body, then is it advised that the same blood be drawn out, which otherwise might be spoyled. Thirdly, to prefer these flowers, it is then needful that the veins be opened under the Matrix, that the blood may be drawn downwards. Fourthly, there is meet for this the strong binding of the thighes, and to hold the same a certain time bounden. Fifthly, if the disease come for that the veins be stopt in the Matrix, (be it of whatsoever occasion that it will) then is the blood to be diminished by opening of a vein, and to be diminished through laxative medicines, through abstinence, through exercise, and such like means. Sixthly, all strong things, as Hellebore, *Euphorbium* and *Nardus* seed (which is wont sometimes to be adhibited from below) must be but a very little, and not to be holden long therein, to the end that thereby the Ague nor any other anguish be caused. Seventhly, all that moveth the urine doth also move the Terms. Eightly, where there is observed no good order of dyet in eating or drinking, there can also no good advice nor remedy do any good at all. Ninthly, for to prefer the Terms, is first of all the same to be approved through gentle remedies, and at the last through stronger means. Tenthly, all warm and well favouring things are very meet for this if they be layed upon the navel, upon the privities, and upon the parts about it. Eleventhly, if this disease be caused through any ulcer, impostume, Ague, or any other cause, it is first to be practised how to remedy, and afterwards to move the flowers. Twelfthly, in case it be perceived that this detention of the flowers or terms doth cause any other sicknesse, or increaseth it, then is all diligence to be had to provoke the Terms: and if so be that the same cannot be effected, then may the vein be opened in the foot, and boxing cups be adhibited. Thirteenthly, because there is a great space from the stomach and the liver unto the Matrix, then is the Physick so to be tempered, that the same in so great a distance be not infeebled. Fourteenthly, all that

is to be put into the wombe is to be tyed to a strong threed, that one when he list may draw it out, and to the end also that through the long continuance there, it bruise not the neck of the mother, or cause not an Ague.

And to the end that we may come to the remedies for to open this obstruction, therefore first of all be the causes of these obstructions to be thought upon, in case that the same be caused of some outward accidents, like as of too great labour, great heat, of too much fasting, and such like, then is the same presently to be prevented. In hot causes are cooling things to be used: in cold warming things, which do open the obstructions. In a body that is full of blood are the veins under the Kidneys to be opened, which be most necessary to people that have not the termes: and if so be that hereby, and other more lettings of blood is nothing profited, then is one to come to the inward and outward remedies, wherein be three manner of wayes to be followed, which shall be described, of which each one may chuse what seemeth to be best and fittest for it.

And because that it is not bad counsel to rehearse and shew the simples which may stir up the termes, therefore we will here discover a good part of them; and first all that be warm by nature, and are weakest, are these, the roots of Smallage, of Fennel, of Butchers broom, of Sperage, of Parsly, of Grasse, Madder, Calamus, *Asarabacca*, Ireos, Valerian, white *Dipsamus*, and Elecampane roots. Item, the seeds of *Ruscus*, Lupins, seeds of both kinds of Parsly, Silver mountain, of Sperage, of Smallage, of Annis of Fennel, of Comin whether it be raw or confectioned, the herbs are these, Cinquefoil, Mugwort, wild Mints, Marjoram, Feverfew, Harts tongue, Spikenard, Wormwood, white water Mints, Juniper, wild Thyme, Lovage, *Cuscuta*, Maidenhair, Southernwood, and washt Turpentine.

These ensuing are much stronger, as Hemlock, Rue, Centory, *Laureola*, Savin, *Euphorbium*, *Ammoniacum*, *Sagapernum*, *Mirra*, *Opopanax*, and *Asa fetida*, the seed of *Nardus*, Mustard seed; Pepper, Bevercod, Coloquint, black Hellebore, *Pieretrum*, *Calamus*, roots of Celandine, the juice of wild Cucumbers, Licebane seeds, Boras, the galls of steeres, of hens, and of all other beasts.

The odoriferous things which prefer womens termes, be these, Indie *Spica*, Cinamom, Cassie wood, *Costas* roots, *Ameos*, *Muscus*, *Spica Romana*, Squinant, *Gallia Muscata*, and such like. They that may be burnt to receive the vapour thereof be these, viz: *Opopanax*, *Saponaria*, Frankincense, *Blatta Byzantia*, *Lignum Aloes*, and red Storax.

These be now the cooling things which prefer the termes, to wit, the seeds of small Endive, the seed of Melons, of Gourds, of Pompeons, of Cucumbers, of Endive, of Lettice, &c. and other more which shall be discovered hereafter; of all which pessaries may be made to use in the womb: also plaisters, salves, powders, oyls, potions, and baths, all as the cause requireth, and that necessity compelleth like as there be many sundry described hereafter, and now we will proceed.

The first meanes for to provoke the Termes, is to be described somewhat at length, wherein there be many sundry medicines of divers and sundry Physitians ordained and added together, out of which each may choose what is meet for him; but in the other twain we will be somewhat briefer, therefore one may take out of them all that might be wanting in this, and so first begin with those things which be meet for this to bring the body into health, and to shew therewithall how such obstructions and hinderances of the termes may be taken away, for which this syrup following is to be prepared; Take Mather two ounces, Lovage roots, the roots of Sperage, Cypres roots and Grasse roots, of each one ounce and a half, Silver mountaine two ounces, Baulm two ounces, Balsam wood and the fruits of the same, of each one ounce, *Spica* of Indy half a drachme, Licorice, Currans, Rosemary flowers, and *Stechedos* of each one ounce, Hony six ounces, white Sugar nine ounces, boyl a syrup of it, clarify it, and give thereof two ounces tempered with the decoction of *Ceeres*.

Another take Mather two ounces, Sperage roots, the roots of Butchers broom, and Cypres roots, of each one ounce, Corn mints, Valerian, Savine, white Water mints, and Pennyroyal, of each one handfull, Baulm two handfulls. Silver mountain two ounces, Balsam wood, and the fruits of the same, peeled Melon seed, of each one ounce, Spikenard half an ounce, Licorice, Currans, of each half an ounce, Hony and Sugar, of each six ounces, make a syrup of it, and give thereof at each time one ounce and a half, or two ounces, with the broth of *Ceeres*.

Anothe. Take the water of Smallage, the water of Lupins, of Sperage, and of Fennel,

nel, of each six ounces, Indy Spica one quarter of an ounce, Cinamom one drachme, *Ammoniacum*, and *Opopanax*, of each one drachme and a half, Parsley seed, and Fennel seeds, *Ameos*, wild yellow Rape seed and caruway, of each one quarter of an ounce, Gromell seed, stone Parsly seed and Agrimony, of each one handfull, Galangal, Cinamom and Saffron, of each half a drachme, syrup of Violets two ounces, Quince kernels, Mallows seed, of each half an ounce, see the them all together in two quarts of Gourds water until the third part be wasted, then strain it thorough, and then temper it with a little of the foresaid water and the syrup of Violets amongst it, and boyl it with so much hony as you please. Last of all strew some Cinamom in it, and as much vinegar of Squils, untill it be somewhat sowerish, then use it as the former : this forceth very vehemently the Terms.

For this is also very good the common syrups which be alwayes prepared at all substantial Apothecaries, as the syrup of Mugwort, of Maidenhair, of Cicory, with Rubarb, and the syrup of five roots.

When as now this syrup hath been used like as behooveth, then must be proceeded : and for to proceed orderly, it is very needful that women be purged of all superfluous humours, which may be done very commodiously with the confection *Benedicta* or *Hiera Picra*, tempered with the decoction of Madder : and of the foresaid confections you may use three quarters of an ounce, or an ounce, each apart or together. Afterwards are these laxative things to be used : Take Sene leaves, Pennyroyall and Madder, of each a like quantity : see the them in small white wine, and give thereof about three ounces at once.

Or take Pennyroyal, Nep, Southernwood, Rue, Centory and Hyssop, of each one handfull, Savin, Feverfew, of each one handfull and a half, *Opopanax*, *Ammoniacum*, Galangal, of each one drachme, Cinamom, Madder, of each one handfull, Myrrhe one quarter of an ounce : see the them all together with a quart of water until the third part be wasted, then take thereof two or three ounces fasting at one time.

Item, take the roots of Smallage, of Sperage, of Fennel, of Parsly, of *Carduus Benedictus*, of Butchers broom, of each one ounce and a half, Annis, Fennel, Caruway, and *Ameos* of each one drachme and a half, Mugwort, Pennyroyal, Mints, Horehound, Feverfew, and *Asarabacca*, of each half a handfull : see the them all together in two quarts of water unto the half, wring it together through a cloth, and mix therewith the syrup of the five roots, *de Calamintha*, *de Artemisia*, of each a like quantity, drink thereof in the morning and in the afternoone.

Another. Take Mints, Balm, Pennyroyal, Marjoram, and Southernwood, of each one handfull, Annis Fennel, Caruway, of each one ounce, the roots of Polipody one ounce and a half, Cicorie roots one ounce : cut the roots of the herbs very small, and see the them in a quart of water untill the third part be consumed, afterwards strain it through, and make it as sweet as you please.

Another potion with wine : Take Savin and Mugwort, of each one handfull, put two quarts of wine unto it, and let them see the together until the third part be wasted : take thereof evening and morning at each time two spoonfuls. Do you now desire to make a common potion ; then take Wormwood and Rue, of each one handfull, five or six pepper corns, see the them all together in a quart of wine, strain it then through, and drink thereof. In like manner may you see the Mallows in wine and drink thereof, it is also very good.

This potion following is very good and pleasant : Take a pint of good wine, Sage half a handfull, Cloves, Saffron and Mace, of each half a scruple, stamp them altogether, and bind it in a fine cloth, and hang it a night and a day in wine, wring it out oftentimes, divide it into three parts, and take one draught of it five hours before meat, the other draught after noone and the last after supper. But this is to be done in the wane of the Moone, and eat very little.

Item, take Hartwort and Pepper, of each one drachme, pour a pint of wine upon it, and drink thereof in the evening and morning, it mooveth much, and cleanseth the womb or Matrix from all bad humours.

Or take the herb Caruway one handfull, Mugwort one handfull and a half, Arfesmart one handfull, *Asarabacca* one drachme : see the them together in two quarts of water untill about the half, and drink thereof in the morning fasting a good draught.

Another. Take Pennyroyal one handfull, Marjoram gentle as much also, Mace one drachme,

drachme, and one quarter of an ounce of Bayberries beaten grossely : bind them all together in a cloth, and pour thereon twelve ounces of wine ; but let them seethe together in a Can in hot water the space of an hour, afterwards wring out the cloth, and drink the half of this wine in the morning, and the other half in the evening after the mealetide.

Item, take Mugwort, Feverfew, Pennyroyal, Baulme and Mallowses, of each one handfull, seethe them together in pint and a half of wine, and use them as before.

Take the rootes of Cicorie four handfulls, take out the woody hart, and cut them small, then pour two quarts of wine upon it, and let it seethe so long until the force be gone out of it, afterwards wring it out, and then seethe it unto a thin syrup, and so take every morning a spoonful or twain of it.

This following doth open much all obstructions, and forceth the Termes : Take of the confection *Triphera* without *Opium*, Mather and Silver mountain, of each half an ounce, Fenegreek, Turkish beanes and Ceeres, of each one quarter of an ounce, seethe them all together in eight ounces of water even unto the half, then strain it through, and temper in three ounces of this decoction the *Triphera* aforesaid. The Physitians therefore do occupie this *Triphera* without *Opium*, because it is forcible and strong. Also they temper therewith otherwhiles one drachme of the juyce of Savin, sometimes also *Mirra*, red Storax, *Bdellium* *Euphorbium* or *Opopanaxum*, all according to the importance of the cause. Item, take Cassie wood three drachmes beaten very small, and give it with wine.

One that is more feeble : Take Myrrhe, Bevercod and red Storax, of each three drach. Savin, fine and course Cinamom, of each one drachme and a half, make an electuary thereof with Hony, then take one quarter of an ounce thereof, and temper it in wine for a potion. Item, take Saffron one drachme or more, and drink it with wine or with Mallowses water. Saffron onely preferreth the Flowers ; the same doth also one drach. of powdered Cardamony.

Here now do follow certain powders which are to be taken in the potions, and amongst all things is nothing more to be commended then the Trochisks *de Mirra* which are thus prepared :

Take Myrrhe one drachme and a half, Lupins two drachmes and a half, Rue white water Mints, Candy, *Diptamus*, Comin, Madder, Elecampane roots, *Sagapenum*, *Opopanaxum*, of each one drachme, then make Trochisks thereof with the juyce of Mugwort, and give half an ounce thereof with the water wherein Juniper berries be decocted. Take Bevercod one drachme, powder of Mints half a scruple, drink it with wine, it is also very good for this use. Item, half a scruple of the Blossomes of the Nut tree taken with wine doth the same, S. Johns wort doth also move much the terms.

Also these wines ensuing are very good for it, viz. wine of Elecampane roots, of Marjoram gentle, of the herb Bennet, of Betony, of Gilloflowers, and of Rosemary. Item, take one handfull of Juniper berries, Madder, Cinamom and Myrrhe, of each half an ounce, seethe them all together in Mugwort water untill the third part be evaporated, strain it, and put one drachme of Boreas unto it, give thereof a good warm draught twice or thrice a day.

The same doth also the *Trochisci Gallie Muscatae Rafis*, four scruples taken with warm white wine, it helpeth immediatly,

It is here also to be noted, if so be that the Patient might drink no wine, then take the leaves of blew Flowerdeluce, stamp them and seeth them in Capon broth, and let her drink it : this is also found many times good, and it expelleth also dead children.

Item, take the scull of a Capon before he is boyled or roasted, stamp it, and drink it with Pennyroyal water : this may suffice for the potions.

Take Pennyroyal, Italian Comin, Mints, Ireos, Hartwort, Mather and Myrrhe, of each one quarter of an ounce, make an electuary thereof with clarified Hony, take two drach. of it, and drink a good draught of Beer or wine after it, wherein Savin, Pennyroyal, Mugwort, Fennel, rootes of Sperage, of Smallage, and of Parsly have been decocted.

Item, take of the electuary *Anidodum Hamagogum* half an ounce, and give it fasting. If you had rather drink it, then temper four ounces of Mugwort water amongst it, and use it against the time that the Flowers doe come. Treacle, and Mithridate do also force the Flowers very gently.

Amongst

Amongst the confections there be good for this the confectioned Elecampane roots; the confectioned *Eryngius*, conserves of Piony, and Myrrhe roasted in an apple. The Italian women do highly commend the electuary *Diacyminum*, if one do take every morning one quarter of an ounce of it, then will the terms come within the space of a moneth as they affirm: it doth make fruitful, and strengtheneth the stomach. The confectioned *Calamus* is especial good, if the obstruction do come through cold. Fennel seed confectioned forceth also the flowers: likewise also Comin and Caruway; Cinamom and Saffron are also to be used in all things.

These pills ensuing are also to be prepared; Take the pills *Alephangina* half a drachme, *Aloe* two scruples, beaten Savin one scruple, make fourteen pills of it with the water of Mugwort, and take the one half thereof at once; they do move the terms and the stools, and are also very safe.

Others. Take *Muscus* and Myrrhe, of each four scruples, Stechas, Mather, Pennyroyal, Citron pills, long Pepper, Cassie wood, Cassie pills, Piony seeds and *Calamus*, of each three quarters of an ounce, Indi Spica half a drach. make pills thereof with the juice of Mugwort, whereof take one drachme at once. The ancient Physitians do command pessaries to be used, as *Euphorbium* wrapt in wool. Item, take Hellebore and the juyce of Wormwood, of each one quarter of an ounce, *Ammoniacum* one drachme, temper it with Ox gall. But here ensue sundry which are safer: Take Bevercod and Myrrhe, of each a like quantity, *Muscus* a little, then form it with the oyl of Behen as an Acorn, and tye it to a threed, and put it into the Matrix before.

Or take fresh Rue, Wormwood and Coloquint, of each a like quantity, form a pessary thereof of Oxe gall. Item, take white Watermints, Swine bread, *Agnus Castus*, Rue, Savine, Mugwort, Pennyroyal, Marjoram, Radishes, Southernwood, Nettleseed, Juniper leaves, Mather, white Hellebore, Centory, Myrrhe, Bevercod, Elecampane roots, *Sagapenum*, *Opopanax*, of each one drachme, *Gallia Muscata* one scruple, stamp them all that is to be stamped, and then make a pessary of it with the juice of wild Cucumbers and Ox gall, and use them as before.

Another. Take Gentian and Pennyroyal, of each one quarter of an ounce, *Nigella* seeds one drachme, temper them together with powdered figgs, and with a little of the juyce of Mercury; these do make no heat like as the other.

Item, take Gentian two scruples, Coloquint and *Nigella* seed, of each one drachme, temper them together with the juice of wild Cucumbers. Or if you will have it stronger, then put some white Hellebore unto it: there be also sundry other made which be stronger and milder, according to the importance of the cause of the foresaid cold and warm things, each according to his good pleasure and content. Amongst all these things, and all that may be injected into the body and neck of the Matrix or womb, this general rule is to be observed, that the same may be used as well before as after bathing.

Outwardly may one bathe and foment with all that which here ensueth; Take *Asarabacca* half a handful, *Ebulus* leaves one handful and a half, Feverfew, Mints, Mugwort, Agrimony, Marjoram and Betony, of each one handful, Camomil, Melilot and Roses, of each half a handful; cut all the herbs and seeth them, like as hath been taught oftentimes. It is also very commodious and good to sit in warm water wherein Mallows have been decocted. Or take Mugwort and Savine, of each three handfuls, Mallows, Hollihock roots and Bearfoot, of each one handful, Fennel seeds, Parsley seeds, Annis, Dill seeds, Orage seeds, wild yellow Rape seeds, and *Asarabacca*, of each half a drachme, Camomil, Eldern flowers, Rosemary and Stechas, of each one drachme; make a little bag thereof, and seeth it in water, and then sit upon it.

Another. Take Mugwort, Savine tree, of each three handfuls, sweet *Costus* roots, Mallows, Hollihock roots and Bearfoot, of each two handfuls, the seed of Mallows, of Hollihocks, of Southernwood, of Linseed, of Fenegreek, of *Cuscuta*, mustard seed, of Lavender and of Silvermountain, of each one ounce and a half, Parsley seed, Fennel, Dill seed, wild yellow Rapeseed, and *Asarabacca*, of each half an ounce, Camomil, Eldern flowers, Stechas, Rosemary flowers, of each one ounce; seeth them as before, and then sit upon the bag. For fomentation, you are to use that which followeth hereafter; Take Camomil, Mugwort, Savine and Nettle roots, of each one handful, seeth them together in water, and receive the vapour from beneath. Item, take Rue, Sage, Southernwood and Savine, of each one handful, put them together into a new pot, and close it tight, but leave a hole open above on the cover, wherein a tap may be put whilest it boyleth; afterwards draw out

the tap, and receive the warm vapour from beneath, as is said before. Or take Myrrhe as much as you will, temper it with the juice of Mugwort, and let it dry; afterward put filed Harts horn unto it, to wit, the third part as much as there is Myrrhe, then strew this powder upon a hot tile, and receive the smoke beneath, but round about cover you close. You may also take for it, Pennyroyal, Rue, Savine leaves, and use them alone. Item, take Violet leaves two handfals, Myrrhe half an ounce, let them seethe together in rain-water, and foment therewith as warm as you can abide it. Take Pennyroyal, Nep, Southernwood, Rue, Centory and Hyssop, of each one handful, Savine, Feverfew, of each one handful and a half, Cinamom, Galangal, of each one drachme, Silvermountain and Mather, of each half a handful, Myrrhe one quarter of an ounce, beat them all grosse together, and seeth the same in a quart of water even to the half, and then use it as before; this also provoketh urine. Or take Pennyroyal, Marjoram, Sage and Mugwort, of each one handful, seeth them all together for a fomentation: for to fume, you are to take a little Coloquint, cast it upon a hot stone, and receive the fume from beneath; it greatly provoketh womens terms: but note, that Coloquint is very sharp, and that the said well favouring spices and other things be much safer for to fumigate withal. Or take Dill, Camomil, Melilot, Squinant, Cassie wood, *Cosmos* roots, Sulphur, Rue, Marjoram, Stechas, Southernwood, any of all these, or part of the same. To set boxing cups upon the thighes is also very behoöveful and available.

Drink the juyce of Savorie in the morning fasting two or three daies.

Or take of Castoreum, Acorns, seeds of Fennel, ana. 3. 1. powdered and searfed, and drink it with wine; if she be with child, it comforts it; if she be not with child, it brings down the Flowers.

Or take Dittanie roots, Angelico roots, *Aristolochia Rotunda*, ana. 3. 2. Saffron 3. 1. or 2. and with honey make an Electuary; the Dose is 3. 1.

Also make a pessarie of oyl, Nigella and *Diagridium*, roll them hard in a cloth, and put it up that it may touch the upper part.

Or put a clove of Garlick into the Matrix, have a threed put into it, and put into the Matrix so high as may be.

Seeth a Lillie root, and oatmeal and Linseed bruised, and Mallow leaves in new milk, and apply it warm to the secret parts and belly below.

Plaisters and Unguents.

Take the muscilage of Fleawort and of Linseed, of each one ounce, unsalted butter two ounces, Hens grease, Ducks grease, Goose grease, and the marrow of Calves bones, of each half an ounce, *Ammoniacum* one quarter of an ounce, oyl of *Sesamum* and oyl of sweet Almonds, of each five drachmes, Wax as much as is needful for a salve; then anoint you therewith behind and before, from the navel downwards, but not before that you have used all other means of bathing, letting of blood, potions, &c. Item, take of the confection *Benedicta* half an ounce, Turbith one quarter of an ounce, *Nigella* seed three drachmes, decocted Hony as much as sufficeth for to make a plaister. This is to be layed over the privities as before.

If so be that one perceiveth the terms after the use of this foresaid means, some do advise, and that very well, that this potion ensuing is to be made; Take Mugwort, Seneleaves, and Pennyroyal, of each half a handful, Cinamom half an ounce, Mace 3. drach. seeth it all together in three pints of good wine until about the fourth part be wasted, and this in a Can stopt tight in seething water: this expelleth the terms unto her due time.

The other orderly mean for to prefer the terms, is, that first of all the *Saphea* or *Media* shall be opened, and that afterwards a long bag is to be made, and to be filled with any of the foresaid herbs, which you like best, and then put unto it one quarter of an ounce of *Gallia Muscata*, and wear it so upon the privities. Afterwards make of one quarter of an ounce of the foresaid *Gallia* with the water of Mugwort nine pils, and take three thereof at once in the morning early, then make a pessary of the length of a finger, and fill the same with powdered Mercury, and put it into the place. Set boxing cups also upon the thighes, and in the hams, and then rub the leggs downwards with warm clothes.

Squinant and Madder decocted also in the water of Maidenhair and drunken, are also highly commended.

Item,

Item, take the pipes of Cassie when the Cassie is taken out, and let them be well scraped on the outside, as many as you will, Cinamom, Mace, Saffron, *Diptamus* and Baulm, of the one as much as of the other; make a powder thereof, and take a drachme thereof every morning with water of Mints; the same moveth them very gently.

But as much as concerneth letting of blood (whereof mention is made before) some do advise, and not without reason, if in case that a woman hath not had her Terms a long time, that her vein is to be opened besides her little toe, and the next day afterwards on the other foot.

The words of *Hippocrates* and of his expounder *Galen* be true, that the letting of blood and hunger do cause women with child to miscarry, for that thereby (they say) will the nourishment of the child be withdrawn.

Therefore good heed is to be taken in these things, for that many women have this for a custom, whether they be fat, grosse, strong, or lean, that they alwaies open a vein at the half of their going with child, like as we also have before admonished in the first Section.

But if one will needs be let blood, then must after the same (or else without letting of blood) bathings be oftentimes used, for which is Pennyroyal to be taken, field Mints, Southernwood, Centory and Hyssop, of each one handfull, Savine and Feverfew, of each one drach. Silver mountain, Madder, of each one handfull, Myrrhe one quarter of an ounce; stamp and chop them all small, and let them seeth in sufficient water: then make thereof a bath for the reins of the back, or a fomenting for the bottom of the belly. The boxing cups, whereof we have also spoken before, draw the blood downwards: Like as doth also the strong binding of the leggs.

The third mean is as hereafter followeth; three hours after the rising of the Sun, shall the *Saphes* of them be opened on the right foot which have not the flowers, and about five ounces of blood drawn. The next day after is this purgation following to be given: Take *Agaricus*, Turbith and Rubarb, of each one drach. *Indy Spica*, Ginger and Mace, of each six grains, *Sal gemma* one grain, Agrimony, Mugwort, of each one ounce and a half, let them be steeped four hours; afterwards wring it through a cloth, and temper amongst it three drachmes of *Benedicta Laxativa*, and then drink it betimes in the morning. The third day afterwards you are to begin to use this potion; Take Fennel roots, Parsley roots, Sperage roots, the roots of Butchers broom, and of Smallage, of each half an ounce: these being all cut small together, then seeth them in a quart of Well water unto the half; afterwards sweeten the decoction with Sugar, and then drink thereof five ounces, and so continue this the space of eight or ten dayes. In the mean time is the body to be kept open with gentle Clusters, or else they are every evening after supper to swallow a pill of *Alephangina* or of *Aloes*. Afterwards it is very good, that three times in 24. hours all the back bone be anointed with this salve ensuing; Take the oyl of wallflowers two ounces, oyl of Saffron one ounce, the grease of Badgers and of Hens, of each half an ounce, Saffron, *Indy Spica*, *Lignum Aloes*, and Mugwort, of each half a scruple, Wax as much as is needful for a salve. After the foresaid potions are these pills following to be used: Take *Pillula foetida* two scruples, *de Hiera composita* one scruple, make seven pills of it with the confection *Benedicta*.

And if so be that through all this advice the Terms do not appear, then are the tops of the thighes, hard by the privities, to be bounden hard: but if that will not help, set immediately hot cups behind on the calves of the legs, setting them up and off. Lastly, then make this bath following. Take Pennyroyal, white water Mints, Marjoram and Smallage, of each three handfulls, Savine six handfulls, *Opopanacum*, Myrrhe, of each 3. β . Hartwort, Rue, of each 3. handfulls; seethe them all together in sufficient water until about the half, but leave the herbs in it, and then make a bath of it for the reins even to the navel, and sit therein the space of half an hour, or as long as you can. When you have rested somewhat, then put some cotton (being dipped in the juice of Mercury) up into the place, and without doubt it will provoke the terms. Every such woman is also to beware of all slimie meats, which is from all hard meat, like as all that is made of Dough, of Pease, of Beans, of Cheefe, of Milk, and all that is drest with them, from all salt, cold and binding things, and from thick raw red Wine; but Cinamon, Saffron, Ginger, and Smallage seeds and roots, Annis, Fennel, Parsley seed, or any of all these is she to use alwayes with her meat.

But if so be that this retention of the terms be caused thereof, for that a woman had

but little blood, did great labour, were weak, lean, not long recovered from a long lingering sicknesse, or had lived a long time in hatred, malice, great sorrow, and such like; then is such to have those meats which nourish much, and she shall omit all hatred, sorrow, and such like. She is to bathe oftentimes in water, to sleep much, to take rest, and to be merry. She must also refrain from letting of blood, except it be a very little. But she is to use Pistacies, Pingles, Almonds, and other nutritive things as is before said. And although it appeared that her terms must be alwaies quickened through Physick, yet it must be begun with the mildest means, like as hath been counfelled before.

How that the excessive course of the Flowers is to be Stopt. §. 3.

VHen this scourse of womens terms getteth the mastery, then be there very heavy sicknesses to be feared, to wit, the dropsie, the consumption, *Hectica*, the pain of the back, the pain of the stomach, feeblenesse of natural digestion, lack of appetite, and such like diseases more. This issue is commonly caused of outward or inward occasions; the outward may be falls, blowes, thrusts, great running, leaping, dancing, walking in great heat, and such like, all which maketh the blood subtile and fluxible. Item, if there break a vein open in the Matrix or Womb, through unnatural and untimely birth, through any ulcers, or through any other bruifings in the neck of the womb, through long use of many hot spices, or of any subtile meat and drink.

The inward causes may be the strength of the expulsive, or the debility of the retentive vertue.

This may also be caused of some disease of the Matrix, and through the moisture of the same. But concerning the part it self, the same may be too feeble, too slippery, too wide, and too much open: yet in case the moisture of this part be caused of it, then is the flux of blood so great, that the Matrix and the parts adjacent cannot contain the humours, or these humours be so sharp, so subtile, so hot, so venemous, so salt, so biting, so cold, or so waterish, that the same cannot be retained. The outward causes may be enquired of the patient her self.

But if this disease be caused of the debility of the retentive vertue, then is the woman bleak or pale of colour, and weak. The signes of the same part be when as it waxeth lean, and consumeth: each humour may be adjudged out of the property of the body, like as we have taught the same elsewhere, as heat, of the fulnesse of the veins, thirst, itch, ill-favoured or loathsome colour of the face and of the whole body.

If then such proceed out of blood, then doth the colour of her Terms alter, and will be whitish; or if the same proceed of *Cholera*, then are the flowers somewhat yellowish, and if of *Melancholia*, then darkish, blew or black. By the foresaid colours one may easily come unto the full knowledge what humours might be the only cause of this excessive moisture, whereby may be known how to choose of these remedies following, where-with the excessive course of the Terms may be stayed.

But first of all there be for this purpose certain rules to be noted. First, you must never bathe for this excessive course of the Terms, neither yet use any kind of things which bringeth heat with it. Secondly, when this kind of issue cometh by reason of the fulnesse of the body, as it were an unburthening and cleansing of the same, then is it by no means to be stayed, if thereby be not feared a great debility. Thirdly, if so be that women be full of blood, and this fluxe come too abundantly, then is the *Basilica* vein to be opened, thereby to withdraw the blood. Fourthly, in case that it be perceived that red *Cholera*, or any other mixed moisture were cause of this flux, then is the same moisture or humour to be purged with appropriate medicines, yet mingling alwayes amongst it some binding and comforting things. Fifthly, infection is also very needful for this disease, or some such like instruments to be used, whereby the medicine might be brought into the womb. Sixthly, if any astringent things may be brought into it through any instruments, then may they help much better and a great deal sooner then those things that be given by the mouth. Seventhly, because that with this menstrual flux, not only the vertue digestive, but also the whole body is weakned, therefore are they to be sustained with light meat, as with yolks of eggs, with young flesh, and broth of the same, and such like. Sometimes also with water wherein the seed of Butchers broom is decocted or tempered with water of Sorrel. Eightly, it is also good to set great boxing cups under the breasts unpickt. Ninthly, this flux of the Terms is not to be stopt so long as one seeth that the woman hath her lively colour, and

and doth remain strong and healthy : but as soon as one perceiveth that her strength fadeth away, then be all means to be sought for to stop it. Tenthly, if one desire to purge any of the four humors, and to separate it from the clean blood, then may that best be effected by vomits, for that thereby the matter is derived to another place, and stay their course that they fall not downwards. Eleventhly, these women are to abstain from all heavy labour, and from all that maketh the blood fluxible and thin.

By all these forementioned propositions may be clearly seen and marked, that if any desire to cure or remedy this disease, that these women must lead an easie life, and keep themselves quiet. They must also live in such a place where it is not too hot nor too cold. They must also eschue all thin and waterish meats, viz. from fruit, except all that which bindeth; in like manner also from all meat which cause any kind of heat. But all kinds of roasted fowls, and all that maketh grosse blood, as Rice, Wheat and Lentils be good for them. They must also beware of overcharging them with meat or drink, whereof the causes be declared in the seventh rule, and afterward to put in practise these remedies following, according to the importance of the cause.

Thus for to speak first of the things which inwardly are to be used, hath been spoken of before, and also what order of diet, or government of life is to be observed. But in case that any do desire any amplier declaration of it, then let him look the seventeenth Chapter, and 17. Sect. where is spoken of the red or bloody flux, which also is most meet for this use. But for this menstrual flux, may this confection following be used : Take the *Species Triasantali* and *Diarrhodon Abbatis* of each one drachme, prepared fine *Bolus* two scruples, Bloodstone washed in Plantain water, and make tabulats thereof. Or use this powder following : Take *Species Triasantali* one drach. and a half, *Diarrhodon Abbatis* one drach, *de Gemmis Frigidis* one drach. and a half, prepared Coriander two scruples and a half, washed Bloodstone one drach. prepared *Bolus* half a drach. Shepherds purse two scruples, Roses, Coral, of each half a drach. Cinnamom one quarter of an ounce, Sugar as much as you please, then make a powder of it.

Item, take prepared *Bolus* one drach. sealed earth two scruples, Tormentil half a drach. *Bursa Pastoris* one scruple, *Species de gemmis frigidis* one drach. and a half, prepared Pearls one drach. Rubins Pomegranats, Smaragds, Jacints, Saphirs, of each half a scruple, Roses, red Coral, Saunders, of each one scruple, Sugar three ounces; make a powder thereof, and use it in broth, or strewed in meat. The confection of the refuse of iron is also very profitable to be used for this disease, especially if so be that the lesser remedies will not help.

Another. Take Conserve of Roses two ounces, Bloodstone, *Trochiscos de Carabe de terra sigillata*, and *de Spodia*, of each one drach. make a powder thereof, and temper them well together; afterwards take every time thereof about one drach. Take conserve of Roses six ounces, conserve of Burrage, Buglosse, and Balm, of each one ounce, prepared *Bolus* one drachme, prepared Pearls one quarter of an ounce, of the five precious stones above mentioned, of each one scruple, Cinamom one drachme, make an electuary thereof.

Another. Take of the dryest conserve of Roses three ounces, Marmalade two ounces and a half, red Coral one drach. *Bistorta*, *Trochiscos de Carabe* and prepared *Bolus*, ana. 3. ℥. prepared Bloodstone two drach. make an Electuary thereof with the sirupe of Mirtles.

Item, take conserve of Roses three ounces, Marmalade two ounces and a half, conserves of Burrage and Buglosse, ana. 3. 1. prepared *Bolus*, 3. 1. ℥. prepared Pearls, 3. 2. ℥. *Bistorta* one drachme, Tormentil two scrup. red Saunders one drach. then temper them all together with the sirupe of Mirtles unto a confection. The black confected Cherries are very good for this use : in like manner also the preserved Barberries.

Item, hold a root of Galangal long in your mouth, and chew the same small. It is also a common advice which is not to be despised, that tosted bread should be steeped with red Wine, and powned Nutmegs strewed upon it and so eaten.

Item, take fine *Bolus* which is well washed, Mastick, yellow Amber, prepared Coriander, and Dates, of each a like quantity, then take thereof at each time half a drach, with a rere egg. This powder ensuing is also marvellous good: Take prepared Bloodstone three drachmes, red Coral one drachme, and a half, Tormentil and *Trochiscos de Spodio* of each one drach. shaven Ivory, burnt Harts horn, of each two scruples, prepared

Pearls one quarter of an ounce, fine *Bolus* half a drach. stamp all that may be stamped very small; and strew your meat therewith.

Item, take powdered Horsetail leaves one drachme, and bestrew your meat with it. You may also drink of this powder following one drachme, lesse or more with the water of Plantain. Take of the first budded Harts horn, burn them in a potbakers oven thoroughly to white chalk, or give thereof one drachme, or one drachme and a half with red wine or Plantain water. You shall also find hereafter many fundry powders and waters to drink described. Take egshells whence young chickens have been hatched, and Nutmegs, of each a like quantity, temper them together, and drink thereof the weight of a drachme with Vinegar or Wine. The part within the Walnut taken a drach. thereof doth bind much.

Another. Take Tormentil and Nutmegs, of each a like quantity, Plantain seeds half as much, pownd them to powder, and give it in the morning and evening with old Beer.

Item, take *Trochiscos de Carabe* one drachme, beat them to powder, and make a potion thereof with Plantain water; this may be used the space of a whole week together, for that they do calm and stay the flux: the like doth also red Coral one drachme with Plantain water taken every day alwaies before meals.

Item, take burnt Harts horn and pownded Nettle seed, of each a like quantity, and take thereof the weight of one drachme with the water of Plantain. The juice of Yarrow doth bind also in this disease, if one take a spoonful or twain thereof. These juices ensuing may be decocted unto the form of a sirup, for to be used in winter time: like as the juice of broad Plantain, the juice of Shepherds purse, of Yarrow, &c. For this is also good the water of Eldern drunken, and Galangale chewed.

Item, if a woman do flower too much, whether it be in childbirth or otherwise, and that it be feared that she might bleed to death, then take one drach. of red Nettle seed pownded, and let her drink it with Plantain water.

Some do give chopt and boyled Poppy heads to drink, but it is not alwaies convenient: there be much safer things, viz. these ensuing.

Take fine *Bolus* one quarter of an ounce, bind it in a cloth, hang it in a pot of wine, and then drink thereof. Seethe Pimpernel in pease broth, and drink also thereof.

Or take dried Goats dung, stamp it to powder, and drink thereof; it doth not onely stay the menstrual fluxes in women, but also all kind of bleeding. For this also is very meet red Rose water drunken.

Amongst Clifters is this following very highly commended. Take Swines bread, Feverfew, Balm, Rue, Scabious, Rosemary flowers, Southernwood, Cumin, Silvermountain, *Ameos*, *Amomum*, Balsam fruit, Cucubes, Bayberries, *Calamus*, Cassie wood, *Cassia Fistula* and pipes, of each one drachme and a half, Dill seed, Annis seeds, of each one handful and a half, shaven Ivory two handfuls: seeth them altogether by a mild fire in two quarts of water unto the half, and presse it out, take twelve ounces of this decoction, oyl of *Sesamum*, of Rue, and of Pepper, of each half an ounce, Indy salt one drachme, *Diacastoreon*, confection of Bayberries and *Benedicta*, of each three drach. temper them well together, and minister it very warm. With this following a woman is to be fumed from beneath: Take *Alipta Muscata*, *Species Nera*, of each one drach. *Gallia Muscata*, and red Storax, of each three drach. Allome one drachme and a half. Of this powder is a drach. to be used at ounce. This temperature is not easily to be made, because of the manifold simples which do come therein, and it is not onely good for to stay the unnatural flux of flowers, but it is also good for the suffocation of the Matriz, for that it dryeth, and it is good for a barren womb, and especially if the malady proceed of cold. Pessaries and such like; Stamp dried Assé dung, and form Pessaries thereof with the juice of Plantain, and put it into the places.

Another. Take juice of Knotgras and washed sheeps wool, dip it therein, and lay it on the places.

Item, take Frankincense, Pomgranate blossoms, Gals, Antimony, and the juice of Sloes, of each a like quantity, bestrew the wool with it, and use it as before. For this is good also half a handful of pownded Plantain, and use it as before: or make a small Pessary of the juice of Sloes, and the juice of Plimpernel with Cotton.

Outwardly is this plaister ensuing to be used: Take the juice of Plantain 11. ounces, Rose water three ounces, Vinegar half an ounce, red Coral, Amber, Bloodstone

stone, fine *Bolus*, Mirtle seed, Acorn cups, and Frankincense, of each one quarter of an ounce, sealed earth as much as is needful for to make it thick enough: this being all beaten small and tempered together, then make two plaisters of it, and lay the one before, and the other behind.

The plaister *ex Galbano* may also be used, whereof here do follow two sorts. Take *Galbanum* three ounces, *Bdellium* three quarters of an ounce, stamped Feverfew half an ounce, and half a drach. Mirrhe half a drach. melt the Gums in Vinegar. But if they be not clean, then wring them through a cloth, and let the Vinegar see the away, then make a plaister thereof with Turpentine.

The other: Take *Galbanum* as much as you will, melt it, by the fire in red wine, temper fine *Bolus* amongst it, and Dragon blood, of each half as much as the weight of the *Galbanum*, then make a plaister with sufficient Wax and Turpentine.

Item, take powdered Lentils twelve ounces, Shepherds purse, and Plantain, of each 3 handfuls, dried Asses dung, and Goats dung, of each one ounce and a half, Frankincense, half an ounce, Dragons blood, Mints, of each one ounce and a half the juice of Sloes, *Hypocistis*, *Licium* of each one ounce, five whites of eggs, Bean meal three ounces, Gips 4 ounces, but steep the Gips the space of a day in Vinegar, and then make a plaister thereof with the juice of Plantain, so that it may be sodden with the meal until it be very thick. Lastly, mix the rest amongst it, and when it hath stood a good while, and is well tempered together, then take it from the fire, and stir it continually about until it be thorow cold. This plaister is to be laid over all the privities and all the parts about it. The same plaister doth marvellously stop the blood of the Piles, and all moisture of the Matrix of salt and tough humours, for that it is oftentimes approved.

Item, take the juce of Plantain as much as you will, temper therein *Trochises de Carabe*, and then apply them as all the rest.

Or take Wormwood, Nightshade, and Knotgrasse, of each a like much, stamp and wring the juice out of it, then temper as much Rye meal amongst it, until it be as thick as pap, afterwards lay it over the Navel, and over the Privities. Another: take Vinegar dregs, make it hot, and wet a blew cloth in it, and lay it thrice double over the privities.

Before in the third part the tenth Chapter and 5. §. ye have a precious Salve, beginning, Tak Cumin, &c. which is also meet for this use.

There is also a Salve called *De Galia*, which is thus to be prepared: Take Cumin, Dill seed, Caraway, Rue seed, *Ameos*, *Gallia Muscata*, of each one drach. and a half, *Epythimus* one quarter of an ounce, Indy salt two scrup. white Rosin one ounce and a half, oyl of Dill two ounces, oyl of Roses one ounce, Aloe, Cloves, of each two scruples, molten wax as much as is needful for to make a plaister of it, then lay it over the Kidneyes, and over the Privities: this Salve doth not onely stay the flux in women, but also expelleth the wind of the stomach, and hindreth parbraking. Or take *Sandaraca* one ounce and a half, powdered Cypres nuts one ounce, fine *Bolus* four ounces, Plantain seed, and Pimpernel roots, of each two ounces and a half, Starch three ounces, then make it with water wherein Acorns were decocted, unto a plaister or salve, and use it as is said. There may also be made a bath, as here followeth; Seethe the roots of *Curcuma* in sufficient water, and make thereof a bath for the reins.

It is also good to make a bath wherein Allome is decocted, or any of these things following which one will, as Mirtle seed, the rinds and roots of the Elm tree, the rinds of the Oak tree, Pomegranat blossomes and the peels, Acorns, Medlars, Lentils, and such like.

Item, it is said that if one do burn *Rauam Arboream* to ashes, and the ashes worn on the neck, that womens terms will be stopt thereby, but it is to be proved.

In like manner do so some advise, that the mosse of the black or Slo-thorn worn in ones shoes, should also stop the same.

Item, take Shepherds purse, and binde it on the soles of a womans feet. Others advise also that boxing cups should be set under her breast unpickt, for that they draw the blood upwards, and it is also a very good remedy for to stop therewith the flowing of the terms. Likewise it helpeth also exceedingly to binde the arms hard, to the end that thereby the blood might be drawn upwards.

Further, this setting of cups, binding, and all these things that are to be put into the places admonished before, be especially to be used, if it be perceived that through

such superfluous courses women be impotent, and were afraid of present falling into a swoon. In like manner also it is very requisite that she smell oftentimes to cold things, and use other more binding things which be described in the first part, the eight Chapter, and the 7. S.

For a conclusion it is to noted, whether there be heat or cold in this woman, that the medicine may be ordained accordingly. These be all warming things, and they also which stop blood, which do here follow, viz. Frankincense, Mastick, Cipres nuts, *Sandaraca*, *Landanum*, *Mirra*, Storax, Annis, and such like.

Cold stopping things be these, as Camphire, the juice of Sloes, burnt Ivory, Coriander, Dragons blood, Saunders, blood stone, *Hypocista*, fine *Bolus*, *Ruscus* seed, Mirtle seed, Gals, Pomegranat blossoms, the seed of Plantain, the seed of Melon, of Cucumbers, of Gourds, of Pomepeons, and Pimpernel roots, &c. whereby all tempered medicines may be adjudged.

Drink the powder of Parsnip seeds, and nettles seeds in wine, and it stayes the flux of flowers.

Or drink the powder of Coriander seeds in wine.

Or, drink the power of red Saunders in posset ale, or wine. Prob.

Make a fumigation of Broom, and let the woman receive the same into her matrix and it will stop the courses.

Also, R. of Pomgranat flowers, Acorn cups, Cipres Nuts, Sumach, Myrtles, ana. ʒ. 2. Red-roses, M. 2. Plantain, M. 3. seeth them in red wine, lb. 3. unto lb. 2. and with a Sponge foment the Reiny and Privy parts. After the fomentation, apply this plaister to the reins. R. of Sanguis Draconis, Terra Sigillata; Bole Armenick, ana. ʒ. 2. Spodium, ʒ. 3. the yolk of an egg roasted, flowers of Pomegranates, ʒ. 2. Roses, Acorn cups, ana. ʒ. 1. ʒ. Myrtles, ʒ. ʒ. Cinnamom, ʒ. 1. wheat flower, ʒ. 2. Saffron, a ʒ. Figs, pound, ʒ. the flesh of Quinces and Medlars, ana. ʒ. 2. oyl of Quinces, oyl of Saffron, of Roses, of Myrtles, ana. ʒ. 2. spread it upon leather and apply it to the Reins and back.

If a woman drink the sex that runs out of the oak tree with rain water, it stayes the flux of blood.

Of the whites, or white flux in Women. S. 4.

The disease which women do call the whites, and the Phisitians *Menstru alba*, hath a great acquaintance or fellowship with the avoidance of humane seed, or the running of the reins, whereof we have written at large before in the sixt Chapter: and it is also very evidently declared, that such kind of fluxes be caused through cold causes, which is here also to be noted.

But above all that which is there discovered do all famous Phisitians commend, that if it proceed of heat, women be first of all to be purged: for which, Cassie is passing good: afterwards give her every other day one drach. of *Trochiscos de Carade* tempered in Plantain water, or a quarter of an ounce of *Triphera ex parte Phenonis* tempered with a little fine Bolus. The reins are to be annointed with the salve of Roses, and with other things more which be prescribed in the spermatical flux. There is also to be given her every second or third day one drach. of the filing of Ivory to drink with Plantain water: and the cold loosings of *Diamargaritonis* she also to use oftentimes.

Item, take *Camphora* ten grains, bruise it small, beaten Amber one scruple; drink them together with Plantain water, it is a very good medicine.

For this is also esteemed to be a sure remedy, the first buds of the Blackberry bush, and the berries thereof dried, powdered, and drunken every day one drach. with red wine; or twice a day. There may also be made a confection of the said berries when they be ripe, seething the same with honey or Sugar, and to use thereof daily.

But in case that this disease proceed of cold, whereto some do make six kinds of baths which are to be used one upon the other, which me thinketh to be much too strong, for that they take Sulphure, Allom, steeled water and strong Menagegs, as Feverfew, Mugwort and Bayberries: afterwards again all things which be contrary, as Oken buds, Knot-grasse, Squinant, &c. Therefore will we leave the same unmentioned: but for this must be taken the flowers of dead Nettles powdered, the weight of a drachme with wine. Confected Annis seed is also very commodious for this. But in case that the issue be very sharp, then beat whites eggs of with Rose water, and make clothes wet in it, and put it up into womens secrets.

Of the suffocation or ascension of the Matrix. § 3.

THisterrible sicknesse is in many things most like to the falling evil *Epilepsia*, and the great swooning *Syncopi*, because the *Matrix* hath great simpathe with the heart, the Arteries, Brains, and with the two membranes which do cover the Brains. This malady cometh to women through divers causes, and especially when there is retention of their terms or flowers, yea also through the retention of their natural seed, especially to them that be accustomed to have the company of a man, and must then forbear it, as widowes, and aged maidens: for that in case the foresaid seed be retained, then causeth it many kinds of winds in the *Matrix* which do compel it so to ascend, that otherwhiles it oppresseth even the *Diaphragma*. This is then the opinion of divers learned men in this case; but *Galen* doth dispute against it with strong reasons, that the foresaid natural seed doth much rather cause this sicknesse, then the retention of the terms; chiefly in women which also are burthened with many bad humours, be full of blood, and brought up in idlenesse, have accustomed to company with a man (like as is expressed) and now suddenly are constrained to waite it. Therefore is commonly seen, saith he, that this suffocation for the most part troubleth widowes. He maintaineth also and that by good reason, that the mother doth ascend even to the *Diaphragma* (which is the midriffe) and there doth abridge the breath.

Thus may be caused through the retention and putrification of the seed, all manner of troublesome accidents, as giddinesse and pains of the head, madnesse, short breath, and panting of the heart, their natural colour doth alter into a yellow pale, yea sometimes into rednesse of the face and of the eyes, they gnash with their teeth, draw their hands and feet awry, they do also feel that there ascendeth somewhat upwards out of the belly, and commonly then do they presse down their belly with their hands; they also do sit commonly with their bent knees on the ground; they lose their speech: and neverthelesse when one calleth them by their names, then do they hear it, but they cannot answer, and do lye oftentimes, that neither breath nor pulse, nor any like can be perceived in them, yea are taken to be dead: and also sometimes they are so taken or assailed with these kinds of maladies that they depart out of this world: neverthelesse they alwayes retain their memory and knowledge; and when they come again to themselves, then do they rehearse all that is spoken and done. So that this disease (like as is rehearsed) is in many things to be compared with the falling sicknesse, onely that they do not come. In like manner it is not unlike the Palsey, but onely that there is no long breath with it, and very like the sleeping sicknesse *Lethargo*, but that there is no ague with it. Amongst all the foresaid signs is there no worse then the retention of the breath, for that the same cannot be long holden up without death follow after it; for that a body cannot live without breath.

This grievous accident may also be caused through a strong cold, which doth so sore assaile a body, that thereby all his breath and pulse will be so drawn inward that by the feeling it can be at no hand perceived, as we have also admonished here and there in the first part amongst the diseases of the brains. In fine, the mean to remedy this terrible disease consisteth in three severall things.

The first what is to be done in the hasty accident for to hinder the stifling.

The second (if so be that this disease be caused through retention of the seed) what is to be used for it.

The third, in case that this be caused through retention of the terms, or through any other bad humours, how one is to behave her self therein. When as this disease cometh with hinderance of the breath, then is speedy help needfull: therefore is cold well water, or Rosewater, to be cast by and by into her face, and to hold the mouth and nose to the end it may compel the breath backward, and break out with force: also the hands, feet, buttocks, and thighs, are to be rubbed hard with vinegar and salt, and afterwards to be bounden very hard. Another woman must make her finger fat with odoriferous oyl (as oyl of Lillies, or any other) and therewith anoint the neck of the womb or Matrix; and rub the same softly, to the end that the Matrix be thereby drawn downwards. Further, there is a little needling powder to be blown in the nose, to the end that through the strong motion of needling the mother may be drawn downward. They are also to be called hard and lowdly by their names, and to keep away all pleasant savours from their nose;

nose: but the places are to be fomented, anointed, or fumed with all odoriferous things. Also a great boxing cup is to be set upon the same place unpickt. You are also to hold all filthy loathsome favours before the nose, as *Assa foetida*, *Galbanum*, *Bevercod*: also the smell of old clots, of shooes burnt, of hair, of feathers, and such like that may be gotten seedily, are you to let her smell unto. For that (like as we in the beginning of the description of the Matrix or mother have admonished) the mother doth flie and avoid by nature all stinking things, and to the contrary loveth all odoriferous fumes and favours: yet are these stinking things not to be used but in extrem need: for that all that stinketh very loathsome, doth also weaken and infeeble nature. Amongst these foresaid things is Hares hair also very requisite. The chiefeft odoriferous things which are to be used beneath is *Muscus* and *Ambra* meet. And if one can get it suddenly this powder following is to be taken.

Take red Storax, *Lignum Aloes*, and Cloves, of each one drachme, Musk, Amber, of each half a drach. make all to powder, then bind it in a cloth and put it up into their places.

Item, take one ounce of the oyl of Lillies, *Muscus*, and Saffron, of each three grains: bruise them well together and dip a taint in it, and put it into the place, or fill a small bag with salt, and use it as before.

You are also to make a fume with these things following, to receive the same through an Ammel: Take Cassie wood, Cinamom, Thyme, *Gallia Muscata*, and such like. But if these will not help, then use one of the strong pessaries and others which be described before in this Chapter and the second §.

Verum (salvo pudore) presentissimum Remedium est, si maritus ungat penem cum Oleo Caryophyllorum, admixto parum Olei amygdalarum dulcium, ad caliditatem prioris temperandum, & cum uxore coeat, Matrix enim subito descendit.

When as now this patient beginneth to recover again (being a Maiden) and enclined to this grievous sicknesse, then is there no better remedy, then that she induce her self into the state of matrimony: if not, then is she to refrain from all these things, which do increase natural seed; as flesh, wine, and other, like as before is described in the sixt Chapter, and the 4. §. and the seventh Chapter and the 8. §. For this is also the letting of blood very meet, the use of all cooling meats, and the absence of men. All mineral baths which do dry, be also very fit for this use, and she may also use therewith these confections following.

Take fresh roots of Polipody six ounces, Sene leaves, Violets, Prunes, Sebestes, four Dates, and Currans, of each one ounce and a half; see the them in two quarts of water unto the half, afterwards wring it out; and whilest that the decoction is yet warm, steep therein six ounces of the seeds of Fleawort, so long that the muscilage may be drawn out of them, then put twenty four ounces of white Sugar unto it. Likewise also the pith of four Dates and Cassie which are prepared with the foresaid decoction, of each three ounces; then see the them again together by a mild fire until that it be thick, and temper it with these things following beaten very small, burnt Ivory, Rubarb, red and white Saunders, Roses, Violets, white Poppy seed, Purslain seed, Endive seed, Lettice seed, small Endive seed, of Fennel, Dragagant, Starch, scraped Ivory, Gum, Hollihocks, Fumitory, Lettice, and Annis seeds, of each a drachme and a half, *Diagridion* two drachmes and a half, Mirobalani Indi, Emblici, of each three drachmes; temper them all together in a mortar, and give from half an ounce unto seven drachmes.

This foresaid electuary is so highly commended, that it is called the gift of God. These are also not every day, but onely once or twice to be used, with a decoction of Mugwort and Sugar, and then to fast six hours upon it.

This being done, there shall a round plaister be laid upon the Navel *De balbano*, and not to take it off, before it fall away of it self, whereof there two divers sorts discovered before in the 3. §.

Lastly, these pills ensuing are to be used: Take Silvermountain, Madder, Penniroyal, the innermost rinds of Cassie pipes, Pomgranat kernels, Piony roots, and Calamus, of each three drach. *Muscus*, and *Spica* of Indy, of each half a drachme; then make pills thereof with the juyce of Mugwort, of them is she to take every day, or at leastwise about the other day, if she do not use the confection, and that before supper. But the same is not to be given if the terms be present, but when they be past, if you will have them milder, then put one drach. and a half of Aloes unto them.

But in case that this ascension of the Mother be caused through the obstruction of the terms,

terms, and that a woman be come to her self again, and that it is feared that it will return again, by reason that the cause is not yet taken away, and that it be certain that this disease were caused through the retention of the terms, or of the natural seed; then must diligence be used that the terms be preferred and moved, whereof we have before given a full instruction.

Item, if this suffocation of the Matrix proceed through obstruction or hinderance of the terms, then give her one quarter of an ounce of powdred *Agaricus* with wine or with Hony water, for it is a sure mean for it. It is also very good for the same, that there be taken one drachme of the pownded *Agnus Castus* with one ounce of the hony of Roses, especially if the disease do come through the detention of the seed: the *Trochisci de Myrrha* do also move much.

Secondly, the *Saphea* is also to be opened in the foot; and afterwards one drachme of pownded Betony with the water of Feverfew. In like manner also boxing cups are to be set upon the thighes picked or unpicked. Cut a piece of bread round like to a Dollar, and set three Wax candles in it of the length of a finger, set them so burning upon the navel, and then whelme over it a glasse of a quartern long, then do the candles go out, and the glasse doth draw the Mother or Matrix perforce into her due and wonted place: and this hath been oftentimes approved.

Item, anoint all the belly with oyl of Mastick, and make a pot-lid warm, winde it about with clothes, and hold it warm to the belly.

Item, take Bevercod and *Assa foetida*, of each one quarter of an ounce, *Philonium Romanum* one drachme; temper them together, and give it fasting, and drink upon it a good draught of Muscadel or Malmsey, it helpeth marvellous well.

The same vertue hath *Triphera magna*, the weight of a drachme and a half drunken with wine in the morning early. Likewise is also good for this one drachme of pownded Piony seeds drunken with hony water.

If the Matrix or Mother begin to ascend, then is to be taken one quarter of an ounce of yellow Rape seed with the mater of Mugwort.

For a plaister, you are to take *Galbanum* one drachme and a half, *Bdellium* one drach. Mugwort, Feverfew, of each half an ounce, oyl of Lillies one ounce; dissolve the gums in the oyl, and when they begin to be cold, then temper the powder amongst it: with this salve they are to anoint them beneath and above the navel, and then to lay a plaister of *Galbanum* upon it.

Item, take *Assa foetida* one ounce, *Galbanum* two ounces, melt them in vinegar, and spread them warm upon a leather of a quarter long, then lay them over the navel: the *Galbanum* is also good used alone. Whensoever you will lay any thing upon the place of pain, then take the roots of Lovage, cut them very small and put them in a bag. Cometh the pain of the Mother through cold? then see the it in wine; but if it be through heat, then see the them in water, and lay it on the place of the pain. Could you not get these roots? then take Acorn buds, it is also good.

Neefing and parbreaking is much advised for this, but especially heed must be taken to the strength of the patient.

And in case that the same Woman must live without a man, then is she so much the oftener to use anointing with the odoriferous salves with the fingers beneath, and use therewith all things which do diminish natural seed, as Rue, *Agnus Castus*, and such like, as elsewhere hath been shewed. Besides all these, you may look all that hath been said before in the second §. of the terms in women.

Of the descension and falling down of the Mother or Womb. §. 6.

LIke as the Womb or Mother in women ascendeth, so doth it also descend, so that it cometh so low, that she being turned about, it dependeth, and with a long end hangeth out of the body, like as is wont to happen with the Arsegut, whereof we have written in the tenth Chapter and the second §.

The causes of this disease may be outward and inward: the outward may come of falls, heavy birth, long sitting upon a cold stone, or in the water, through hard going to stool, through strong neefing, through running, leaping, through use of much cold salve, and such like. The inward be when the body is pestered and full of humours, which afterwards

afterwards do fall even to the womb, which do so unknit and dissolve the bands and stayes of the same, that they cannot hold the mother any longer; like as oftentimes befallerh in the palsie and falling sicknesse, also in ulcers and impostumes of the womb. The signs of this disease be manifest, if the same be caused through any outward causes, the same may be inquired of the patient her self. Otherwise it is to be considered whether the woman be fat, moist, live in quiet, is wont to eat much fruit, or much fish, &c. They have also oftentimes pain about the privy members, and in the neither part of the back-bone. There cometh also sometimes an Ague with it, retention of the urine, and hardning of the stool. Some get also much trembling, the cramp, and great fear, without any manifest causes, with many more grievous accidents. Now in case that the descension of the Mother do yet remain somewhat inwardly, then must a Midwife behold and search her: to wit, then she must put one finger into the neck of the womb or Matrix: if the passage be smooth and open, then is the mother not fallen down; but if she find therein any stop or let, then is it a sure sign that it is descended: and if so be the Matrix or mother continue long out of her natural place, then is it impossible that she should be reduced again into her due and natural place, and more impossible if the same depend out of the body.

Thus for to remedy this disease, then may one choose out of these things following those which are thought to be best and most meet, according to the quality of the disease. First of all take three boxing cups, and set the one upon the Navel or under the breasts, and the other two above the privities unpickt; these may draw the Matrix again into her accustomed place. The Midwife may also anoint the body within with oyl of Mastick, and do whatsoever is possible by manual operation to set the same again into her natural place.

Secondly, take a glowing brick, and strew thereon this powder following: Take Tormentil, the juyce of Sloes, and *Bistorta*, of each threee drachmes, the peeles and blossoms of Pomgranats, of each one quarter of an ounce. *Assa foetida* one ounce, Mastick, Frankincense, Galbanum, of each two drachmes and a half, Cipres nuts, Gals, Myrtle seed, of each five drach. stamp them together, and mix them well together: this fume is she to receive from beneath, but heed must be had that it come not into the nose: for to hold to her nose serve none other but well savouring and sweet smelling things, *Ambra*, *Musk*, and Violets, and all savours which are most acceptable unto her. These bad savours (as is said before) cause the Mother to ascend again. This same is also used whilest that the boxing cups are fastened.

Item, take a stinking egg from a brood hen, and dip cotton in it, and then lay it upon the dependant neck of the Matrix, then will it forthwith be drawn up again.

Or take Camomil, Marjoram, and Caraway, of each one handful, Linseed one handfull and a half; seethe it in water, and receive the vapour thereof.

If so be that there be heat with it, then are you to use this vapour following: Take Housleek as much as you please, beat it grosse, and afterwards lay it upon a hot stone, and let the woman receive the vapour thereof.

Thirdly, then is this fomentation to be made: Take three ounces of Roses, Myrtle seed, Violet leaves, Marigolds and Feverfew, of each one handful, *Assa foetida* 3. 3. break them all together, then put them in a bag and seethe them in red wine, and lay it after the vapour received upon the foresaid place.

Or take the blossoms and pils of Pomgranats, Cipres nuts, the rinds of Medlars and of the Service tree, of each one ounce, Allom one ounce and a half, seethe them all together in red wine, and foment therewith the places and the parts adjacent of the Matrix. Some do also advise to take Oxe tongue tempered with red wine, and to receive the vapour of it from beneath.

Fourthly, let every day the neck of the Mother and all parts about the Mother be anointed with the salve *Altheo*, but temper amongst it some marrow of any beasts, the fat of fowles, and oyl as much as you please; do this in the evening when she goeth to bed. You may also of such like things make a plaister, & apply it all the whole night as before.

Or take of Myrtles, of Lillies, and of Mastick, of each two ounces and a half, *Assa foetida*, *Bistorta*, and Tormentil, of each 3. 3. the gum is to be molten, then pownd all that is to be pownded, make a salve thereof, anoint therewith the body outwardly, and also the kidneyes.

Lesser; Take the yolks of two well brayed eggs, put unto them one ounce and a half of the oyl of Roses, fresh Butter half an ounce, make a salve thereof, and use it as before.

The

The dependant Matrix is to be washed often with wine which is steeled.

Also the oyl of sweet Almonds may be used for this purpose.

Fiftly; Take *Assa Fœtida* one ounce, Mastick, Frankincense, Myrtle seed, Galangal, and Cypres nuts, of each one drachme, stamped together very small, mix it with the oyl of Myrtles, and annoint therewith a Pessarie, afterwards put it into the places.

Sixtly: Take Rosin two ounces, Frankincense, Mastick, and Cypres gum, of each half an ounce, temper it together, and let it melt: make it then with the oyl of Mastick to a plaister, and weare it upon the privities: it will stay and let that the Mother or Matrix cannot fall any further out of the body. Or take Mastick one ounce, Frankincense half a drachme, Cypres nuts, Galles and Myrtle seed, of each one drachme, pilles and blossomes of Pomgranats, and Turpentine, of each one quarter of an ounce: pownd all that is to be pounded, and temper it all together with Turpentine and oyl of Mastick, as much as will suffice for to make a mild plaister, spread it on a cloth of a quarter long, and half a quarter broad, wear this plaister continually between the navell and the privities.

The common people do much commend to sit upon Oaken Boards, and to receive the fume of dryed Caruway from beneath: cakes baked with dryed seeds of *Verbascum*, and to eat them: to eat Annis seeds: to annoint the dependant Matrix oftentimes with the juyce of Sloes; and above all, vomiting and parbraking, thereby to draw the Matrix upwards, are very good.

Above all these which be before discovered against the descension of the Matrix, are these things ensuing also very good: Take burnt Date stones beaten small, and strew of this powder upon the dependant member.

A stronger. *Mumia*, *Licium*, *Hypocistis*, pownded Gals, of each two scruples, burnt and small beaten, Oyster shels two drachmes, and a half, then make a powder thereof, and use it as is before said. Item, take a wax candle of the length of six fingers breadth, and one finger thick, annoint it with oyl of Lillies, and put it up into the place.

Item, take Cypres nuts, unwormeaten Oaken leaves, Squinant, and Camomil, of each half an ounce, Roses one quarter of an ounce, Hares hair cut small, half a drachme: stamp all to powder, and put it in a bag of the length and breadth of a finger, then steep it in warme wine wherein Camomil hath been decocted, and so put it up into the body.

This woman is also to sit up to the navel in a bath, wherein Allume and other astringent things have been decocted, and let her sit therein about an hour.

Other do counsel to use this bag following: take Oaken buds, Medlar leaves, Service leaves, the uppermost sprigs of Ladies thistles, Cypres leaves, of each one handfull, the sprigs of Myrtles, Valerian, wild Mints, of each two handfuls, chop them all small afterwards put them into a bag, let it seeche well, and sit thereon when you are in the bath.

For a conclusion, there serveth for the intent all that is prescribed before in the tenth chapter and second §. of the falling out of the Arsegut, for that both these diseases have one kind of cause. Likewise also there are many things specified in the third part, the third chapter, and second §. of the tumorous breasts, which are meet for this purpose, like as also hereafter of women in childbed shall be said.

So much be then spoken of the suffocation and descension of the mother: now we will proceed to other accidents which also concern the Matrix of mother.

Put a grain of musk into her navell, and a little bees wax made broad to keep it in.

Or take woodbind leaves, Rosemary Flowers and buds, ana. in §. stamp them, and put them into clarified hony, boyl them, then strain it, and drink of it as the fit comes.

I have used my vomiting potion with good successe which is mentioned in the third part. cap. 11. §. 4.

Of the pain in the Mother or Matrix through Wind. §. 7.

First of all each one may well be assured which hath any understanding, that every unnatural accident which this part in women, to wit, the Matrix (whether it be of outward or inward causes) is subject to, cannot be without pain, which the Grecians do call *Hysferalgia*. Amongst these, the causes be most winds, which cause no lesse pain in that place then they do in the guts, whereof we will at this present write and discourse.

The causes of this may be blowes, thrusts and fals. Item outward cold, which cau-

seeth

feth an obstruction in the neck of the mother, whereby the winds be detained. These winds be also caused sometimes through hard and painful bearings, or through the long use of windy meats, as Rapes, Chestnuts, Rye bread, and such like. The signes of these winds be pain in the Matrix, and other parts adjacent, swelling up of the belly, and that the pain is now here now there.

To remedie this disease, some famous Physitians do advise that the body is first to be purged through some common clisters, through Cassie, or through the powder of *Hiera Picra*, and that afterwards one quarter of an ounce of *Triphera magna*, shall be taken in the morning with good wine, for the same is esteemed especial good.

These winds be also caused oftentimes through vomiting and parbraking.

Secondly, take for it two ounces and a half of *Oxymel*, and three ounces of the water of Camomil, afterwards set a common clister.

Thirdly, foment the belly with wine wherein Camomil is decocted. Lastly may *Triphera* or *Phylonium* is used.

The foresaid *Phylonium* is very good, but (as is oftentimes admonished) men must deale providently in it, for the *Triphera* is much safer.

Afterwards do the famous Physitians command to proceed with these things which do follow.

Take *Turbith* one drachme or four scruples, according as the woman is strong, Ginger one scruple, give it her with the water of Mugwort, or with common well water, wherein Mugwort is decocted: this is a very excellent medicine for to assuage all pains of the Matrix.

If so be that one peradventure fear any mischance, because the winds of the Matrix do oftentimes cause it, then take Caruway seed which is steeped in Vinegar, and dried again and powdered, one drachme, *Ameos*, Ginger, Bevercod, of each one scruple, temper them together, and give one drachme thereof with wine certain dayes together. Or take Gentian the weight of one drachme with wine, which easeth them marvellous much, for that it expelleth not onely the pain, but also preventeth that there return no pain unto it.

In the twelfth chapter and II. §. you have a potion with Gentian and others, which may also be used for this with great advancement.

Amongst the remedies which may be outwardly used, first is bathing good, whereto this following is to be prepared; Take Marjoram, field mints, Southernwood, Fennel, and such like things which expel wind, see the these in water for a bath.

Or if so be that bathing is not meet, then use fomenting of warm wine, wherein Camomil is decocted, and afterwards annoint the belly with the oyl of Eldern. Item, take oyl of Mastick one ounce, melt therein one quarter of an ounce of *Laudanum*, and annoint you therewith, yet the oyl of Lillies and Wall-flowers passeth all.

Item, rare sodden eggs brayed well with sweet milk, and some Saffron tempered amongst it, and then layed upon it, are highly commended for this use. It is also said, that if black Hellebore be layed beneath before the Matrix, then doth it draw all moysture unto it. But the Physitians do see the Hellebore, and make a cloth wet in the same decoction; this cleanseth the Matrix from all wind, without any molestation. This plaister following is especially commended for all winds and swellings of the Matrix: Take *Bellium* and *Ammoniacum*, of each two ounces, *Agnus Castus*, Centory, Southernwood, Marjoram, field Mints, *Ameos*, and Cassie wood, of each one drachme and a half, Turpentine as much as is needful for to make thereof two plaisters, then lay one before and the other behind.

Of the paine in the Mother through cold. §. 8.

Take *Doronicum*, Zeduary roots, the seeds of Smallage and Cinamom of each one quarter of an ounce, Frankincense half a drachme, Bevercod one drachme, white Sugar one ounce, temper them and stamp them all together, and give thereof a spoonfull with wine. In the first part and the twelfth chapter, there is a remedie for the memorie, to wit, of a grosser powder, which is also marvellous good to warme and strengthen the cold Matrix. Item, take one drachme of Treacle, Saffron four grains, temper them in two ounces of Mugwort water, and then drink it fasting, and fast three hours upon it. Mithridate is also very good for all diseases of the Matrix, and chiefly for them that proceed of cold. There is more good for this, Bevercod about the weight
niper

Cap. 19. Part 3. Of hardnesse or Impostume in the Matrix.

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of a drachme tempered with oyl of Camomil, and the belly annointed with it. Ripe Juniper Berries eaten be also very good for this disease. The first Balsam (which is described in the eight part, is also especially good for the same, all plaisters, oyle, salves and fomentations, which be described in more other places, may be also used for this.

The simple things which be meet for a cold Matrix be these, to wit, Mugwort, Rue, Sage, Savin tree, *Asa foetida*, Madder, Juniper, Penniroyal, field Mints, white water mints, Calamus, *Serapinum*, and all that warmeth the Kidnyes.

For the falling down of the mother my vomiting potion is very good, mentioned part 3. cap. 11. §. 4.

Also take Apostolicon, and warm it, then touch the Matrix with it, and it will ascend, touch it therewith 3. or 4. times, and as need requires.

Make a bath with Nettles, and touch the Matrix with the Nettles and it will ascend.

Or Be. of Harts horn leaves, of Bayes, of Myrtles, ana. 3. l. powder them and let the woman drink it in broth or wine.

Of the pain in the Mother through heat. §. 9.

There commeth also otherwhiles a great paine in the Matrix through heat, so that there must oftentimes things be used which take away and dead the senses, like as the injection of Henbane seed, of Poppie seed, but it must be providently taken in hand, and not to use the same but in great heat. But if you will any thing that is more weake, then see the Poppie heads in water, and inject the decoction thereof, and foment it therewith on the outside. Warm sweet milk injected also is good for this purpose.

Of the contraction of the Mother, or the neck of the same. §. 10.

It chanceth also sometimes that the neck of the Mother is closed clean up, waxeth narrow, and shrinketh up. And for to mollify or soften the same, take Hollihock roots as many as you please, see the them in Swines grease, or in Turpentine, to the end it be a soft plaister: then dip a clout in it, and put it up into the neck of the Matrix. The same doth also the water wherein Hollihock roots be decocted. In like sort also the oyl of white *Narcissus*.

Of the Schirrus, or hardnesse of the Mother. §. 11.

Out of these forementioned accidents of the Matrix, whether it be through heat or cold, cannot these parts be hardened any way, but as the Spleen is hardened: for which these meanes ensuing be very good: Take Aloe one ounce, Mastick one quarter of an ounce, *Galbanum* dissolved in Vinegar one ounce: and being strained, temper the rest amongst it, and then make it with oyl of Camomil and Wax into a meetly hard plaister. The plaister of Melilot is also good for this use.

Item, see the Figgs and Fenegreek as much as you please in Barly water, and make thereof a Semicupe. This foresaid bath is good both for the pain and the heat also. There may also be used all that is before admonished in the Sixteenth chapter and first §. These herbs following do carry all other medicines towards the Matrix: as Penniroyall, Rosemary, Savin tree, Juniper, Rue, Bevercod, Yarrow, Cinquefoil, *Myrrha*, Sage, Madder and Lupins. But because that all these foresaid things doe also leade at things towards the Bladder and the Kidnyes, so doe they the same also to the Matrix.

Of the impostume in the Mother, or in the neck of the same. §. 12.

If so be that these foresaid diseases, as the retention of the terms of natural seed, or any other sharp humour, whether it be blood, *Cholera*, *Phlegma*, or *Melancholia*, winds, or any other cold moysture, the which falleth down to the Matrix, then may they soone cause an impostume: notwithstanding the same can proceed well of any outward causes, as of blowes, fallies, leachery, through a mischance, through the ignorant dealing of the Midwife, and such like things more, the which doe bring with them either heat or cold. The signs of a hot impostume, be Ague great pain between the navel and the privities, and round about the reins, much watching, unquietnesse, and pain in making water and going

going to stoole, swift Pulse, pain of the head and of the eyes, heavy breath, pain of the stomach with much parbraking.

These impostumes will be very hardly cured, and the harder if they are situated deep in the Matrix: but generally they are to be cured, like as the impostumes and ulcers of the reins are taught to be healed, viz. as in the sixteenth chapter and 6. 7. 8. 9. §. hath been shewed.

But here be first certain rules to be noted, whereof the first is, that one must endeavour to carry away the matter from thence which descendeth thitherwards. Secondly, the Liver vein is to be opened, and afterwards the vein in bending the knee, or if one can neither see nor find it, then is the *Saphea* to be taken. Thirdly, if so be that this impostumation be in the Matrix, or in the neck of the same, then be the terms in no wise to be moved, but onely (like as is said) to withdraw the matter into another place. Fourthly, after the letting of blood is the Patient to be purged. Fifthly, vomiting and parbraking is very commodious. Sixthly, if it be possible she is to refrain the space of three dayes from eating and drinking, or at least keep her self very sparing, and especially in drinking. Seventhly, she must watch as much as is possible. Eighthly, after that the body is well purged, then is the Matrix in the beginning of the sicknesse to be delaid with such kinds of plaisters as derive the matter from that place. Ninthly, amongst these foresaid remedies, temper alwayes somewhat which may assuage the pain. Tenthly in the declination of the disease are those things good which do ripen and mollifie the matter until it issue and break out. Eleventhly, if so be that this impostume would not be maturated and brought to matter, then is the same to be effected with Fenegreek, with Hollihock roots, with Camomil, with Wheat flower, with Pigeon dung, and with some Saffron being made to a plaister and layd thereupon. Twelfthly, the astringent remedies are not long to be used, to the end the impostumes be not hardened according to all these foresaid rules, every one may know how to order her self in the curing of this disease.

If this impostume do come through heat, then is heed first to be taken whether the sick person be bound in her body: if it be so, then are mild clisters to be let, or Suppositories, and afterwards to open a vein, as hath been shewed in the second rule. She is also to be fed with Barly paps, stued Spinage, and such like things: and to prepare the matter, give unto her the Julip or syrup of Violets at certain times to drink, and afterwards purge her with Cassie, four Dates or *Manna*, and also move her otherwhiles to vomit. Afterwards unto the reins, the kidneyes and the hips, are cooling salves, plaisters, and such like things to be applied, and so to coole them as much as is possible: for which you are to use this salve following: Take Dragagant and Gum, of each one ounce, dissolve them in wine, and temper therewith washed Ceruse, the Litharge of Gold, Starch, Dragons blood, fine *Bolus*, and Roses, of each one drach. burnt Copper two scruples, oyl of Roses and Wax, as much as sufficeth for to make a salve therewith: but if so be that one cannot apply the same to the malady, then seethe them all together with milk (except the Wax) and then dip a cloth therein or a sponge and lay it upon the disease.

If you had rather have somewhat else, then take the syrup of Fleawort alone, or temper it with oyl of Roses, with broad Plantaine water, with the water of Nightshade, and with the white of an Egge.

There may also a great tent of Cotton be made, and the same dipt in this receipt following, and put into the neck of the Matrix. Take wax and oyl of Violets, of each half an ounce, let all melt together, and whilst that it is yet warm, put thereto the juyce of Plantaine, of Nightshade, of each one ounce, Camphir half a drachme, then temper them well together in a mortar, and use it as is aforesaid. If so be that there be any great pain with it, then use oyl of Roses brayed with the white of an egge, and tempered with hens grease: but if the pain will not assuage and cease therewith, then is the vien in the ham to be opened, and with the foresaid decoction, Poppy seed is to be tempered. In like manner *Seif Album* is to be tempered with womans milk which giveth suck to a daughter or maiden child, and to be injected.

This plaister is also very good for it: Take Camomil, Melilot, Hollihock roots, Linseed and Fenegreek, of each one ounce, eight or ten Figges, six or seven Dates, stamp and sharpen this all together, and make a plaister thereof with water wherein Violets be decocted, and with oyl of Roses. At the greatest extremity there is to be put unto it a little *Opium*, Poppy seed, and Henbane seed. If so be that the impostume will be long a breaking, then temper amongst it one ounce and a half of powdered Pigeon dung, Mustard

Mustard seed half an ounce, Fennel seed three quarters of an ounce. But if this impostume be in any place where it may be seen, or where one may come by it, then is it to be opened through other meanes: when it is open, then cleanse it with Barly water of Hony water, wherein Hyssop, Savin, Madder, Mugwort, and such like be decocted. And if so be that the place must be incarnated, then take Aloe, Myrrhe, Frankincense, *Sarcocolla*, Dragons blood, litharge of Gold, and prepared Turke, of each a like quantity: make then a salve thereof with Wax and oyl of Roses, and use it according as opportunity serveth. And as before hath been said, cooling plaisters are to be used for it, and to take any of these things following, viz. Roses, Lentils, blossomes and peeles of Pomgranates, the musilage of Fleawort, Nightshade, Tassel, fresh sliced Gourds, and Saunders: all these are to be tempered with barly meal, and sodden to a plaister, and then to be layed over the privities.

Afterwards in the beginning of the disease, the juyce of broad Plantaine is to be injected oftentimes into the Matrix.

And to the end the Matrix inwardly may be perfectly mundified, prepare this water following: Take Gals, Lentils, Pomgranate blossoms, Butchers broom seeds, Roses and Saunders, of each a like quantity, seeth them in water, and inject the decoction into the place.

Or take Hyssope, Wormwood, Hony of Roses, seethe the saue in White wine and milke, and use it as is afore-said.

When the Matrix is cleansed from all uncleannesse, then is this bath to be used for to heal and to cause the flesh to grow: Take Centory six ounces, Ireos, Comfrey, Cassie roots, and Agrimony, of each three handfuls, *Sarcocolla*, Gum, Dragons blood, *Mumia*, *Hypocistis*, and Frankincense, of each one drach. seethe them all together in sufficient water unto the half, then put thereto prepared refuse of Iron 1. ounce and a quarter, then let it seeth a while and wax cold that it may be used for a bath. Of all the former things may plaisters, faves and pessaries be made, for they are to that intent very meet and profitable. Or if you will have a mean and milder bath, then take Mallowses, Violet leaves, Melilot, Plantain, Lentils, Fenegreek, and Colewort buds, and make a bath of it.

In like sort sodden Allume is available for this purpose, for this bath is generally commended of all learned men.

But when the Ague and the most pain is somewhat past, and the impostume remaineth still, which may be perceived when the Ague returneth, and the pain and hardnesse between the navel and the privities continueth, then are mollifying things to be used as these Pessaries following: Take Ducks greafe, the marrow of Harts bones, Neats feet oyl, *Bellum*, Saffron, and yolks of rosted eggs; of each a like quantity: dissolve them together in wine, and temper therewith the bottom of oyl of Lillies, then dip a taint of linnen often therein and put it into the place: it swageth the pain and allayeth the same. But of this hardnesse we shall shortly hereafter speak and discourse somewhat more at large.

But if this impostume be caused through cold, then doth the same happen through abundance of much *Phlegma* in the body, and that through continuall use of meat and drink, whereby the *Phlegma* is augmented, whereby such like humours do fall down to that place, and there do putrify and rancle. This impostume doth appear with a swelling above the privities near the navel and that with a continual ach, and yet no great pain, the woman is sleepey, and very lither: and these signs be the more certain, if the time of the year and the age of the Patient do agree with them.

For this, neither cold nor repelling remedies are meet; but maturatives, and such as expell *Phlegma*, sobriety, plaisters meetly warm, discussive and ripening seeds, laying on of Camomil, of Melilot, Savin, Marjoram, Mugwort, Linseed, Fenegreek, admixed with the foresaid oyles and greases, and they may also be sodden and injected. Likewise for this are meet, faves and plaisters which do warm, moysten and ripen, whereof we have before admonished, and shall again hereafter.

The third manner of the impostumation of the Mother, is such a bad and hard disease, and is much worse then any of the former, especially when it is confirmed and waxen old, for then it is not to be cured, but at last there cometh the canker of it, whereof we shall immediately hereafter speak and discourse at large. But to do some ease for it, is the place to be anointed with warm and maturative oyles, marrows and greases of beasts, and the decoction of Linseed, of Fenegreek seed, and oyl of Camomil, of Dill, or of Lillies.

to be injected. Also they are to weare plaisters *de Bdellio*, of liquid Storax, and of *Ammoniacum* thereon, and to use these fomentations and bathes following: Take the roots of Hollihock, two ounces, Camomil, Melilot, Mallows, Violet leaves, Linseed and Fenegreek seed, of each one ounce, let them seethe well in water, and of these decocted hearbs shall you make plaisters with some of the foresaid greases, viz. with swines grease, hens and ducks grease, &c.

Use also this salve following; Take oyl of Lillies and of Eldern, cony fat, the fat of Quails, Neates feet oyl, and oyl of Harts feet, oyl of sweet Almonds, and Butter, of each one ounce, annoint therewith the neck of the mother within and without, then annoint therewith a pessary of cotton and put it therein. And if so be the same do not content thee, then looke into the eleventh chapter, the 29. and 30. §. of the impostumes in the stomach.

Item, of the impostume in the Liver, the 12. chapter and 7. §. and 14. chapter and 2. §. of the impostume of the milit, where you shall find a sufficient direction for it.

Take of Venice Turpentine, 3. 4. Wax 3. 2. Sallad oyl 3. 6. Sack 3. 2. boyl them on a soft fire until the Sack is almost wasted: then put thereto of red Saunders powdered very fine and seared, seethe them again a little until it lookes red, still stirring of it, then strain it, and use it warm, it heales any hardnesse or Ulcer or other evill in the mouth of the Matrix, or in the Matrix.

Of the canker and Ulcer of the Womb or Matrix. §. 13.

VHat the difference is between the impostume and ulcer, is before in the eleventh Chapter and nine and twentieth §. sufficiently declared of the impostume of the stomach. But the ulcers of the Matrix be very noysome and perillous (as we have before alledged) and so qualified, that very easily they may come unto an incurable canker: for this ulcer and the canker have a great communion one with another: yet this difference is between them, that where the canker is, there must also be an ulcer, but not every impostume the canker. Thus may ulcers be holpen with the things which be ordained for the clefts of the Arsegut, and of the womans places: where to the contrary, the canker of this place is esteemed by all learned Physitians for to be incurable. The causes of these ulcers and canker of the Matrix may be (as we have already shewed of the ulceration in the nostrils in the first part) of wounds, of thrusts, of blowes, of falls, of some unclean impostume, of some sharp humours which do excoriate and exulcerate the Matrix, or the neck of the same within. The canker is commonly caused through melancholick blood, which maketh a hard impostume, and beginneth first onely of a small hardnesse, as the bignesse of a Pease or Beane, and afterwards increaseth, the which at last filleth the veins adjacent also with melancholick, thick, and black blood, whereby it will be harder and greater from day to day. The heat augmenteth with pricking until that it break out, whence then issueth a black green matter, and otherwhiles like as it were Wine lees, and sometimes like to water, the which stinketh none otherwise than as it were a Carrion, and corrodeth more and more, for that is the nature of cankers.

The signs of these ulcerations be pain, pricking, panting of the mother, and issue or descent of purulent matter according to the quality of the ulcer. But if it be caused through any outward occasion, that may be understood of the sick person her self. Or if it come through sharp blood, then is the pain sharp, pricking with great heat and Ague. Or if it be caused through *Pblegma*, then is the pain not too great, the place anguished, and impairerth slowly. If there run any cleer blood out of it with white corruption, then is there a small vein broken in the impostume. If the matter be like water wherein fresh flesh is washed, then is it a signe that this disease is caused through long retention of womans terms. If this impostume be caused of *Cholera*, then doth green matter run out of it. The signs of the canker have we discovered before.

In these kinds of ulcers and cankers in the wombe, do the learned prescribe certain rules, whereof good heed is to be taken. First in case this ulceration be very moist, then are drying things to be used for it. Secondly, if there be with the ulcer a venemous quality adjoyned, then is this the most principal meanes of healing, that the venemous quality may be taken away. Thirdly, that such kind of meat and drink be used as do cleanse and make a good blood which is most commodious for to cleanse the ulcers of the womb, for thereby

thereby will the venemous matter be best of all taken and drawn forth. Fourthly, these ulcers have no need of maturatives, for that thereby the venemous matter increaseth. Fifthly, the Physitians must use such things as doe dissolve and dry: and lastly, incarnatives. Sixthly, if this ulcers can be seen, then is the same to be refreshed with clean and fine clothes continually.

And now to begin with some medicines: Heed must first of all be taken of a good government of life, so that all that one doth eat, drink, or use (according to the ability of the Patient without the making of any heat (may be drying things, and commonly such things be ordained for this purpose as are warm in the first degree, but strongly drying. Quietnesse in this disease is better then motion. Hereby may it easily be marked and understood, that all cold and moyst meats be hurtful for this Patient, viz. Fish, Crabs, milk, and all that is drest with milk, much pap, fat, and such like be naught for her. Their most commodious drink shall be a thin, red, and hard wine, which is very drying and discursive: the same may be tempered with water wherein Mastick, two kinds of *Consolida* (if so be that the naure can abide it) and Feverfew be decocted. Secondly, concerning the other Physick (if that nature may abide it) the vein on the right foot is to be opened against evening, yet is good regard to be had to the souning, for that the letting of blood in the neithermost parts doe bring more debility with it than that of the upper parts. After the letting of blood, this potion following is to be given unto her 2. mornings together: take *Benedicta Laxativa*, half an ounce, *Agaricus* one scruple, Ginger and Graines, the juyce of Feverfew two ounces and a half, temper them together, and afterwards she is to govern her self even as the order is after purging. Thirdly give her this potion ensuing the space of certain dayes together, until that the urine appear of a good colour and very clean: Take *Oxymel* of Squils half an ounce, *Syrupus de Byzantiis*, and syrup of Vinegar, of each three quarters of an ounce, Lovage and Agrimony water, of each one ounce, Cicory water two ounces, this is to be drunken early in the morning: they may also sleep well upon it, and fast four hours after it.

This being done, minister unto her, *Pillulas Benedictas* four scruples, or one drachme and a half, formed with the juice of Mugwort, you may also temper one drachme of it with the foresaid water, and drink it: and if so be that the cause require stronger remedies, then take *Pillulas de Opopanacum*, and *de Hiera Composita*, of each half a drachme: make pilles thereof as is aforesaid. With this purging one must diligently have regard whether this ulcer or canker be so neer in the neck of the Matrix that one may come to it with the hand; likewise if the matter doe stick, to the end that according to the quantity thereof might be knowne what medicines should be used: but be it howsoever it will, Hony water is alwayes good for it. You may also cleanse the disease therewith where the ulcer is, and afterwards spread thereon this salve following: Take *Aloe*, Dragons blood, *Mirrha*, *Sarcocolla*, and Frankincense, of each a like quantity, Duckes grease as much as is needful for to make a mild unguent of it.

But this following is stronger: Take oyl of Feverfew flowers and of Saffron, of each half an ounce, oyl of Wal-flowers (especially if there be great pain with it) two ounces, *Sarcocolla*, *Mirrha*, and *Opopanacum*, of each one drachme, Turpentine three quarters of an ounce, *Muscus* one grain, white Wax as much as is needful for a salve; afterwards see the them all together in four ounces of the juyce of Smallage until all the juyce be consumed, then annoint therewith a pessary made of cotton, and put it into the place, and refresh it oftentimes: it is very commodious for it, and found oftentimes good. But if this disease be very deep inwardly, then doth need require that the body be cleansed with necessary things, to wit, with Hony water, and afterwards use the pessaries which be described in the fifth chapter and 2. §. beginning thus: Take Ducks grease, &c. and renew them four or five times a day, or make this following: Take Smallage, Feverfew, and Mugwort, all together, or each alone, stamp them together, make a pessary thereof, and annoint it with *Hiera Picra*.

You may also take the juyce of these foresaid herbs, and make a cloth wet with it, and lay the same upon the back, the hips, and on the hithermost part of the back-bone. For injection, this following is ordained: Take Hony water, see the therein Ireos and Wormwood, or see the Agrimony in Barly water, and temper clarified Hony, or Hony of Roses amongst it. If so be that the cause require stronger remedies, then take six ounces of Wine, burnt Allume, Verdigrease, of each half a drachme, temper them together, and let them stand so five hours, afterwards inject it.

This following is also good, and chiefly to dry the ulcers, and to draw them together; Take Gals, Pomgranat pills and the blossoms, and Allom, let it see the together with a little Agrimony: and if you think that there be any vein broken within the ulcer, then temper somewhat of these things following with it, as Dragons blood, Myrrhe, Frankincense, fine *Bolus*, Saffron, Hartwort with Rose water, or with Plantain water.

A bath for the reins is very necessary for this purpose, whereto you may prepare this following; Take Valerian roots, Mew, and roots of Smallage, of each four handfuls, *Myrrhe* and *Opopanacum*, of each one quarter of an ounce, the roots of Yarrow 4. handfuls, seeth them all in sufficient water, and sit therein to the Navel. Besides all this, there is another bath highly commended, wherein the roots of wild Cucumbers be decocted. For this is also very good that which is described in the 12. §. beginning thus, Take oyl of Centory 6. ounces, &c. But in case this ensuing matter remain stinking, and that there be heat with it, then use the other pessaries made of cotton and Roses, that are there discovered; but the ulcers must be cleansed before by the injection of honey water. Lastly, if so be that the hardnesse do continue, which may be perceived by feeling, as also by the pricking, by the pain, and by the issuing out of the matter, then is one to beware that there be no sharp medicines used for it, for that thereby the malady will be much the rather augmented, for all which is discovered in the fifth Chapter and 2. §. of the injection of the muscilage of Fleawort, and juice of Housleek, for that is also the liver vein to be opened, and the salve of Ceruse to be used. This person must also beware of all which augmenteth melancholy, whereof you may find a sufficient discourse in the 11. Chapter and 8. §.

Of an unnatural birth, called Mola. §. 14.

IT chanceth also sometimes, that in certain women which have no company with a man, yet their belly swelleth up no otherwise then as though they were with child, and all the signs of being with child agree also with it, for that their Terms be absent and stayed; they feel also some stirring in the Matrix, their breasts will be hard, the appetite of meat leaveth them, their natural colour will be pale, all which signs are common to women with child: notwithstanding they bear no child which bear this *Mola*. This *Mola* groweth after two sorts in the womb: the one will grow to a peece of flesh without any figure, half putrified, and is also no right flesh, but rather a spongy mass of wind, of water, and of some other superfluous blood, which through the accustomed terms cannot be expelled, and the same then being mixed with the natural seed, groweth otherwhiles to such a hardnesse, that the same cannot be cleft asunder with any hatchet. Secondly, it may also be ingendred of the said blood and the concurrence of certain tough humours, and so make a false shew like women with child.

Nevertheless the expert Physitians do distinguish three several signs, whereby bearing women, and they that be burthened with this unnatural masse, are to be known, for that first the moving of this *Mola* or unnatural masse is not like that of a child, because it is a thing which hath no life. Secondly, the belly of women which bear *Mola* is much harder, and not so movable from one place to another as theirs is that be with child. Thirdly, this masse falleth from the one side to the other. Fourthly, if a woman be burthened with *Mola*, then be her hands and feet very feeble and limber, and it seemeth also that her fingers be shorter, all which cannot be perceived in bearing women. Fifthly, the woman that beareth *Mola*, is not so merry as one that is with child. Sixthly, a woman with child is commonly after nine moneths delivered; but in the *Mola* is no certain time, for that it is found that women therewith have gone two years, four years, and also longer, yea their whole life time, that no physick hath holpen them. And from these that be cured, there avoideth oftentimes (as is said) a loathsome peece of flesh, and that with such pain as if she were delivered of a child. It avoideth sometimes into blood, otherwhiles to wind, and their belly falleth away as before. This is such an accident, that it ought not slightly to be regarded, for that thereby it may easily be marked, that the Matrix is utterly unclean and spoiled; therefore do these women easily fall again into the foresaid maladies; or if not, into an unnatural flux, ulcer, or impostume of the Matrix.

Lastly, they commonly fall into the Dropsies, *Ascites* or *Timpanites*, or into some other perillous sicknesses, whereof they die. Nevertheless must the Physitian not doubt of the cure, but as soon as he knoweth certainly that the woman be burthened with a

Mola,

Mola: and be not rightly with child, then is the woman to be commanded that she stir not too much, and lie for the most part upon the back; and with her legs higher then the body, and to constrain her self otherwhiles to vomit and parbrake, and refrain from all cold and moyst meates, for which this potion following is to be made: Take S. Johns wort, Savine, Rosemary, field Mints, and corn Mints, Lovage, Mugwort, Pennyroyall, and Mather, of each one handfull, Fennel, Squinant both kinds of parilly seed, *Calamus*, and wild Galangal, of each one drachme, Radish four ounces, seethe them together in sufficient quantity of water for a potion and use thereof every day three or four ounces, this potion melloweth that masse, and expelleth the humour whereby it might be increased.

There is also to be tempered with this potion one of these Trochisks following: Take Cinamom, Myrrhe, of each two drachmes and a half, Rue, Savine, field Mints, Pennyroyal, (all together dried) Mather, *Sagapenum* and *Opopanaxum*, of each one drachme, Cardamom, Juniper tree, Rosemary, of each one drachme and a half, form the Trochisks, of the weight of a quarter of an ounce. This afore prescribed is to be used the space of ten dayes or more.

Other do advise for a thing of smaller importance, to wit, that the woman two moneths every morning early, should take three ounces of warm Feverfew water, and to fast four hours at least after it.

Secondly, that she every fourth day when she drinketh of the water should take one of these pilles: Take *Galbanum* one quarter of an ounce, flowers of Mugwort, Saint Johns wort, and *Asarabacca*, of each one scruple, dissolve the Gum in good wine, and make thereof six Pilles of a drachme. She is also to purge once in fourteen dayes with three quarters of an ounce of *Benedicta Laxativa* tempered with two ounces of Feverfew water. Or if she had rather pilles, that she swallow one drachme of *Pillulas Fœtidas*. Fourthly, she is alwayes to weare this plaister following upon the belly the breadth of a finger beneath the navel reaching up towards the hips: Take *Galbanum* one ounce and a half, *Gallia Muscata* one quarter of an ounce, *Alipia Muscata* one drach, white Wax three drachmes, dissolve the Gum in good Wine, and then make a plaister thereof.

Fifthly, she is to use this bath ensuing for the reins thrice a week, twice a day: Take *Gallia Muscata* one quarter of an ounce, *Colophonia* half an ounce, Saint Johns wort flowers, Betony, Mugwort, and Feverfew, of each three handfuls, *Bistorta* five handfuls, seethe them together in sufficient water until it savour well: shee is to sit therein up to the navell. These be very excellent remedies for to bring the mother to good health again, to strengthen all the parts of generation, and to ease their maladies.

In fine, all those things may be used for this intent, which are prescribed for the expulsion of the dead child out of the mothers body, and for the secundine, and such like things more.

For the *Mola* make an Electuary of English Dittany leaves taken green and dried in the Sun, Angelico leaves, green and dried, ana. ʒ. i. Saffron, ʒ. 6. powder and searse them, then with clarified hony make an electuary, take a drachme, or two or three drach. in the morning fasting in a draught of white Wine. *Prob.* do so twelve or fourteen dayes together.

What commonly is good, and profitable for the Matrix, §. 15

Elecampane roots, the greater Pimpernel rootes, the roots of Eryngus, and Ginger, all preserved, conserves of Betony, of Gilloflowers, of Spikenard, of Lavender, and of Betony, wine of Elecampane rootes, of Avence, of Betony, and of Rosemary. The oyles are these, oyl of Lillies, of Rue, and of Bayes. Item, the juyce of Gentian and of other rootes which are described in the twelfth chapter and 11. §.

We have now almost written of all especial accidents and diseases of the womb, whereon naturally dependeth the whole state of humane generation. But if so be that this part of the body be not sound, and without all infirmities, then is the humane seed (be it as commodious as it will) neither rightly conceived, nor duely contained: and though it be received and contained, yet doth either a mischance follow after it, or at the least a feeble and weake birth. Unfruitfulnesse ensueth also thereby as we very largely have shewed in the seventh Chapter before: so that it seemeth not to stand without reason,

that many Philosophers and learned men have disputed and concluded : By what means this part once infected might be eased and prepared to fruitfulness, to which end it was first created, whereof, as also of the conception of fruitful women, of their infirmities, of their delivery, and of all that concerneth them, shall be spoken in this Chapter following.

The twentieth Chapter.

Of all that concerneth fruitful and child-bearing Women.



When as in women (as sometimes hath been said) this vessel of conception is by their terms well cleansed and freed of their forementioned and all other diseases, or if some disease now present can be remedied, then need not any one in this place take care for barrenness. What might move their terms, is sufficiently shewed before in the seventh Chapter, yet notwithstanding we purpose here to speak of divers things which are very commodious for conception : amongst which the first is sirupe prepared as followeth. Take Madder, Mugwort, of each half a handful, Mints, Wormwood, Fennel roots, Squinant, Marjoram, Calamus, Nep, Annis, of each half an ounce, Cloves, Buglosse flowers, and Balm flowers, of each three drachmes, Cypres roots, Galangal, Fennel, *Ameos*, and Silvermountain, of each one quarter of an ounce, Cinamom and Raisins, of each five drachmes, Honey as much as is needful : seeth them all together, and make a sirupe thereof, as hath been taught in the first part, the fift Chapter, and 6. §. Lastly, put unto it Mastick, Ginger, Mace, Cloves, scraped Ivory, Saffron, Nutmegs, *Doronicum*, Zeduary and Basil, of each half a drachme, and beat them all together small.

The second is a powder which they may use with their meat : Take Nutmegs, Cucubes, and Ginger, of each half a drachme, long Pepper, Mastick and Cinamom, of each one drachme, Galangal two scruples, the seeds of the Ash-tree, scraped Ivory, Silvermountain, red and white Behen, of each one scruple, beat them small, and mix them all together.

The third is this salve following, *Gallia Muscata*, Nutmegs, Bevercod, Hares rennet, and *Laudanum*, of each one quarter of an ounce, oyl of Spikenard, oyl of Mastick, and oyl of Mirtles, of each three drachmes, Wax as much as is needful for a salve, anoint the place of the mother with it every other day. The last is a confection prepared as followeth.

Take wilde yellow Rape seed, and tame Rape seed, scraped Ivory, white and red Behen, Silvermountain, and seeds of the Ash, of each half a drachme, Cinamom, *Doronicum*, Mace, Cloves, Galangal, long Pepper, Rosemary flowers, Balsome wood, *Blaise Bizantie*, Penniroyal, and Marjoram gentle, of each two scruples, Balm, Buglosse, Citron-pils, of each one scruple, Indy *Spica*, Ambra and Pearls, of each half a scruple, these being mixed and powned all together very small, take eight ounces of Sugar, or somewhat more, seeth it in Malmsey, and make an Electuary or tabulats of it.

To help Conception. Let the woman receive the fume of Darnel and Frankincense into her Matrix.

Or, use a Suppository of *Laudanum*, or emplaistered, or a fume of it, which helps the cold and moist Matrix.

To know whether a woman be with child or no. §. I.

When a woman hath layen with a man, if that her places after the action be dry, the *Labra* and sides of the same smaller and harder, then is it a sign that she retaineth the received seed, and (if the same passe not from her in seven daies) she remaineth with child.

Item, take Lettice, seethe it in water, and let her drink three or four ounces of that decoction, if so be that she parbrake the same up again, then hath she conceived. Take a steel needle, stick it in a new wooden dish, and let the woman make water in it, if there hang a little cloud at the needle, then is she with child. Or let her drink Mead fasting, if so be that she vomit the same up again she will prove with child.

Another

Another: Take Mace one quarter of an ounce, Saffron beaten small one drach, well water sixteen ounces, Honey two spoonfuls, boyl them all together as long as you would boyl an egg hard, let her drink the third part thereof when she goeth to bed, and continue it the space of three daies together; if so be that thereby she get not her terms, then is she undoubtedly with child: which of these thou mayest best believe, experience will teach thee.

The common signs that a woman hath conceived, be these, to wit, when her terms without ague and cold be stayed, for then the blood is divided three manner of waies; the subtillest doth feed the fruit, the middlemost doth by certain veins passe towards the breasts for a preparation of the milk, the grossest remaineth in the Matrix, which will be expelled in and after the delivery.

Item, when a Woman is conceived, then doth she finde great wambling and distemperature in the stomach, inappetency to meat, vomiting, with other symptomes more, as hath been shewed in the former Chapter, the 14. §. of *Mola*. she findeth also commonly the tenth day great headach, giddinesse, and darknesse of the eyes.

It is also said, if a woman perceive immediately after she hath layen with a man small pain and cold about the reins, that it is a sure sign of conception.

To know whether a Woman be with child of a Boy or a Girl. §. 2.

Albeit there be divers signs whether a woman be conceived of a Boy or a Girl, yet are they not so sure that one may stedfastly believe them; for example, it is adjudged that those women which bear a boy, have the right breast sooner hard and round then the left, but experience teacheth the contrary, and so it is with all the other signs; wherefore it seemeth superfluous to spend any time in this behalf: but because we are now come to the conception of mankind, we will speak of the symptomes and signs which are perceived in the woman with child.

Of those things which commonly appear in Women with child. §. 3.

Those that have conceived a man child, are for the most part better of colour, lustier, nimble of their joynts, and lesse troubled in the bearing then of a maiden child: they have also a better appetite to their meat; they do feel the most burden in the right side, in which place they also perceive the first motion and stirring of the child: the pulses be on the right side more swift and strong then on the left. When they rise from sitting, then do they lift up themselves with the right hand; the right eye looketh more lively then the left, and in going they commonly set their right foot forwards. But when they bear a maiden child, then judge all the foresaid signs to the contrary; they are paler, leaner, more pensive, and more troubled in the bearing. The man child stirreth lower in the mothers body, and (as the common opinion is) most of all in the right side. The legs and places do otherwhiles swell. It is also affirmed, that if milk be dropped on her urine, it should swim on the top. Likewise if she bear a son, then perceiveth she on the 40. day the milk to come into her breasts with a kind of tickling. And when she is with child with a daughter, she findeth the same about the 90. day. *Aristotle* neverthelesse acknowledgeth, and divers more, that this (as we have said before) is not alwaies certain, but with the motion in the right or left sides of a man or maiden child it seldom hapneth to the contrary, as may appear in beasts, which at one time commonly do bear two young ones, as Goats, Sheep, &c.

At what time, and in what manner the child groweth in the womb. §. 4.

Albeit this concern no Physick, but is rather a work of nature than any part of our Science, yet doth our method require that we should shew in what time, and also how the child doth increase and grow in his mothers body.

First, there is also (as hath been said before), a great difference between boyes and girls, to wit, the man child receiveth both form and life much sooner then the maiden child; yet the perfect fashioning of a man or maiden child is in manner as followeth. In the first six daies the seed doth swell like a bladder full of wind, or a windy egg, nine daies after that doth this bladder draw blood unto it, whereby in twelve daies the liver;

the Heart, and the brains are so evidently formed, that they severally may be seen and perceived about the 27. day. It is called of the Grecians *Embryo* or *Fetus*, that is, a fruit, whereof afterwards a perfect man is formed; the other members are fashioned within 18. daies following, so that the sum of all this time amounteth to 54. daies, in which space the life is for the most part also received, although the child (by reason of his weaknesse) seem rather to be still than to move even to the 90. day. When as now unto this number which maketh in all 135. daies, is added as much more, then (saith *Hippocrates*) you have the true time of the birth, which is just nine moneths, counting thirty daies for every moneth; but as we have said before, all things are longer deferred with a girl than with a boy, for they commonly be not born before the tenth moneth.

Secondly, some suppose that if a man-child be born in the seventh moneth (as it otherwhiles befals) that the fruit was perfectly formed at the first in 30. daies, and began to live and move in the 40. But a maiden child born in the 7. moneth receiveth her perfection in 35. daies, and beginneth to stir about the 60. day, and both of them are perfected in a 100. daies: but a man child which hath not been born until the ninth moneth, that getteth his perfect form in 45. daies; and stirreth about the 100. day, is born into the world about the 300. day. But the maiden children are fully fashioned about the 60. day, they stir about the 80. day, and are brought into the world about the 279. day. The cause why men children are sooner fashioned in the mothers womb, is, because the seed and the right side wherein they are conceived are hotter.

Thirdly, we read, that in the first moneth the conception should be nought else but a collection of blood, in the second moneth a forming of the body, in the third moneth a perfect body, in the fourth moneth the nails do grow, in the fifth moneth it getteth the perfect signs of a man or a woman child, in the sixth moneth do the veins begin to appear; in the seventh moneth doth the marrow grow in the bones; in the eighth moneth are the bones hardened and strengthened; in the ninth moneth doth it get a full proportion of a man or woman, and prepareth it self for birth. *Albertus Magnus* in the ninth book and fifth Chapter *De Animalibus*, sheweth divers more divisions of the kinds, and concludeth with these words following: *That which the Physicians do write of this matter, is not sufficiently approved: and they are not alwayes found to speak the truth.* These are the words of the foresaid *Albertus*. Now that this is true, appeareth by the difference of the foresaid computations. It differeth also sometimes according to the health and debility of the Parent, whereby the fruit of necessity is governed, and is brought into the world sooner or later; wherefore it may justly be said, that in this matter no certainty may be found.

The order of dyet for women with child. Song.

VWhen God hath endued a woman with his gracious blessing, that in the state of wedlock she should conceive with child, then let her take heed that she cast not away the gift of God voluntarily by some great misdiet, but that she acknowledge the goodnesse of God, and live in such sort, that by her dyet the conceived fruit be not only not harmed, but cherished and strengthened, and fall not into any mishap or mischance whatsoever. To this end we will at this present prescribe certain rules: first, a woman conceived shall alwaies contend to be loose in body, for the which she is to eat every morning before breakfast some ripe stued Prunes, especially if she be bound. Also she is to beware of all manner of needlesse labour, of leaping, dancing, vomiting, coughing, much venery, and especially presently after meals; also of great sorrow, frighting, fear, anger, and such like. Neither may she bath her self, unlesse it were some few daies before her childbirth, for then is it very commodious; as hereafter shall be shewed more at large. All manner of cold, all kind of stenches, all sharp and bitter meats, as Capers, unripe Olives, Radishes, French beans, Lupins, red Pease, Rue, white water Mints, Pen-niroyal, and whatsoever else might provoke her terms, is hurtful to her.

Contrariwise, she may use all manner of wholesome accustomed meat, and drink good red wine, or meetly strong beer, for the red wine is meeter for her than the white. Item, ripe fruits that are somewhat astringent, and that do strengthen the stomach, are very meet for her, as Quinces, Pears, &c. if she desire any other commodious meat, she shall not so strictly be kept from it, but that she may use a little of it at once. But if to be that she do long for some unnatural and unaccustomed meat, then is she

to be dealt withall as hereafter in this next §. shall be shewed.

For to strengthen her, serveth the warm coniection of *Diamargariton*, for it comforteth the stomach and the Matrix. For the same purpose serveth also this wine following, a little draught otherwhiles taken of it: Take Ginger and Cloves, of each one drach. roots of Lovage, Spiknard, white Pepper, of each half a drach. Comin, Galangal, Annis seeds, of each half an ounce, red Wine three pints, Sugar as much as you please, make Hipocras. If the woman be hot by nature, then do lay that wine with the decoction of Currans: what she ought to observe besides this, may you find every where in the discourse of conceived women.

Of the strange longing of women with child. §. 6.

Albeit that this disease of this unnatural appetite, which otherwhiles hapneth to women with Child, of some foul or unusual meats, as Chalke, Coals, Lime, Earth, Tar, raw flesh, fish and such like, which is sometimes rather an imagination, and an idle or vain conceit of some untoward women: neverthelesse the Philosophers do alledge a certain natural causes thereof, and affirm therewith, that this unnatural lust doth also come sometimes upon them which be not with child; yea also that men be otherwhiles plagued with it, although very seldom: wherefore this longing (by good reason) may also be reckoned amongst the unnatural hungers, and may be called a corrupting, as we before in the eleventh Chapter have moved somewhat thereof, and have alwayes hitherto determined to write somewhat thereof. This unnatural longing do the Greeks call *Cittam*, the Latinists *Pigam* and *Malaciam*, that is, a desire of bad meat, and is thus described.

Citta is a bad action of the stomach, wherein the party is greedy to eat unnatural and foul things. The causes of this unnatural desire are very bad humours, and especially *Melancholia*, which lyeth in the stomach, where the same is exciting this unnatural longing. In women with child, the matter of the terms doth cause it which cometh into the stomach; and because the same is of sundry natures, therefore do they also get divers lusts. But in those that be not with child, it doth come through retention of the terms, when those humours happen to ascend into the neck of the stomach, or by the obstruction of the liver or the milt, whereby the said Melancholick humour doth stir up this unnatural longing. The same bad melancholick humours may also be burnt in the stomach, as may appear in the quartain ague.

And for to remedy this disease (especially in women with child) must first heed be taken to their meat and drink. Roasted Lamb, Hens, Pullets, Partridges, and all kind of field fowles are very meet for her: yea also otherwhiles Bucks brains and Sheeps brains, whether they be roasted or sod. Her drink shall be good white wine.

After meat shall she eat roasted Pears, Hasel nuts, Marmalade, confected Pomgranats, and Chestnuts. Give her sometimes also Marmalade with spices, which you shall find described in the last part. Of the confection *Diantha* is every morning about half a quarter of an ounce to be used.

Item, give her oftentimes the *Syrupum de Mentha*. In like manner is good for her the *Mixa* of Quinces, temper them both as much as you please, and take three spoonfulls thereof before meat. It is also much advised for this woman that she must otherwhiles incline her self to partbreak and vomit, as with clear warm water and sirup of vinegar, whereof we will hereafter speak more at large, because that women conceived are much addicted unto it. But in case that they incline themselves to vomit, then is their stomach to be anointed with this salve following.

Take Mastick and oyl of Spike, of each a like quantity, Vinegar a little, lay this plaister following upon it, the flowers of Buglosse, of Balm, of Saunders, Citron pills, of each a like quantity, with oyl of Mastick and wax wrought together; or a bag made of the foresaid, except the oyl of Mastick and Wax, and so layd upon the neck of the stomach. But if it happen that they at any time desired that which might nourish them, and that they were detained from it, or that the same could not be gotten, whereby it came to pass that they were disquieted or vexed, then take presently a spoonfull of Hony, scrape a little Nutmeg in it, and so give it her.

If so be that any man, or woman (being not with child) were taken with such unnatural lust, they are to take these things following fasting, as *Oxymel Compositum* two ounces with water of Cipres roots, or the decoction of Cardamom, or take one ounce and a half of *Oxymel* of Squils with the foresaid water: afterwards to provoke vomit are they to

use, this hony water following, wherein Mustard seed, the seeds of Orage, or Dill, Onions, and Radishes is decocted.

For to purge, take *Pillulas Stomachicas*, or *de quinque generibus Mirobalanorum*, which you will one drachme; whereupon these confections following are to be used, viz. *Diaplyris*, *Diamoschu*, and *Diambra*. The stomach is to be strengthened with these things following.

Take Acorn cups one quarter of an ounce, Raisins with their stones seven drachmes, Annis three drachmes, *Mirobalani Indici*, *Bellirici*, *Emblici*, of each five drachmes, prepared refuse of iron one ounce and a quarter, four quarts of wine which is somewhat strong, and as much water; seethe them all together unto the half, and then strain it through a cloth, and let the patient drink it out now and then in the space of eight dayes.

Item, take Cardamom, Grains, Cucubes, of each a like quantity, white Sugar as much as all the rest: give thereof every morning one drachme and a half, with luke-warm water, afterwards use the foresaid confections, and anoint the stomach, and keep your self with eating and drinking like as is said before.



To help the longing, and preserve from Abortion.

Rx. of the leaves of Angelico, English Dittany leaves gathered green and dried in the Sun, Harts horn, ana ʒ. i. Saffron, ʒ. 3. powder them very fine and searce it, and with hony or Sugar make a thick electuary, let the patient take hereof ʒ. i. at one time or two drachmes.

If she abounds with evil humours which causes the diseases, you may give one drachme of this electuary with Aloes ʒ. ʒ. or ʒ. i. or ʒ. let her take at night to bedward, for two nights together if need be.

This electuary comforts the weak child in the womb.

Of the vomiting in women with child. §. 7.

VWith this vomiting are commonly women with child oppressed, untill that they do begin to feel the milk, and about the time they were wont to get their flow-ers, or when the childs hair beginneth to grow, then have they it most grievous. Also it is the more troublesome, for that as then all strange lusts do come unto them; neverthel-esse it oftentimes hapneth not long after they have conceived, that they as then are most inclined unto it. It is also otherwhiles commodious for them, as we have shewed be-fore.

But if so be that it do get the mastery, and that thereby the food be drawn away from the fruit, then must one do his best for to strengthen the stomach, & to remedy the vomit-ing: for which there be many remedies in the eleventh Chapter and eleventh §. described against the debility of the stomach, out of which may be easily chosen what is meet for women with child, but especially these things following be advised for safe things, as the sirup of Raspes, Marmalade, and sirup of Quinces, which the ancient Physitians do so highly commend, if a woman with child do use the same much, then will the fruit be sub-tiller and whiter, Annis, Fennel, Coriander, whether they be confectioned or not, are good against vomiting.

Item, take a hard sodden egg, and keep it very warm upon the mouth of the stomach. For this is also passing good the sirup of Verjuice.

When a child is weak in his mothers Womb. §. 8.

FOrasmuch as there is no doubt that the conceived children be also sick in their mo-thers body, therefore it is no small question how they are to be holpen. For seeing all sicknesses are known through feeling and sight, the which cannot be done by children in their mothers womb, for this cause this matter is troublesome to the Physitians.

But amongst other signs whereby it may be known, whether the child be sick in his mo-thers body or no, it is the very certainest if that the woman with child have her terms oftentimes and much; for that there can follow none other thereof but a debility of the child, because that his sustenance and nourishment is taken and drawn from him.

Secondly, when the milk runneth from women with child, then is it a sure token of the debity of the child; also that the child is not strong enough to draw his nourishment un-to it.

Thirdly,

Thirdly, if a woman do get a strong scouring, then is it so much to be doubted of a mischance, but it dependeth especially on two things, under which all other accidents (be they how they will) are contained, which is heat and cold, by which all the rest may easily be adjudged.

First (for to write of the debility of the child through heat and dryeth) is the mother to be purged of *Cholera*, viz. with this following, and such like; Take conserve of Prunes without any other addition half an ounce, warm whay of milk three ounces, give it unto her in the morning betimes, and let her fast upon it the space of five hours. Or take prepared Cassie one ounce with four ounces of Sorrel water or Barly water.

If you will have a stronger; Take two ounces of *Manna*, temper them together in three or four ounces of whay, and use it as before. Or if you will you may steep in the former a drachme of Rubarb, and wring it out well; or half a drachme of Rubarb beaten to powder given without steeping. All these medicines be very safe for the child and the mother.

Concerning the order of diet, it is to be cooling and moistening, as with Lettice, Beets, &c. like as is oftentimes admonished.

Also Barly water and Barly paps are to be used, the flesh is to be drest with vinegar and verjuice, with the juyce of Lemons, and such like that she eateth

Afterwards she is to drink every morning a good draught of whay, in summer cold, and in winter warm. Or take water of Endive and of Violets, of each two ounces. Or if you will have that which cooleth more, take sirup of Roses and of Endive, of each half an ounce, Succory water two ounces, temper them together,

These things following are yet more forcible then the former: Take sirup of Vinegar half an ounce, sirup of Citrons one ounce, Buglosse water and water of Sorrel, of each one ounce and a half, temper them all together. You may also drink one ounce of the conserve of Violets, tempered with three ounces of Endive water.

The clisters with those things which force urine and blood, and also all things which cause vomiting must be forborn; But if it be needful that one purge more, then shall the former suffice. But these three things are especially to be shunned.

One must also do his best for to defend and resist all bad properties, and to strengthen the same, which may be done in this manner following, to wit, that the woman every day three or four times do drink half an ounce of the sirup of Lemons with Barly water, it cooleth and quencheth thirst.

Item, take water of Citruls and Violets, of each six ounces, water of Sorrel twelve ounces, red Saunders, Roses, burnt Ivory, and the seed of Sorrel, of each one scruple Saffron half a scruple, Vinegar three spoonfuls, temper them all together, and make a cloth wet therein; afterwards lay it beneath on the privities, and behind on the rump. Also take then one ounce of small cut Pompeon peeles, oyl of Roses, and of water Lillies, of each one ounce and a half, small fresh Houfseek one ounce, temper them all well together, and anoint the foresaid places with it three or four times a day.

But if this debility do come through cold and moisture, then is this thus to be remedied: Take Buglosse water, the seeds of wild Saffron, grosse beaten *Agaricus*, and *Hermoadactils*, of each one scruple, Cinamom, Ginger, Roses, and prepared Coriander, of each four grains, let them steep together one whole night, afterwards wring it out, and drink it in the morning early.

Another; Take the water of Feverfew and of Balm, of each one ounce and a half, *Benedicta Laxativa* one ounce, white Sugar half an ounce, temper them together, and let them stand the whole night, afterwards strain it through a cloth, and use it as the other.

For this is also a good order of diet to be observed, wherefore these patients are to use nothing else but that is warm and dry of nature. And she is to boil in all her meats sage, Mints, Rosemary, and such like, which have no nature of opening. Their drink is to be meetly strong red wine tempered with a little steeled water; for it hath power to strengthen all the inward nourishing parts, and all veins.

One must also devise how to amend and cleanse these bad humors, which is thus to be effected: Take Sage water four ounces, *Miva* of Quinces one ounce, then mix them all together.

Item, take *Syrupum de Myrto* one ounce, water of Balm wherein Mastick is decocted, 3. 3. temper them together, and so give it her to drink.

A better: Take *Miva Citoniorum aromatica* one ounce, water wherein Myrtle seed is decocted three ounces, temper them to a potion. There may also be used in the morning early for a strengthening, half an ounce of confection Calamus. Likewise *Aromaticum rosatum*, *Rosata novella*, and conserve of Roses tempered with powder of Mastick, and with Mints water being drunken.

If it be needfull for to purge, then is one to use the former purgations without giving any stronger thing. This ensuing is also very commodious: Take the juyce of red Mints four ounces, *Agaricus* one drachme, let it steep together two dayes and two nights, then temper Ginger and Roses therewith, of each four grains, *Manna* half an ounce, let it stand drying in the warmth; afterwards make pills thereof, and use them oftentimes, for they purge the watery humours without any anguish.

Now for to remedy the venemous matter, for which you have hereafter three kinds of applications: Take Roses, Cipres nuts, burnt Ivory, and *Sandaraca*, of each one drach. Rosin three ounces, but you are to seethe the Rosin in red Vinegar un til that the vinegar be spent: afterwards temper the other ingredients amongst it, and make two plaisters of it, one quarter and a half of a yard long, and lay the one behind and the other before upon the place of the Mother.

One more forcible: Take oyl of Quinces, Roses, and of Mints, of each one ounce and a half, Comfry, Bloodstone, red Coral, *Sandaraca*, and burnt Date stones, of each one drachme, Wax as much as is needful for a salve, anoint therewith the place of the Mother and of the kidneyes; both these have so strengthened the fruit in sundry women, that they have fully born the same, which are accustomed to lye in too soon of all their former children.

Thirdly, take the water of Tassel and water of knotgrasse, of each six ounces, water of green Cipres nuts, or their decoction four ounces, the juyce of Sloes, burnt Ivory, and Roses, of each one drachme, Frankincense, *Sandaraca*, and Colophony, of each one drach. and a half, the juyce of Quinces six ounces, temper them well, and make a cloth wet therein eight double, and lay it warm upon the back.

Of mischances or untimely Births. §. 9.

THis untimely childbirth or mischance, may befall at any time without any difference after that women have conceived: as when the seed is not yet come to any perfect shape, or when the fruit hath some members, but yet before it come to be a perfect child, or is brought into the world before the due time, being not thoroughly born, or when it is violently or otherwise expelled. And it fareth therewith as it doth with the fruits of trees, when they begin first to bud and to fashion, then do they hang on brittle stalkes, so that otherwhiles they may be blown off and spoyled with a small wind; but being waxen great, then is there to be come greater force of winds or otherwise before they will fall off.

Lastly, when they be waxen very ripe and seasonable, then do they fall off of themselves.

In like manner doth it also happen with the conceived seed or fruit, which is at the first so weak and tender, that if a woman chance to leap, to fall, or to labour hard, the seed received is thereby divers times ejected.

Wherefore also between four and seven moneths she may purge most safely, and use Physick if need require: for before the 4. and after the 7. moneths must she forbear it (if possible it may be) for then it is perillous.

But to return to our purpose. We have shewed before, that if a woman hath retained humane seed the space of seven dayes, that it is a token of conception; but if it vade or avoid within seven dayes, then do the learned call it *Effluxionem*, which is an effluence or running out. But if so be that they detain it any longer time, and this effluence chance within forty dayes, then is it an *Abortus*, that is, a mischance; and within this time of forty dayes, do most mischances happen.

Thus if a boy be conceived, and void away within forty dayes, then is there none other shape to be seen thereof, but in case it be cast into cold water, there doth it make shew as a small bladder, and making it open, then is the fruit found in it as a great Cricket, with all his severall members, and likewise also the humane member.

And if a maiden child conceived chance to avoid or passe away within three moneths, then

then can no direction or token be seen, for that it consumeth in the water; but in case that it do come to the fourth moneth, then may some direction be seen thereby, but it soon consumeth and passeth away: for that (as we have said before) the girles receive their perfect fashion much later then the boyes, as also they be born for the most part in the tenth moneth. But when they be now come both into the world, the girles grow much faster then the boyes, and also do come sooner to their time of generation, and leave off much sooner, especially they that get many children one after another.

The causes of these mischances or untimely births, do the learned alledge to be of many sorts, which may neverthelesse be comprehended in four principal Articles, viz. of outward causes which proceed of the conceived fruit, when the Matrix hath any kind of disease; or if the humane seed be of no good disposition. Amongst outward causes be these, leaping, running, wringing, and chiefly in lying together, bathes, anger, sorrow, fear, trembling, loud calling, strong labour, surfetting of meat, and diuretical things, as Fennel, Parsley seed, and all other things which expel the stone. All hot spices, as Ginger, Galangal, Cinamom, Annis, and such like. Item, all that purgeth violently, as *Aloe*, *Epithymus*, *Coloquint*, *Scammony*, and *Euphorbium*. In like manner all scouring or laxes, the bloody flux, or the flux of the terms.

The same may also happen if a woman have any strange lust or longing, which she cannot come at or get it, and more other such like causes, whereof we have spoken before, whereof it is better to be silent then to disclose the same.

Also the conceived fruit otherwhiles falleth downwards before her limited time, whether it be for that it is sick or dead, for that it remaineth not with the face towards the back, with the hands upon the eyes, and the elbowes upon the knees, as the natural situation of it is.

Likewise also if the fruit through any disease of the parents, be infected whether in the seed or otherwise, wherewith also the fourth cause is approved. But if the conceived seed find any disease in the Matrix (be it whatsoever sicknesse or disease that it will) then must the fruit inherit it.

This reason following is also occasion of an untimely birth, to wit, when a woman is much and unmeasurable lean, conceiving she will very seldom have full birth; but if the Mother be exceeding lean (whence the fruit must suck and draw his nourishment) then will it be infeebled or diseased, and constrained to passe away, as hereafter shall be more amply said and taught.

Women which be meety fat or lean, and neverthelesse get a mischance every third or fourth moneth, that cometh (beside the former causes) some of slimie waterish humours which fall down into the veins and sinewes, whereon the secundine is fastened, whereby they do slack, are loose, and can sustain the burden no longer, without falling out of the mothers body.

By the breasts may also a mischance be perceived, for that when they be small, weak and slack in women with child, then is a mischance to be looked for and expected. When a child beginneth to come to his perfection, then hath it need of much nourishment. And if there be any disease or infirmity there, then will the breasts be small, soft, and slack, whereof the fruit must pine and dye. Or she will be impatient, striveth and strugleth so long until the secundine breaketh, and the fruit falleth away.

Now if a woman be pregnant with two children, and one breast only (whether it be the left or right) came to be small and slack, then is it a sign of the destruction of the child on the same side.

It is also found that certain women through stench of the snuffing of a candle or lamp, have gotten a mischance. Let this suffice of the mischance or untimely birth: we will now teach how the same is to be remedied.

How a mischance is to be prevented or hindered. §. 10.

WE have before shewed that women conceived sometimes do get their Terms, whereby that weak and spare, yea also dead children be brought into the world, which happeneth not without great peril of their life; wherefore we must write and discourse somewhat thereof.

First, the Terms do commonly come with pain of the back-bone, of the belly, and the privities, which be altogether signs of a mischance to come; for (like as we have said) thereby

thereby is the nourishment drawn away from the fruit; whereby it is not only infeebled, but also urged to passe away.

And to obviate or prevent this, all child-bearing women are first to beware from over-hot, cold, and overmoist ayr: All meat and drink which be too fat, too sharp, and too bitter, shall she also eschue, as Radishes, Parsley, Smallage, Fennel, Pease broth, Cinamom, Saffron, Galangal, Nutmegs, and such like spices. She is also to use oftentimes thick red Wine, but she is to eschue all great exercise of going, running, leaping, accompanying of a man, anger, and all overburthening: and therewith have regard that she alwayes have a soluble body, and if so be that be wanting, then is she to use some meat or drink which do loose the body, as the decoction of Mallowses, or Mercury, or stewed Prunes.

Otherwise she is to leave all clisters and other diuretical medicines. But if the body be obstructed too much, then is she to eat Cassie wood out of the pipes, or new prepared Cassie, and that especially if she have any issue or moistnesse in the neck of the Matrix; for that the Cassie doth cleanse the *Cholera* and *Phlegma* without any trouble: you are also in due time to put Rubarb unto it; yet Manna is more commended for it: powned Rubarb is also to be given to conceived women as it is; for so it is more effectual then if she took the infusion only.

Item, if so be that there appear in the neck of the Mother some sliminesse or moistnesse in the last moneth, then is she to use all things roasted, baked, and to do such exercises before meat as shall be drying; also take Pomgranate peeles, pownd them grosse, and seeth them in oyl of Lillies, and inject that into the Mother. That is the right mean for to stay the slipperinesse of the Matrix.

Afterwards take Mastick, *Mirra*, and *Galia Muscata*, of each half a drachme, Goose grease one ounce, dip therein unkembed sheeps wool, and put it into the places. Hares rennet, or the rennet of any other beast is marvellous good for it, whether there be any heat or impostume instant.

Burnt Ivory and the powder of Zeduary tempered together and strewed on the meat doth also stay the mischance.

To this end is also to be seen what is written before in the ninth Chapter and 3. S. of the excessive terms, all which is also meet for this use.

But she may use these things following, as the confection of Pearls, of which *Avicenna* describeth alwaies to eat one tabulat before meat and thereupon to drink a good draught of Wine, as she may do it very commodiously between both meal-tides twice or thrice a day.

Secondly, take the water of Mints, of Daisies, and water wherein Cypres nuts be decocted, of each one ounce, Sugar half an ounce; drink this early in the morning all together at one draught, whether it be cold or warm.

Thirdly, take scrap'd Ivory, red and white Coral, Mastick, Mints, the inward red peeles of Chestnuts, Acorns, Mirtle seed, and Cypres nuts, of each half a drachme; make pills thereof with the juice of Comfrey, whereof three are to be taken in the morning with the foresaid water before meat, and that afterwards she hath taken one of the foresaid tabulats.

Fourthly, take Cypres nuts, powned Gals, Mirtle seed, juice of Sloes and *Hypocistis*, of each half a drachme, Bloodstone, Amber, Dragon blood, and fine Bolus, of each one drachme and a half, refuse of Iron which hath been long decocted in vinegar, half an ounce, the innermost red peeles of Chestnuts one ounce, three or four whites of eggs, pownd all that is to be powned, and rub it all together a long time in a leaden mortar, then anoint therewith the whole belly from the navel to the privities four times a day.

Fifthly, make this plaister ensuing; Take Dragagant and Gum, both of them roasted, and *Bdellium*, of each one quarter of an ounce, the juce of Sloes, Frankincense, *Hypocistis* and *Sandaraca*, of each one drachme, fine Bolus and Dragon blood, of each one quarter of an ounce, Wax half an ounce, Paperglew dissolved in red vinegar two ounces, make a plaister thereof, and lay upon the privities, let it lye so, and if the same must be taken off for any certain cause, then lay it on again by and by; and if there be too little Wax and oyl of Mastick, then take as much as is needful for it.

Another. Take Frankincense, Mastick, Dragon blood and fine Bolus, of each one quarter of an ounce, Comin 3. drachmes, Pitch one ounce and a half, three small Cypres nuts,

nuts, Wax and oyl of Mastick, as much as is needful for to make a plaister; spread them on a cloth, and use it as is said before.

Make also this salve following: Take oyl of Nuts four ounces, Barrowes grease one ounce and a half, three small Cypres nuts, Mastick one drachme and half, let them seeth softly the space of five hours, and therewith anoint the place of the Matrix, which is between the navel and the privities, and behind upon the back over against it.

It is also written, that it is wonderful good to wear alwayes a Diamond on the finger.

Item, if a woman with child be burthened with an Ague, and that a mischance be doubted, then take Barley meal, the juice of Sloes and of Housleek, as much as you please, make into a plaister with vinegar, and then lay it oftentimes upon the belly: this plaister is also to be laid upon the liver. In case that now the woman with child be assailed with pricking, then have you before in the second Part, the fourth Chapter, and 12. §. how that might be remedied: stamped Crabs, the juice thereof wrong out, and tempered amongst womans milk; it defendeth also the untimely birth of women, and it is said that it is a sure remedy for it.

If so be that a mischance be feared through much wind, then give one drachme of good Mithridate with the water wherein Comin hath been decocted, twice a week; for thereby the fruit will be preserved and retained.

These confections or tabulats following are to be used: Take Pearls and *Pyretum*, of each one drachme, Ginger, Mastick, of each half an ounce, Zeduary, *Doronicum*, the seed of Smallage, Cassie wood, Cardamom, Nutmegs, Mace and Cinamom, of each one quarter of an ounce, red and white Behen, long and black Pepper, of each three drachmes, Saffron one drachme, Sugar eighteen ounces or lesse, decocted with the water of Buglosse, or water of Mints.

To prevent Abortion.

Take the skin of a Snake which is found in hedges, which the Snake slippeth, and put it into the Matrix, or dip the same skin in the juice of Quinces, and she will not miscarry, it being applyed to the Matrix. And let her eat of *Spodium* and Zedoarie.

Or let her take of my Electuary mentioned in the end of the 6. Section of this Chapter.

Also B. of barley meal, juice of morel, juice of Housleek and vinegar, and therewith make a plaister, and apply it to the belly, and remove it often; and this will keep the child from the Fever in the womb, and put of it upon the liver part of the woman; this will keep the child.

How a dead child is to be expelled out of his mothers womb. §. 11.

For this we will first have remembred all that is described before in the 19. Chapter, and 14. §. of the unnatural excrescence *Mola* in the Matrix, whereof that in the second §. of provoking the terms, and before of the mischances, and all that is discovered of the preferring of the birth, is also meet for the expulsion or delivery of a child; so that between these is none other difference then that this following is ordained rather for perfect children, of which women do commonly lye in within five or six moneths. Now for to prevent the same, are these remedies following commanded to be presently used, but first of all you must know whether the child be dead or not, to the end there be not a sick child expelled for a dead child: the which is to be known by this, and especially if it hath been dead two or three dayes. First, the mother doth get a great pain in the sinews of the eyes, which be *Optici nervi*. Secondly, she doth also feel pain behind in the neck, stretching downward along the back bone, because that the Matrix is fastened unto it. Thirdly, she doth feel great anguish and pain beneath. Fourthly, if a woman lye from one side unto another, then doth the burthen alwaies follow towards the lower side, which is of all other a sure token of a dead child, and that the ligament of the secundine have no more force to hold the dead fruit in one place. Fifthly, there is a great pain about the privities, and over all the neck of the Matrix. Sixthly, the thicknesse of the belly which was above is wholly sunken down. Seventhly, they do feel continually a cold about the privities. Eighthly, if one hold a warm hand long upon the belly and feel

no stirring, then it is a sure token that the child is dead. These be now the signs of a dead child before it begin to putrefie.

When it hath been dead three dayes, then beginneth it to stink; the woman is full of agues, and getteth a stinking breath; out of the Matrix runneth a foul stinking matter; the belly will be heavy, and stinking winds, which do arise in the mother, cause swelling thereof: and last of all, there will be foul and stinking peeces of flesh expelled through the neck of the mother. When all these things be seen, then hath a Physitian none other thing to do but to drive out the dead child. It is also needful before all other things, to preserve and strengthen the heart from all filthy stench, which may be brought to passe with this powder following, taking the same oftentimes with broths, for that it strengtheneth the vital spirits, and also the heart: it doth also withstand the ascending vapours.

Take white *Diptamus* one drachme and a half, Citron peeles, and the peeled seeds of the same, of each half a drachme, prepared Pearls four scruples, prepared Coriander one scruple, Roses two scruples, Sugar two ounces and a half, temper them all together to powder, and use thereof about one quarter of an ounce at once. Or take this following; Take white *Diptamus* and Zedary, of each one scruple, prepared Pearls, and *Species de gemmis frigidis*, of each half a drachme, mix them together, and give it her to drink at thrice; it withstandeth all stench that they infect not the heart. The fine Treacle doth also drive dead children out of the mothers bodies.

In like manner also the juice of Vervein, or the herb stamped and drunken with wine, driveth forth also the dead fruit; so doth Hyssop also.

Take *Trochiscos de Gallia* one drachme, give it with small white Wine, they expel the dead child and the secundine, and make an easie birth. Item, take the innermost skins of the mawes of Hens or of Capons, wash the same in Wine, dry them, and pown them to powder, give one drachme or one drachme and a half thereof with a draught of Wine, or with some broth, or with Rose water. Or take Betony and Rue with the roots, of each one handful, pour thereto one ounce of the juice of Salomons seal, white Wine one pint, let it seeth well, then strain it through a cloth, and so give it her to drink. Seeth Juniper berries in Honey, temper some wine with it, and so drink it together. Another; Womans milk drunken should also expel the dead child: likewise also the precious stone *Jaspis*. This is a common medicine which followeth hereafter: Take *Boreas* one drachme and a half, Cinamom and Saffron, of each one scruple, stamp them together, and give it with sweet Wine or Mugwort water to drink, it helpeth much to bear easily.

It is also said, that Linseed passeth all things to make women to be easily delivered, for if they drink the water which is decocted therewith, and put the same with cloathes beneath into the body, or bathe therein, then must the dead fruit avoid. Or take *Myrrha* as much as the quantity of a hasel nut, stamp it, and give it with Wine, or with water of Mugwort; the same expelleth much, whether that the child be dead or alive. The same doth also dogs milk tempered with hony. Item, take one ounce of Goats milk, dissolve therein two scruples of *Galbanum*, and so give it; it expelleth marvellously. Or if the woman be strong, then giue her as much of the juice of Garlick as will go into half an egshel with wine or hony. If from a woman through frightening or otherwise the child avoid, then take a Crab, stamp it, and wring out the juice, and then temper it with the water of Mugwort, and so drink it.

For pills; Take *Trochiscos de Myrrha* one scruple, *Galbanum* half a scruple, make five pills thereof with Pennyroyal water. Another; Take the fruit of the Savine tree one quarter of an ounce, *Asa fetida*, *Ammoniacum* and Madder, of each half a drachme; make eleven pills thereof, then take thereof at each time one, and that thrice a day.

For to use outwardly, take these things following; fume the woman beneath with the horn of the Asses foot, which hath an hidden nature for to expel the fruit; but if so be chat one can get no horn of the Asses foot, then is horn of a horses foot to be burnt. The same operation hath also the seed of *Basilicum*, if it be fumed and received beneath: likewise also the fume of *Landanum*; or take *Myrrha*, *Galbanum*, and Bevercod, of each a like quantity.

One may also hold before the privities Swines bread, or cotton wool made wet in the juice of the same: and to put it before into the body is also marvellous good for this purpose. Item, take black Hellebore, Licebane, Hartwort, Coloquint and *Ammoniacum*, of each

one quarter of an ounce, Oxé galls one ounce : the Gum is to be dissolved in the water of Mugwort, afterwarde temper the rest sodden well amongst it ; Or take *opopanacum* and Hartwort, of each a like quantity, and make a plaister thereof with the juyce of Mugwort ; if it be too soft, then put a little wax unto it, and so lay it warm upon it.

Out of all these forementioned things may you also make pessaries, and put them into the body before. For this is also good the plaister *de Galbano*, whereof there be two kinds in the nineteenth chapter, third §. Another ; Take unkemned sheeps wool, spread butter and Hony upon it, and apply it. Some do advise to hold a Snakes skin to the privities, for they say when it beginneth to warm, that nature will cause the dead fruit to follow presently.

For this are also baths prepared ; Take Mints ten handfuls, see the it in sufficient water, and sit therein up to the navel ; this worketh marvellously, especially if thereupon be used the juyce of Swines bread as is before said ; likewise doth also drive out a dead child, the plaister *de Radicibus* layd upon it, and the decoction of Garlick.

℞. of Polipodium, Mallow leaves, see the them and apply them warm to the Mother part, then see the Artimesia and apply it to the navel, and as far as the Mother part and upon her thighes, and she will forthwith be delivered, if it be of a dead child, but let it not lie too long lest the mother follow it. Or rost leek leaves in the embers and apply it warm to the navel, but let it not lye too long.

Or let her drink the juyce of Leeks two spoonfuls, and she will be delivered speedily, and bring away the secundines.

If the child be dead, let the woman drink dogs milk with Hony and wine, and she will soone be freed.

Or see the Savory in wine and drink it. Or drink Vervein with water or wine, and it will cast out the dead child.

Or put a Partridg Egg in the mother and it will make it larger. Also sow-bread which way soever it be used expels the dead child and secundines.

Or let the Midwife dip her hand in the oyl of Peter, called *Petroleum*, and put it into the mother part, and annoint the inner part with it, and it will bring out the dead child or after birth. And cause sneefing with powder of Pepper.

Use the electuary mentioned in the end of the 6. §. of this chapter. It will also help the throwes, and mitigates the paines after birth being taken in white Wine warm.

A preparative for an easie child-birth and delivery. §. 12.

ALl creatures have their certain time of bearing except woman onely, for that women may be delivered of a child in the seventh or eighth moneth, also in the ninth and tenth moneth, as we have sufficiently written before : yea it hath been also found that they have deferred both to the eleventh moneth, and also sometimes to the twelfth moneth.

It is also read of a woman that happened to lie in of a child in the thirteenth moneth after that she had conceived : yet it oftentimes cometh to passe that they be deceived in their reckoning : therefore it is not needful to dispute much of the time, for when the Pear is ripe (as is commonly said) then doth it fall off. Our purpose is here onely to discourse and shew through what meanes a fruitful woman is to be prepared, for to bear easily and with small pain. For because that on the child-birth dependeth the maintenance of humane kind, and that women in their child-birth are to expect all sundry mishaps, therefore have many famous Physitians thought thereon, and diligently studied, how fruitfull women might be prepared unto their child-birth, and therefore have described these notable meanes : first, how the obstruction is to be opened, and how the paines are to be provoked. Afterwards if a child in necessity of birth, or delivery chance to dye, how the same shall be expelled, whereof also hath been spoken in the former §§. and of other accidents more which are to be expected after child-birth.

When as now the time of child birth is at hand, and that a woman is almost past her reckoning, then is she to eat and drinke well without excesse, and to use such meats which might nourish well : viz. good Mutton, Veale, Hens, and Capons : all kind of field fowls, Eggs, good broths, with spices, as with Cinamom, Saffron, &c. and to drink good wine. But she must especially take care, that she alwayes have an open body : therewith is she to bath certain dayes together in this bath following : take Hollihock roots with the leaves

two M. Mallows and Betony of each one M. Mugwort, Marjoram, Mints, and Camomil, of each half a M. grosse beaten, Linseed two M. make two baggs thereof, and seethe them in al great kettle with water: afterwards let it be meetly cold, and then set the woman in it: the one bag must lye behind upon her back, and she must sit upon the other, or hold it upon the Navell, after bathing. take oyl of sweet Almonds, of Lillies, and of Violets, of each half an ounce, Linseed, Hollihocks roots, Fenegreek, Butter, and Hens greafe, of each one quarter of an ounce, Quince kernels, and Dragagant, of each one ounce, you are to stamp the seeds, and cut the rootes: afterwards seethe all together in rain water, and take out the muscilage, temper the same with oyl, then let the powned Dragagant, and Hens greafe seethe so long until the muscilage be consumed, and then make a salve of it: with this salve are you to annoint warm beneath the whole back, both the sides, and all the whole belly, even to the privities.

Another: Take oyl of sweet Almonds, of Lillies, and of Violets, of each half an ounce, Ducks and Hens greafe, of each three drach. white Wax as much as is needful: but if these salves cannot be gotten, then is oyl of Lillies alone to be used in their stead.

Also this ensuing may be prepared, Take the muscilage of Linseed, and of Hollihock roots, fresh Butter, the greafe of Hens, of Geese, and of Ducks: oyl of Lillies, and of sweet Almonds, of each half an ounce: let them melt by the fire and temper it well together. Or take Hollihock rootes with the leaves one handfull, cut it small; Venice sope one ounce and a half, and one pot of good fresh beer, let it seethe together unto the half, then will there be a Salve of it: with this foresaid salve is the woman to be annointed about her privities 5. or 6. weeks before her time, every day after bathing. These and such like meanes do open and soften the obstructions of the Matrix; so that thereby in necessity of birth, the throwes will not be so great, nor yet any thing like so painful.

When as now the time of childbirth and the throwes be instant: then may one chuse of these things following, that which according to the importance of the cause is supposed to be most requisite, first of all outwardly. There be sundry famous Physitians which account it greatly available to hold certain things before the privities, or bind the hip, with many strange ceremonies more, which are therewith to be used. But if these kinds of things happen with misbeeles, and that amendment be found thereby, then may they be taken for approved. Amongst the same things which seem also to be like unto truth, are Agrimony with the roots holden before the *Matrix*, and immediatly after birth to cast it away, to the end that the *Matrix* be not drawn down. Also Swines bread bounden upon the thighs. Item, Henbane roots, roots of Polypody, and of *Bistorta*, should also be very good for it; but what Loadstone, Smaragde, the Eagles head, and Corall, and chiefly if with the end wherewith it hath stood fast, it shall be turned toward the *Matrix* (may well help for childbirth: I cannot comprehend nor understand it: therefore each one may hold and censure the same as he list. That which followeth hereafter, is more like to be true. Take the roots of Polipody, and Mallows, of each one handfull: cut them small and seethe them very mellow, and lay them warm upon the privities; put also as much Mugwort unto it, whereof a woman shall presently fall in labour, and after delivery, it is immediatly to be taken away. The common people do commend to lay powned Bayberries upon the navel. For to further birth thereby, to take inwardly is much praised in time of this great need, the rinds of Cassie, the uttermost being black scraped off, the weight of three quarters of an ounce, and beaten very small, given to women in red Wine, or with the decoction of red Pease. Item, Saffron drink with wine helpeth also much to very speedy birth, and to diminishing of the pain, the same doth also Cinamom drunken with wine. Item take Boreas and Cassie pipes scraped well, stamp them very small, and temper them, and give thereof one drachme, or one drachme and a half, it is very forcible. There is also good for this that which is described in the 19. chapter and 2. §. for preferment of the terms, like as is also that which is discovered for the expulsion of a dead child. Item, take Hony one spoonful, put two spoonfuls of water unto it, and give it to drink, Fenegreek decocted with Hony is also very good for it: in like sort do the common people commend for it very highly the decoction of red Pease, or Cicers drunken. Take also Bevercod, *Asarabacca*, of each one drachme powned small, and give it with the decoction of red Peason. In this manner also may be used the seed of Silvermountain.

This ensuing is commended for a forcible and sure powder meet for this purpose. Take good Cinamom and Myrrhe, of each half a drachme, give it with small White wine,

it is especial good if a woman have once sneezed, or hath once vomited.

Take Cinamom one drach. Saffron half a drach. Cassie wood, and scraped Cassie pipes, of each two scruples; stamp it very small, and give it 4. or 5. times with the decoction of red Pease: Or take Myrrhe, Bevercod, red Storax, of each half a scruple, Cinamom and Savine tree, of each half a scruple, give it so unto women to drink, or make pils thereof: this is commended above all other things; as this also following is: Take Myrrhe, roots of Costus, and red Storax, of each half a drach. Ammoniacum, Savine tree, of each half a drachme; stamp them very small, and give it three or four times with the decoction of red Pease: of this also may you make pils.

For this is also good *Triphera magna* one drachme, or one drachme and a half; for it maketh women not unfruitful, as some women do falsely report, but doth advance fruitfulness. Some do advise, when a woman is past her time, that her mother vein or *Saphæa* upon the foot is to be opened, for that the birth will thereby be the easier, and it cleanseth the child; but how far this is from the opinion of the ancient Physitians, we have sufficiently declared before.

Other do advise to leech a Swallows nest in water, and strain it through a cloth, and then to take four ounces thereof, it will accelerate the birth. The fume also of a Mules fell, of Comin, of Colewort stalks, of Myrrhe, of Mirtle, of Steeres gall (which one will) received beneath, but above all Bevercod, and *Assafoetida*. Some say, that one should give one spoonful or twain of the juyce of Sloes, and alledge also therewith, that it is not to be taken but when a child is ready to be delivered. But we have here many better and most apparant things.

To cause easie birth, and to make the child dead or alive to come forth.

Take roots of *Aristolochia rotunda*, of Dittander, of each a drachme; drink it in warm white Wine. Or else take of our Antidote against the Plague two drachmes; this is approved: use it if need be every day. Or let her take a pessary or mother suppository made of the root of Madder.

When the throwes do not continue in women bearing. §. 13.

ALL that hath a strong odoriferous savour, as *Muscus*, and such like, is to be kept from women with child, and to be taken away, for that it doth hold back the throwes, and hindereth the birth or delivery. But for to advance birth, take Betony three handfuls, Mugwort one handful, Camomil, Pennyroyal, and Hyssop, of each one handful, Linseed grossly beaten two handfuls, cut all the herbs and fill a bag with it, let it seeth well in wine and water. This being done, then foment with this decoction the privities with a sponge five or six times, afterwards anoint the place with the oyl of Wal-flowers into the neck of the mother, if so be that the same can be conveniently done by the Midwife, whereby the woman will be stronger, and the birth be advanced, especially if the child be rightly placed.

And if so be that this will not yet help, then make this potion following, and give her thereof a good draught every two hours: Take Betony one handfull, Mugwort, pennyroyal, and Hyssop of each half a handfull, a pint of Rhenish Wine, or somewhat more: let them seeth together until about the fourth part be consumed: strain it, wring it out, and put unto it half a drachme of Saffron. Amongst each draught is to be put half a drachme of this powder following; Take of the black scraped Cassie pipes one drach. and make a subtil powder thereof, in like sort have you yet more before.

This following will be also much commended; Take white beaten Amber half a drachme, and give it with the water of Lillies, or with the decoction of red pease: it quickeneth mightily the throwes. It doth also chance sometimes that the throwes do avoid at the mouth; for which, take three or four skeanes of boyled warm linnen yarn, and let the woman with child receive this vapour; for thereby will the throwes fall downwards: every one may conceive thereof what he list, it is very like a grosse medicine for clowns.

Of the perillous and hard Childbirth in general. S. 14.

This known to all the World more then sufficiently, how hard and sower that some women lye in labour, before that they can avoid the child and secundine; so that it happeneth otherwhiles that young and strong women do die with the fruit. These perils have many occasions, so that otherwhiles the women themselves, or the child be a cause thereof. Such anguish may also proceed from the Matrix, or from the neck of the same. In like manner the same may be well caused through some obstruction of the Matrix, or through any other disease, as an impostume and such like, in the foresaid parts; this also may be brought to passe through the rudenesse and unhandsonnesse of the Midwife. When as these foresaid reasons be declared, then may the cause easily be adjudged of this grievous and perillous childbirth.

If the disease be of the woman, then hath she had a great former sicknesse, or she is diseased through hunger; she may be also too young, and have conceived before the due age; or she may be too old, or not have born before at any time, in which the places will be hardly opened; also if a woman be dismayed, or never wont to bear child, be also too fat of body, and is overcooled; then can she hardly be delivered of the child.

Secondly, the fruit it self may cause also a grievous labour, like as is said yet without foundation) that boyes be easier born into the world then girles. Item, if the child be too grosse of body or head, and therewith be very small and weak, that through his feeblenesse it cannot help it self to the birth. Item, if the child be dead, have two heads, or the like double members. Item, if the child with his hands and feet, and not with the head, doth lie in the birth place like as behooveth, and as is natural. Further; the Matrix may be by nature too narrow or too dry, so that with no moisture the passage can be made slippery. Item, if the woman before in the neck of the Matrix have had any exulceration, whereby the muskles could not stretch abroad, or that as yet there be some ulcer in the neck of the mother, or if it cometh by the secundine, then is the same so thick and so strong that it will not break. This grievous and very hard labour may also be caused by the stopping of the body.

If now this heavy labour do proceed of the forementioned diseases, sicknesses, hunger and such like outward causes, that may be very well perceived of the woman. The signs of a feeble or dead child are to be found in the 8. and 11. S. But if there be of none of all these signs any instant, and if that a woman is not strong, and that a child in delivery remain in the birth place, and cannot be brought into the world, then is it a certain sign that the after birth (like as is said) is too strong and not yet broken.

Thus be all perillous accidents of childbirth joyned to each other, that all of them for the most part are cured with one kind of remedy, whereof we have written much before. And because we have especially admonished here of the secundine, therefore doth our old order require, that we should also discourse somewhat particularly thereof. But because nature observeth this method, that it first expelleth the child, and afterwards the *Secundina*, which is the secundine, therefore we will also first of all write perfectly of the child, and afterwards of the secundine, with all which is ordained for the same. Lastly, we will shew and declare all that is meet for both of them.

When a woman cannot be delivered of a child. S. 15.

The causes of this hard and longsome childbirth are before sufficiently discovered. When as then a child appeareth with a hand or a foot before, which doth happen very seldom without swelling of the neck of the Matrix, and of the parts adjacent, then take Pennyroyal, Mugwort, and brown Betonie, of each a like quantity, hack it all together, and let it seeth in milk, lay it then under her, before the birth, as warm as she may abide it, about the member of the child, the same driveth away the swelling: or set seething water under it, when the child feelth the warmth, then doth it draw the member back again. This and the like things should Midwives know, on whose knowledge and experience, is very much depending, that very renowned advice which is discovered in the 13. S. of Amber, when the throwes will not continue; also there is laid unto it scraped Unicorns horn. Some be of opinion, that first of all the woman should take a Spoonful of oyl, with twice as much water.

Other

Other do also advise, that one should see the half a drach. of Mace, and so give it : this forceth also the secundine. If that then a child will not frame himself to birth in his mothers womb, and neverthelesse the throwes and the right time of birth be instant then take a little Lilly water, and as much good Rhenish wine, and so drink it together; it will frame it self the better afterwards. For this is also good the juite of Sloes, whereof we have spoken before. Another : Take fresh well water, and hony as much as you please, temper them together without seething or skimming, and so give it to drink, this quickneth the throws and pain, so that she will be the sooner delivered of child for that the pain expelleth the child and the secundine. Or take the flowers of Cypres, seeth them in wine, and drink a good draught thereof; this should be very certain, especially if the herbe or flowers may be gotten fresh. Item, take well powned Linseed, seeth the same in wine, and give the woman a good draught thereof. In like manner may she well drink wine, which is decocted with Plantain. Wine wherein Vine leaves have been steeped, should also expel birth. *Boreas* the weight of half a drach. drunken with wine, is also very advancing for it, as we have admonished before. A stronger. Take Saffron, and Pearls of each one scrup. *Borras*, §. 4. give this also with hony water if the throwes come not; but if so be that the throwes be instant, then give it with Mugwort water, or with sweet wine, it expelleth very swiftly. Now for to use outwardly may one chuse out of these things following for a time that which one will, as the seeds of Garlick, Savintre, Mugwort, S. Johns wort, Pigeon dung, the horn of an Asses foot, or of a horses foot, Ox dung, Wormwood and Rue; of all which tempered, or each alone : also to bathe, to make salves, plaisters, and such like. Item, take round Hartwort, Aristology, Savin tree and Cresses, of each a like, stamp and temper them all together with an Ox gall : then afterwards make a great taint moist therein, and put it before in to the places, it helpeth much to birth. This following doth also expel a child whether it be living or dead, and also the secundine very vehemently : Take Savintree, round Hartwort, *Asarabacca*, and Dragon roots of each a like quantity, pownd them all together, and temper them with hony : afterwards give to the woman thereof the weight of one quarter of an ounce, with water wherein Lupins be decocted, and if so be that this expel not sufficiently, then take *Opopanax*, and Oxe gall, of each one quarter of an ounce, Bevercod one drach. give it to the woman to drink with water wherein the Savintree and Fennel is decocted : and although all these foresaid medicines be meet and convenient for to expel the Secundine with them, yet we will neverthelesse in particlur as we have promised, write and discourse thereof.

Of the secundine or afterbirth, and how the same is to be expelled. §. 16.

THis afterbirth do the Latinists call *Secundinam* which is as much to say, as the secundine because it cometh away after that she is delivered of child, and of such like, wherefore, it is by us properly called the afterbirth or secundine. This foresaid afterbirth or secundine hath this use, to wit, when that in lying together both the seeds of the man and woman be tempered in the Matrix, and become like unto milk, then cometh about the same a caule or velme, which groweth by little and little with the fruit, and is augmented with it. The same is by nature ordained, that the fruit may be therewith, as it were with a cloth covered, enclosed about, guarded and defended, until the day of the birth, which presently after the birth of the child (if all things happen aright) doth avoid; or remaining behind, it bringeth very great peril with it, as we have said before, that amongst other accidents there to follow agues, stinking breath, pain of the head, swooning, and such like.

If in case then that these afterbirths do thereby tarry behind, for that a woman is waxen too weary and feeble through the former hard labour, then must some what be given her, whereby she may get some strength, and might comfort her heart, as *Diamargariton*, *Manus Christi*, and *Diaplyris*. She is also to be caused to neese, and to hold in her breath, whereby the undermost parts of the belly be pressed down, and stirred up to expel that which remaineth. And if so be that the secundine will not follow, then let the woman rest a little, anoint the belly and all other parts about it with oyl of Lillies, and oyl of Eldern flowers : also to keep the belly very warm, and then to use those things which are specified in the delivery of children in the 11. §. and also whatsoever shall be prescribed hereafter. All those that esteem much of precious stones do counsel, that when the afterbirth wil not follow, that then to the woman is to be given of the pow-

of the Aggat, and that thereupon the secundine must follow. It is also commanded to the contrary, that whensoever a woman is in labour, that then she is to put away from her all manner of precious stones, because that they do defer this childbirth. It is also said that corn flowers with Lilly water, do expel the secundine. We have also said before, that half an Eg-shel full of the juice of Garlick given with Hony water, doth expel the dead child and after-birth: but this advice may we leave for country people. Needling, is also especial good for delivery and avoiding of the after-birth.

For to use outward things therefore is much commended to make a lee of ashes, and to set the feet deep in them, they should draw the after-birth downwards. Item take Beech ashes, and pour seething water unto it, then let the vapor ascend from beneath upwards and the after-birth will follow. Take Peacocks feathers, or if you cannot get them, then take Hens feathers, kindle them, and let the fume ascend from beneath.

Item take Hollihock roots, seeth them very mellow, and then temper it with Barrows grease, with Goose grease, and therewith annoint the neck of the Matrix within. This draweth not onely the after-birth but also all other uncleannesse: for this is also chiefly good whatsoever before is described for the advancement and lightning of childbirth, and also for womens terms.

How that the afterbirths are to be eased. §. 17.

Take Squinant and Spikenard, of each one quarter of an ounce, seethe them together with water of Mugwort even to the half, and drink thereof two or three times, it allayeth the pain. Item, take Malmsey, or some other good wine, and make a caudle thereof with the yolks of Eggs and Cinamom. Or take Saffron, 3. β. Mace, ʒ. 1. *Triphera magna*, 3. β. take this at two times with warm wine, for this *Triphera* hath such power, that it doth presently assuage the pain. In like manner, this may be anointed in the neck of the Matrix very commodiously. Further, you have before in the 19. Chap. and 7. §. of the pain of the Matrix through wind, of *Triphera* and *Philonium*, and presently afterwards a powder with Turbith. Also how this Hellebore is to be used, all which things be very commodious for the afterthrowes. Item, take small powdered Woolblade, temper them as a dough, and bake cakes thereof, and give it to the woman to eat. Take good fat Figs, cut them to pieces, and grosse beaten Fenegreek, of each one handful; let them seethe together, and the woman to sit oftentimes over it, or to foment her beneath with clothes. Item, take the yolks of Eggs, temper them with the juice of Mugwort, and bake cakes thereof, and lay them behind upon the back. The same doth also Hollihock roots, or the leavs, if it be beaten, and with warm wine laid upon it, and oftentimes renewed.

For the excessive flood after birth. §. 18.

For this you have before in the 19. Chapter and 3. §. of the asswaging of the excessive terms of women many kinds of remedies which be also very meet for all women in childbed. Yet of the Physitians of *Augusta* be these following ordained for very especial remedies: At the first are these women in childbed (be it what it will) to take with broth fasting one drachme of the same powder with white *Diptamus*, that not long since hath been described in the 11. §. Afterwards she is to use this costly confection: Take conserve of Roses one ounce, conserve of Burrage, of Buglosse, and of Baulm, ana. 3. β. prepared *Bolus*, 3. β. prepared Pearls, 3. 1. good Cinamom, 3. 1. β. temper them all together. Item, take conserve of Piony, it cleanseth after birth. Let her use also this powder following: Take prepared *Bolus*, 3. 1. Sealed earth, ʒ. 2. Tormentil, 3. β. Shepherds purse, ʒ. 1. *Species de gemmis frigidis*, 3. 1. β. prepared Pearls, 3. 1. β. Roses, Coral, and Saunders, ana. ʒ. 1. Cinamom, ʒ. 2. β. Sugar, 3. 3. temper them well together, and take it with Henbroth. This following is yet more forcible in stanching. Take Bloodstone washed with Plantain water, 3. 1. β. red Coral, 3. 1. Tormentil and *Trochiscos de spodio*, ana. 3. β. scraped Ivory, and burnt Harts horn, ana. ʒ. 1. Prepared Pearls, ʒ. 4. fine *Bolus*, ʒ. 2. *Bursa Pastoris*, and red Saunders, ana. ʒ. 1. Cinamom, 3. 1. Sugar, 3. 6. make a powder thereof or lofings.

Be sure you stop not the floods after birth, for thereby you shall endanger the life of the childbed woman.

Of the superfluity of milk. §. 19.

When as now a woman is delivered of Child, and that the milk so excessively abounded and ran over that the child could not sufficiently suck or draw it out, and it were to be feared that it might come thereby to clot or to impostume, then must good remedies be sought, to which end divers be described in the third Chap. and §. 5.

Of divers other accidents after the birth. §. 20.

It hapneth many times that a woman after that she is delivered of child, her legs and feet happen to swell. For this, take Wormwood, Cammomil, Centory, Yarrow, Southernwood, and Spikenard, of each a like quantity, see the it altogether to a bath for the feet, and use it oftentimes. In like manner you have also before in the third Part and fifth Chapter, in the description of the places in women and their accidents, divers things which be meet for this purpose. Item, take Cammomil and Linseed, of each one handful, put them in a bag together, and see the them in wine, afterwards lay it over the swelling.

Or take a great Onion, rost the same in ashes, afterwards stamp it to a grout, and make a plaister thereof with sufficient Butter, and use it. These two last things may also be laid upon the belly against the afterthrowes.

As much as then concerneth the descension of the neck of the Matrix, the unnatural heat, the ach, and such like accidents which women in childbed be subject to, for that are divers remedies to be found before in the description of the places, nevertheless we will add somewhat more, and therewith conclude.

If so be that a woman with child come to be broken, then take Comfrey four handfuls, Self-heal one handful; see the them together for a bathe for the loynes, and let her sit therein over the privities.

Item, take a long peece of Allume, and put it into the body before, then shall the rupture go together again, and the entrance will be so narrow as ever it was before.

Or take two ounces of Coperas, four ounces of Gals, one ounce and a half of Gum; see the them together in sufficient rain water, and wash you therewith, but this is none other but as it were a right writing Ink.

Look also further, the first Chapter of the third Part of the ruptures of the Navel, and all that which shall be written of the ruptures, where one may chuse what seemeth best for every one.

The plaister *Diachilon*, whereof we have so oftentimes admonished, is thus to be made: Take Fennegreek, Linseed, and Hollihock roots, of each four ounces, see the them together, and draw out the muscilage, as in the first Part the third Chapter, and 7. §. is taught: put thereto nine ounces of Sallad oyl, Litharge of Gold three ounces, then see the them together again until the muscilage be spent, and make a plaister thereof: this plaister mollifieth all hardnesse of the Liver, of the Milt, and stomach, and of all other parts. There be also two sorts prepared, which are called *Compositum* and *Magnum*, which be both also more strong then the former, but they be not so much in use.

There hath also oftentimes been spoken of the sirupe *De Radicib.* the one called of two kinds of roots, which is thus made: Take Parsley roots, and Fennel roots, of each two ounces, let them see the in sufficient water; afterwards strain them through a cloth, and make a clarified sirupe thereof with twelve ounces of Sugar.

The sirupe of five kinds of roots is prepared in this manner: Take the roots of Smallage, of Fennel, of Parsley, of *Ruscus*, and of Sperage, of each one ounce, see the them very mellow, and then make a sirupe thereof with 12. ounces of Sugar. Both these kinds of sirupes be good against all kind of Agues which proceed through putrefaction of phlegme and choler.



The fourth Part of this general Practise of Physick,
doth intreat of the outward Members.



Although the Physitians, and especially the Anatomists do comprehend all other parts of mans body, which be not described in the former three parts of this Practise of Physick, in this fourth Part; yet will we divide them into principal parts; that is, the Arms and Legs. These be the especiallest outward parts, to wit, arms, hands, fingers, and nails: afterwards the legs, thighes, knees, the shins, the ankles, the feet and the toes. These be now the diseases which be generally incident to both these parts. First, that which the Physitians do call *Gutta*, and we the Gout, is divided into four principal Chapters, according to the member which is infected with it. viz. *Arthritis*, which is the right Gout: *Chiragra*, which is the Gout in the hands: *Ischia*, the Sciatick: Lastly, *Podagra* the Gout of the feet. Of all which we will orderly discourse and write, afterwards of Eluxations, Elocations, Extenuations, Bruises, and fractures of bones, and by what means each disease is to be holpen. Therefore will we in the name of God begin according to our old custome and method, with the highest parts, which be the Armes, and what is annexed unto them.

The first Chapter.

Of the Arms. §. 1.



These Arms be divided into three parts. First, they have their beginning at the shoulder blade with the Arme pits, reaching unto the Elbow. All which with the other part of the Arms be called by the Grecians and Latinists *Brachium*. The second part reacheth forth unto the hands and wrists of the arms; the third part is the hand unto the end of the fingers.

As much as concerneth now the first two parts. They be subject unto all outward and inward accidents or diseases; as bruises, fractures, wounds, impostumations, eluxations, diseases of the veins, and of the sinews, and to such like accidents more. All which diseases (according to the quality of the cause) are to be holpen with letting of blood, salves, plaisters, bathes, fomentations, &c. whereof in many places before, and also shortly hereafter in the Gout and in the Sciatica shall be more ample declaration made: so that at this present it is needlesse to write any further thereof.

Of the Armpits. §. 2.

As much as concerneth this part of the arms, we have thereof sufficiently spoken before, as also of the veins of the Armpits, and for what cause they ought to be opened, hath been sufficiently declared in the Introduction; we will here discourse of the lothsome stench of the Armpits, and chiefly in hot and fat folks; because that they have also much hair in this place, and be moist of nature; and how nearer that the stench is to the nose, so much the lothsomer is it. This stench is augmented through great labour at hot times, through want of shifting and alteration of clothes, through great incontinency,

continency and through some corrupted humours of the body. Which stench if it do continue very long, it is a sure sign of an incident palfie.

Then for to remedy this stench, it is needfull (according to the quality of the person) that all such are to be purged and let blood, and that they afterwards do bathe in these odoriferous herbs, as Mints, Melilot, Lavander, Treos, and such like.

This being done, the Armholes and the whole body are to be fomented with these things following: Take Annis, Comin, and Roses, of each two ounces, Cipres roots one ounce, Spikenard, and *Spica Romana*, of each one quarter of an ounce, powned *Ireas* one ounce: see the these all together in two quarts of water until about a third part be consumed; and then use it warm with clothes wet therein, and keep the body very clean with clothes and linnen. Afterwards use some these things following: Take the Litharge of gold one quarter of an ounce, Allom one drachme, Roses and Myrrhe, of each half a drach. beat them all to powder, and wash the Armpits with wine; and then strew the powder upon it: the Litharge of gold doth the same of it self tempered with Rosewater; in like manner also the Myrrhe.

Item, take Coperas one ounce, see the same in three ounces of water, let it be cold and anoint the stinking place with it. Take Thistle leaves one handfull, see the same in a pint of wine and drink thereof, it taketh away the stench throughout the whole body.

Item, take Litharge of gold one ounce, Frankincense half an ounce, powned them all together small when you go to bed, and temper a little thereof with wine, anoint therewith the place, and then in the morning wash it with vinegar. You may also use for this the oyl of Spike.

And if so be that the humours then be so sharp that they excoriate the place and bite open the skin, then wash it with warm water, and afterwards strew the place with burnt Allom.

Marmalade with spices doth also expel all stench.

Of the Hands: §. 3.

A *Naxagoras* was wont to say, that men above all creatures were most reasonable, for that they onely had hands. But *Aristotle* contrarieth this with great reasons, and faith, because that mankind is the most sharp witted amongst all creatures, therefore hath nature given him hands, which be none other then instruments of a reasonable creature for to use them whereto he desireth; so that these most noble and necessary members be made for to comprehend, to hold, to cast, and to labour; &c. In like manner also through their feeling to adjudge all that is hard, soft, hot, cold, thin, thick, and such like. Besides this, in stead of all weapons wherewith all other beasts be indued, that they may thereby seize upon all manner of weapons wherewith either in time of peace or war to guard and defend the body.

Item, with these hands be all renowned feats and cunning, and also all hurtful works achieved and brought to passe, as is daily seen. It appeareth also by daily experience, that commonly the right side is more forcible and much nimbler than the left, not that it is so in every body, or must be, for that it is oftentimes found to the contray, whether it be through the custome or otherwise, that some do most of all help themselves with the left hand, and be much nimbler and active with it.

Further, the hand is commonly divided into two parts, as the palme, the fingers, and one may if he will accompt the nailes with it. They be filled every where full of sinewes, wherewith they most commodiously and speedily be ready to all manner of actions. Inwardly in the palme of the hand be many kinds of lines or strakes seen, the which like as the *Chiromatici* do say, be signs of good and bad luck or fortune, whereof we will not here write any further, because that these Southsayers are by many learned regarded as lyars, for that they have no foundation; therefore be they also justly to be mocked and scorned; like as they be also taken and acknowledged of all upright Christians to be ungodly, and adjudged to be an illusion of Sathan. Thus may this suffice of the hands.

For to keep the Hands clean. §. 4.

IT becometh all men very well, with honesty, that they have alwayes clean hands, and that chiefly when they sit a table, whether it be that they tast any meat, or carve for others.

others; and for to come unto it, the same are oftentimes to be washed with fair water and Venice sope. If you will make them smell well, then look what is written thereof in the first Part, in the first Chapter, and second §. Or prepare in stead of the sope this ensuing: Take one spoonful of Hony, two yolks of Eggs well brayed, and a little Rosewater, and Lilly water; temper them, and see the them to pap, rub the hauds therewith, and afterwards wash it off with fair water.

Item, take the whites of Eggs well brayed, stir therein a little wheaten flower, Rosewater, and Orange peels powned small as much as you will. The juyce of Citrons is also very good for it: or if one cannot get it, then may the juyce of Lemons or Oranges be taken in stead of it. It is also especial good against all itchinesse of the hands, and all other parts of the body.

Or take the water of Lovage, and powned Argal, temper them together with the white of an Egg, as much as you please of each, bray them well together, and use them as before is specified.

For to make perfumed hands and gloves. §. 5.

Take clean Barrows grease as much as you please, and lay the same eight dayes in water or in lee, putting every day fresh water or lee unto it, and wash it well; afterwards five other dayes in fresh milk, washed also daily. Then after that wring it out clean, and put it into a pot, & put Rosewater unto it, the water of Eldern flowers, of Plantain, and of Lavander, of each a like quantity. Afterwards put odoriferous spices unto it, as Cloves, Cinamom, Nutmegs, and so let them see the together softly until the water be wasted away. At the last you are to put unto it *Muscus, Ambra*, golden waters, or any other well favouring things, stir them a long time well together, this salve is also good for all scabbiness and scurfe, &c.

For scabby Hands. §. 6.

For this may the foresaid salve or Pomander be used which is described in the first part, the tenth Chapter, and first §. For this is also very good the Gum of Dragagant dissolved in Rosewater, and the hands rubbed with it.

It hapneth also many times that the hands be full of the dry scurfe, like to that kind of itch which the Latinists do call *Impetiginem*; for which this following is to be used, and not onely for the hands, but also over the whole body, whereas is the dry scurff. Open some eggs, put out the whites and the yolks, the egg shels are to be laid in a cool place where they will not be bedusted, then will there gather amongst it a little water, which you are to put into a little glasse, and to anoint therewith the place that is scabby.

Item, see the Elecampane in the creame of milk, which is also very meet for this purpose.

Or see the these roots with Butter and Milk, and when they be mellow and sodden to pap, then temper some salt amongst it, this is alwayes found to be very good.

You have a sure salve for this before in the first Part, the third Chapter and tenth §: beginning thus: Take Turpentine, &c. Some do advise to take the Livers of Tenches, and to put the same in a glasse stopped tight and set in a warm place, and to anoint it with the water that cometh thereof.

Item, the juyce which is wrung out of Orange peeles, should be marvellous good for this purpose.

Another; Take the oyl of Juniper, and oyl of Argal, anoint the hands with it and all other scabbiness.

For chops in the Hands. §. 7.

Take four ounces of Sallad oyl, or oyl of Roses, Wax one ounce; melt them together and anoint the hands with it. Item, take oyl of Roses, white Wax, Mastick, Frankincense, and Hens grease, of each a like quantity; pown all that is to be powned, then temper them all together, and make a soft salve of it.

For

For itche or scabby hands. §. 8.

TAKE three ounces of sweet Butter, Turpentine two ounces, washed together certain times with vinegar; and then temper with it half an ounce of salt, and three drach. of dry Cerusse. Item, take a good peece of Rie bread, laying it the space of certain hours in fresh water untill it be well mollified, then wring it out through a course cloth, and wash your self therewith.

This following is also good and sure; Take Turpentine two ounces, fresh butter one ounce, oyl of Roses half an ounce, the juyce of Lemons or Oranges three quarters of an ounce, the white of an Egg well brayed, salt one drachme, then temper them all together with a mild fire or upon warm ashes. If so be that you will have it thicker; then put a little Wax unto it.

Or take the middlemost rinds of the Juniper tree, and Barrows grease, of each a like much: seethe the same together in Goats milk, and salt it well.

Take the oyl of Roses and liquid Storax, of each a like quantity; melt them together: this is especial good, and hath a good savour. Item, take fresh Elecampane roots, Malloes, Duck roots with the leaves, and Fumitory, of each one handful, Bran one handful; seethe them all together in three pints of water unto the half, and therewith wash the hands. Or take Sulphur vive half an ounce, small bruised Litharge of Silver three drachmes, dried Cerusse one quarter of an ounce, Barrowes grease one ounce, Camphire half a drachme, the juyce of Oranges half an ounce, temper them together and keep it in a glasse.

With this following be many people holpen whom nothing would help. Take the roots of Docks and Elecampane, of each one ounce, Cuckowpit and Comfry, of each half an ounce, Agrimony, Self-heal and broad Plantain, of each one handful, Vitriol half an ounce, Allom and Sulphur vive, of each one ounce, Saltpeter one quarter of an ounce, Roses one handful, Pomgranat pils half a handful; wine and water, of each one quart, sharpe vinegar twelve ounces; let it be all together infused, and then afterwards boyl it; in which are the hands to be bathed every morning and evening the space of six dayes. And afterwards be the hands to be moistened with a cloth dipped in this decoction following: Take washt Cerusse one drachme and a half, Allom, white Coperas, and Mastick, of each two scruples, Camphire half a drachme; this being all beaten small together, then bind it in a fine cloth, afterwards steep it in two ounces of Rosewater, and four ounces of Plantain water, whereof we have admonished before and taught in the former 6. §.

As much as now concerneth all itch or scurfe, thereof we will by Gods help speak sufficiently in the fifth part.

Of the Fingers. §. 9.

IN the last 6. §. we have generally written of the hands; but now will we thiuk upon the fingers, which be called by the Grecians *Dactyli*, and by the Latinists *Digiti*; by nature have all men five on each hand: othersome six, which be therefore called by the Latinists *Sedigiti*.

The first of these is the Thumbe, which is called the greatest and smallest; by the reason of his shortnesse is he verily the smallest, but by reason of his thicknesse and strength is he indeed the greatest, and therewithall so forcible, that he is a helper to the rest of the fingers, that without the same they be very impotent, because that he lying above the fingers, in holding fast shutteth them up. This have also the most cruel Tyrants acknowledged, who commanded to chop off the Captives thumbes and not their hands, to the end that they might not handle their weapon, nor do any other labour.

The first finger afterwards is called the forefinger, in Latine *Index* that we do therewith shew and point at all things.

The third do we name by reason of his place the middlemost, which the Latinists partly call *Infamem*: the cause of this name will we conceal at this present.

The fourth is the gold finger or *Annularis*, for that commonly the same is wont to be garnished and deckt with golden rings.

Lastly, followeth the small or ear finger. These five fingers have fifteen bones, each three; albeit some do ascribe to the thumbe but two bones. Through these bones and moving of the sinews, these fingers have two small joynts, amongst which the thumbe hath

no more but one: all which bend onely inwards, whereby they be meet for all cunning and subtile actions. But what mischances and diseases these parts be subject to, we will now write and discourse thereof.

Of the numbnesse of the fingers in part or in all §. 10.

THis numbnesse bringeth with it a hardning of the finewes, and is caused through heat, cold, or drieth; this numbnesse must be holpen immediatly, or the fingers will forthwith loose their motion thereby.

For this disease must be kept especially a good diet, and first of all are cold windy dwellings to be eschewed, and the whole body, chiefly the hands and the feet to be kept very warm, and then to refrain from all grosse binding and cooling meats, as old Beef, Skins, Paunches and Sinewes of all beasts.

Item, all that is drest with dough, all fish, and especially Eeles, Tenches, and Crabs must be refrain. He must also forbear milk, Cheese, and all old baked bread: from all kind of Beans and from cold herbs, as Lettice, Purslain, Beets, Pears and such like; red grosse thick wine is also not good for him: and if it be possible he is utterly to refrain wine, whether it be drunken watered or unwatered. Also he is not to overcharge himself with meat or drink at any hand. And he is above all to beware of vinegar, and from all sour things. Also long sleep is hurtful for him, and especially sleep by day; otherwise he may live according to his old custome.

As much as concerneth the use of Physick, he may take of these pills following four or five every day two hours alwayes before supper, and to continue this a certain space: take Aloe two ounces, steep it two dayes in the water of blew Flower-deluce, *Agaricus*, and *Turbith*, of each one drachme and a half, *Hermodyli* one quarter of an ounce, Mastick one scruple, Ginger, Annis, Cinamom, and Mace of each half a scruple, *Diagridii*, 2.℥. then pownd all small temper them together, and fashion six pills of each drachme.

Secondly, take oyl of Myrtles, and of Mastick, of each one ounce and a half, burnt Ivory, Amber, red Coral, and *Sandaraca*, of each one drachme, Mastick, Frankincense, of each half a drachme, Paper glew three quarters of an ounce, Dragagant and Gum, of each half a drachme, dissolve the glew in strong red Vinegar, with half an ounce of Wax. When it is almost cold, then temper the other spices with it, and make a tough salve of it, that it may be spread on leather, lay it within upon the bending of the hand, and round about the thumb.

Thirdly, take a piece of Milstone, let it be through hot, lay it in a great pan, and besprinkle it with good Wine and sharp Vinegar tempered together: and do this so long until there be about twelve ounces powred upon it.

Over this vapour be the hands to be holden being well covered, to the end that they may sweat well; afterwards dry them. This is to be done once every morning, and afterwards to bind up the hands in a piece of Fur.

Fourthly, take oyl of *Camelina*, and of sweet Almonds, of each two ounces, Calves marrow, Badgers greafe Ducks greafe, ana. 3. 1. *Bdellium* half an ounce, *Galbanum* one ounce and a quarter, Saffron half an ounce and drachme, dissolve the gum in white Vinegar, and then make a soft salve of it with Wax: with this salve are you to anoint all the hands and fingers morning and evening.

Fifthly, take one ounce of the gum of a Cherry tree, Bevercod and *Galbanum*, of each one quarter of an ounce, Sallad oyl six ounces, Calves marrow, Goose greafe, and Hens greafe, of each one ounce, white Wax one ounce and a half, Saffron two scruples *Lignum Aloes* half a drachme, and *Muscus* two grains: dissolve the gum in white Vinegar, and temper the fat amongst it.

Last of all, put all the other things beaten small unto it. When as the patient hath used all these foresaid fomentations, salves and plaisters, the space of ten or twelve dayes, then are the hands to be anointed with the first described salve.

When the fingers be numbed through bruises. §. 11.

THis cure or healing is commonly committed to the Chirurgions: but if the Sinewes be not utterly chopt off, then is there still some hope of health. Now for to remedy this, the patient is (like as is said already) to keep himself soberly, and to beware of

of much Wine, of Vinegar, and Venery, from stirring the bruised hand too much, and not to wash them with cold water, but is to use these fomentations following: Take a peece of a Millstone, make it very hot and put unto it as is before said, then cover the hands very warm. This being done, then are they to be anointed with this salve being made very warm. Take oyl of *Beben*, of *Costus*, and the suet or fat of a Lyon, or instead thereof mans greafe, the fat of a Bever, of each five ounces. Saffron two scruples, the marrow of an Oxe one ounce, powned *Hermodylyli*, Pionie roots, *Stechas* flowers, and Southernwood, of each half a drachme, Wax as much as is needful for to make a tough salve. This being done, then be the hands to be covered warm with unkembed sheeps wooll, and the bruised fingers are to be bounden and to be put into warm gloves, to the end they may be kept from all manner of cold. When as this hath been observed the space of eight daies, then is the fomentation to be omitted, and to use this salve following: Take oyl of *Nardus* one ounce and a half, oyl of *Euphorbium* one ounce, oyl of Saffron, and of Pepper, of each half an ounce, *Stechas*, Swines bread, white Pepper, *Hermodylyli*, Piony roots, and Southernwood, of each one drachme, *Glabanum*, *Serapionum*, and *Ammoniacum*, of each one quarter of an ounce; seeth the oyl and the Gum easily together. When it beginneth to be cold, then temper the powder in it, and make a salve of it, wherewith anoint the hands twice a day, and keep them alwayes warm.

Of the Fellon or Ancone in the Fingers. §. 12.

THis impostumation which some do call *Panaricium*, and we a *Fellon* or *Ancone*, is none other but a sharp and hot impostumation of the fingers, which bring such a pain with them, that the Patient thereby, neither by night nor by day can rest or sleep, neither can get any ease by any means, until that the said impostume be opened.

This impostumation is first to be remedied with cooling things that do also thereby mollifie and ripen like as this salve following; Take the oyl of Mastick, and unripe Salad oyl, of each one ounce, cleansed *Antimonium* half a drachme, prepared *Tinie* 3. drachm: white Wax half an ounce, Rosin half an ounce, the Wax, Rosin, and Oyl are to be molten together, and the rest to be tempered amongst it; afterwards anoint the fingers with it often.

Item, take Sulphur, Garlick, *Carni*, the soot of a Chimney, and Salt, of each a like quantity; pownd all to pap and bind it upon the hand. Yet one more; Take the innermost skins of Eg-shells, lay them upon the finger, and this former salve upon them, wherewith we will commend, and commit the cure of this accident unto the Chyrurgians.

Of the Naitles on the Fingers and Toes. §. 13.

THese Naitles are the outward parts of the sinews, and have their root and foundation, and do grow out of the superfluity of the same, which increasing consisteth not at all in the depth or breadth, but only like to hair in the length. *Aristotle* saith, that the fingers and the toes are given only for a defence: but *Galen* addeth unto it, that they be therefore made, for that therewith all small and subtile things might be opened. These Naitles have of themselves no sense or feeling, therefore do they need no great remedies; and for that cause will we only admonish here, and discourse of the impostumation of the roots of the Naitles.

And if so be that there be then any impostumation in the roots of the Nails, or there happen any other harm unto them, then take *Saxocolla*, Mastick, and Frankincense, of each one quarter of an ounce, Comfrey, burnt Allom, Hartwort, of each one drachme, *Ammoniacum*, *Myrrha*, Verdigrease, and white Copperas, of each one scruple; pownd them all to a subtil powder, and strew upon it. This powder dryeth, consumeth all bad flesh, and it healeth also marvellous well; this may you also use on the Naitles of the Feet.

The second Chapter.

Of the Legs and the Feet.

IN this second part of the outward members we will only add and write this, which is, that these Legs like the Arms also be divided into three parts; whereof the uppermost part is the whole hip even to the knees: the second part is from the knees even to the feet: the third part is the feet with all that is annexed unto them. As much as now concerneth the diseases of these three parts, they are to be holpen and healed with the same remedies which be ordained for the Arms. But the Leggs be subject to other more especial accidents, as broken veins called *Varices*, wherewith commonly the thighs, the knees, and the calves are burthened, like as we will admonish thereof in the fifth Part, Chap. 1. and §. 5. amongst other swellings. And albeit that it first of all behoveth to discourse of the uppermost part of the legs: yet will we neverthelesse defer it, until that we come where we shall write of the Sciatick, or Gout of the hips, because that we will observe our method.

Of the Knees. §. 1.

AS much as concerneth the knees and other members more, the which have no several description; therewith is to be dealt, like as is said in the Chapter of the Arms: but that only for all diseases of the Knees, the oyl of Tiles is highly recommended.

In like sort also this salve following is very requisite for all diseases of the knees, and of all other members, whether they be bruised through thrusts, through exulcerations, or wrinchings: Take the juyce of Sage, of Betony, of Rosemary, and of Camomil, of each one ounce: seeth these juyces in eight ounces of good Wine, until the Wine be almost wasted, then put powdered Mastick unto it, and Frankincense, of each three drach. and let them seeth again until they be meetly thick: afterwards temper therein one scruple of Saffron, oyl of Roses, of Earthworms, and of Mastick, of each one ounce and a half, oyl of Junipers, powdered Linseed, and powdered Juniper berries, of each one quarter of an ounce, then temper all them together: And if so be that it be too soft, then put a little Wax unto it.

When as any body hath any cold defluxion fallen into his knees, that he can neither go nor stand, then is this following especial good, and also many times approved: Take the oyl of Tyles, and of Turpentine, of each one drachme, oyl of Argal half a drachme, oyl of *Euphorbium* one scrup. oyl of Dill and of Juniper, of each one quarter of an ounce; make a salve thereof with a little Wax, and anoint the knees warm with it.

You shall also find hereafter divers sundry remedies for this in the description of the *Podagra*, and of *Arthritis*, which may also be used unto the knees. As much as doth appertain unto the veins of the knees hath been written before in the Introduction.

Of the Shins. §. 2.

IT cometh then oftentimes to passe, that there riseth upon the Shins certain ulcers which are not so soon to be healed, but continue, and do corrode also hitherwards and thitherwards, and make very great scabs; for which this following is to be used and thus prepared: Take Wax and Rosin, of each one ounce, sheeps suet two ounces, Pitch, and Sallad oyl, of each 3. ounces, Mastick and Frankincense, of each 3. drachmes and a half, washt Litharge of Gold one ounce and a half, Ceruse one quarter of an ounce; let the oyl and the Rosin be sodden together, and then melt the Wax amongst it. When it beginneth to be cold, then temper all the other things powdered small amongst it, and so keep it in a pot. At the first wash these ulcers thrice every day with warm sweet Wine, and then anoint it afterwards with the said salve.

Item, Take Ceruse, Antimony, Litharge of Gold, and burnt Lead, all of them washed, of each one ounce, molten suet 3. ounces, Frankincense, Momie, *Sandaraca*, *Sarcocolla*, burnt Allom, and Dragons blood, of each one ounce and a half, oyl of Roses, and of Vinegar,

negar, of each three quarters of an ounce, Wax and Rosin, of each one ounce, make a plaister of it. This plaister is very good for all depascent ulcers, which be caused of a burnr melancholick matter, it expelleth heat, it dryeth, it asswageth the pain, it matura-teth all hard byles and pushes, and especially it healeth all ulcers of the Shins.

The plaister *Sparadrapum* is also used for this, which is thus to be prepared: Take three ounces of Sheeps sewet, oyl of Roses and Ceruse, of each one ounce, Vinegar four ounces, Litharge of Gold one ounce and a half, Rosin and Turpentine of each one ounce: let the oyl and the fat see the well together, afterwards put the Vinegar and all other things unto it: and then add as much molten Wax unto it as will suffice for to make a tough plaister of it.

This plaister is also very good: but the Patient must above all things beware of over-much going and wearying the Legs.

Of the Feet. §. 3.

THe Feet be as foundations of the whole body, which also do in like manner di- vide into three parts, viz. the insteps of the Feet, the Plants or Soles, and the five Toes: which be not unlike to the fingers, but that they be a little shorter: and that the great Toe doth shut up and close the rest of the toes, as the thumb doth the fingers. They be very helpful and commodious unto men that they may stand the faster, and the bet- ter bear the burthen of the body.

The Feet and the whole legs do otherwhiles get the cramp, or a contracture of the sinewes, whereof we have written much before in the first Part, the twelfth Chapter, 14. and 15. §. They do oftentimes stink very much: and to remedie it there is nothing, but oftentimes to change ones Socks, and to bath the feet in water wherein Nut leaves, Cypres leaves, Allum, and other well savouring and odoriferous things be decocted. You have also before in the second §. of the first Chapter, where is discoursed of the stench of the Armpits, further instructions. For this it is also meet to keep clean the place between the toes, and to use oftentimes warm foot baths, and then to strew burnt Allum between the toes, which dryeth the stinking, and also keepeth them clean.

And because the Feet be much subject to be frozen, which yeeldeth no small hinde- rance to a body in going, therefore we will discourse some-what thereof.

Hereupon do some lay playing cards wetted, and affirm that they heal this disease in in every respect whether it be open or not. Some do counsel that a blew woollen clout should be burnt to powder and strewed upon it. Item, take the whites of five Eggs, and burn them in a little Barrowes grease, and annoint the frozen place with it: but I take the yolks to the better. This following is best of all: Take Turpentine, and put meetly much Salt unto it, stir it so long until it be thick like unto dough: after that spread it on a cloth, and lay it thereon the space of eight dayes: at the least twice a day: if it be used immediatly after that the feet be frozen, then doth it cleanse the same, and healeth it presently.

Touching cornes which come upon the Feet, so it is, that in the midst of the same there groweth a small black or white callositie, like as it were a wart, the which through his hardnesse maketh so great a pain, that one can hardly tread or goe upon it. Whereto some of these remedies ensuing may be used: Take the Gall of a Pickrel, and bind it upon it, or annoint it therewith. Item, make a plaister of red sealing Wax, and lay it thereon. Others do goe somewhat rougher to work with it, and doe take yellow Arsenicke, which is Orpiment (Copperas, and Allum, of each a like quantity, and tem- per it unto a salve with hony, and annoint it therewith. Or they do take one quarter of an ounce of *Galbanum*, and let it steep so long in vinegar until it be as soft as a salve, and lay the same so long upon it until the Cornes weare away. But this following is oftentimes found to be good, so that the whole Corne falleth away thereby, and is also very safe: Take of the plaister *Diachilon magnum*, and Pitch, which is Shoemakers Wax, of each a like much, make a plaister of it; spread it on a cloth and lay it upon it the, space of three or four dayes beneath on the plants of the Feet, and goe upon it, after- wards take fresh again so long until they be thoroughly whole.

You shall find more other good things in the first part, where we doe discourse of warts which be also very commodious for this purpose.

The third Chapter.

Of the pain in the Joynts in general.

Ext to the forementioned diseases and sicknesses which the arms, hands, legs, and feet be subject unto, there be divers more and much stronger diseases then the former, in the Joynts, which be also very needful to be described. But we will above all discourse generally of them; and divide this matter into two parts; whereof the first part is called by the learned *Gutta*, wherein shall be shewed all the causes, signs, orders, and other things which be commonly requisite for all pains of the joynts.

The second part shall we comprehend under a general Gout, or *Arthritis*, under which is contained all pains of the joynts: for most famous Physitians do severally write of them, and afterwards we will speak of three other sundry Species of the Gout, which only light upon certain places of the body, as *Chiragra*, *Ischia* and *Podagra*.

All sorts of Gouts may manifest themselves in whatsoever part of the body they will; yet are they so like one another, and so allyed together, that many learned men have written of them all under one, and have only excepted *Ischia*, to be another kind: which error grew on this foot; for that all the sorts of it do after one and the same manner pain all the joynts of the body. Neverthelesse, we will as much as is possible, and as much as the cause requireth, make a severall declaration of each by it self.

Of the Gout in general called Gutta. §. 1.

LIke as we have before admonished, so do the learned comprehend all diseases and defluxions which do fall into all the joynts under the name of *Gutta*, which is a passion or pain of the joynts which falleth into them and the sinews of mans body by some humours or wind from above, or from the next adjacent place; or which is caused through bad disposition of the whole body. This grievous pain may also be caused sometimes through a fracture of a bone, through wrenchings, through great stirrings with a full belly, through falls, blowes, thrusts, through exulcerations, and through great outward heat or cold: by which means all the joynts are weakened. For this also helpeth much; all cold and waterish meats if the same be well used; as fruit, great fishes, and especially if they be without scales, swines flesh, water fowls, and such like. To be idle, and to live without any exercise. Also excessive venery, especially after one hath eaten and drunken. Obstruction of any accustomed course, as of the Pyles, of any open ulcers, of detention of the Termes and such like, whereby nature was accustomed to cleanse herself. Item, it is also found by experience, that some do inherit this disease from their ancestors.

In fine, there be two principal causes whereby these kinds of diseases be provoked; as first of all the shew of these defluxions. Secondly, the increasing of these defluxions from above. Thirdly, feebleness of the members which receive this superfluity.

The signs of the Gout are manifest of themselves; to wit, if one feel great pain, and that at sundry times on the places where these defluxions do fall, otherwhiles with swelling, and sometimes without swelling, and whether this proceed of heat or cold, that may be perceived by feeling. If it then come through any outward cause, that may be demanded of the sick persons themselves, or if it come through any repletion of the body, that appeareth by the signs of the weins, grosseness of the body, fulness of the pulse, sloth of all the members, by the diminishing of understanding or memory, losse of appetite, and by the feebleness of the sight. If this disease be caused through blood, then it is commonly in fat and repleted bodies, with pain of the head, with great unlustiness, with unquiet sleep, with diminishing of the understanding, with weariness, with redness of the whole body and urine; there is also heat with it, panting and swelling, and that in the place infected, especially if one have lived sumptuously.

Item, all cold things are welcome unto him, and all warm things painful, and if they be used too long, also hurtful: Yet this the rather in young persons being full of blood by nature, and if he dwell in a hot countrey. If this disease be caused of *Phlegma*, or

of cold humours, then is there neither panting nor great pain with it, but remaineth for the most part in one place without removing hitherwards or thitherwards; neither is there also any great rednesse or heat with it, and for the more certainty that the same is caused through *Phlegma*, if the same be so found in an old person in winter time, after that he hath eaten much cold and moyst meats and drinks, or hath much and long frequented water. After all warm things be acceptable unto him, and all cold things noysome.

If so be that this disease proceed of *Cholera*, then is there a strong heat with it, that one can hardly suffer it in the feeling, also a great pain without swelling, with drought and distention. With this will the Patient perceive a bitternesse of the mouth. And these things will be the rather confirmed if the Patient be young and cholerick by nature, or if it be Sommer time; also being hot and dry weather; &c.

This pain of the joynts proceedeth very seldom, or also never through melancholy, if it be not mixed with some subtil moisture, then is there very little pain with it, and also little help for it whatsoever is done unto it: for the place of this disease will be hard, remaineth black without any rednesse. And it happeneth not but in old folks about winter, &c. If this be caused of wind, then is it swollen, thick without great pain, which oftentimes removeth from the one joynt to the other, and the Patient hath used much meat and drink before which do ingender wind. If there be any humours mixed amongst these winds, then must it be considered and passed upon the forementioned signs, whereby will very soon be perceived what humour hath mixed it self amongst these winds, according to which every one may know how to dispose and govern himself.

Like as then hitherto in divers places certain common rules have been made, so will we proceed here also: whereof the first is; For as much as the Gout *Arthritis*, *Podagra*, and such like, appear most of all in harvest, by reason of the fruit eaten the whole Sommer, therefore must all fruits be eschewed. Secondly, for as much as venery is so hurtful for this disease, and increaseth it very much, the same is to be refrained as much as is possible. Thirdly, a quiet idle life, and sleep by day time do hinder that the superfluity cannot be consumed. To the contrary, too great stirring and exercise, whereby the members be over-heated, are also oftentimes the cause of this pain of the members; therefore is the same as much as is possible to be eschued. Fourthly, all Wine, and especially strong Wine is very hurtful for all them that be plagued with the Gout. Fifthly, all ryoting and drunkennesse make bad digestion, whereby also the pain of the Gout is augmented. Sixthly, they that be hot of nature, and addicted to the Gout, are to refrain from all plegmatick meat which is drest with sundry things, and also from all meat which doth make *Cholera* and blood, for that when these two humours come together, then do they bring grosse & undigested defluxions in the joynts, whereof then the Gout is caused. Seventhly, there be some through purging and letting of blood that are freed from this disease, which may most commodiously be done in the spring of the year. Eighthly, the ayr hurterh them much that be troubled with the Gout. Ninthly, all great grosse fishes, and especially Eeles be hurtful for the Gout. Tenthly, sucking Pigs, all water fowls and old Hens are especially hurtful to the lower members. Eleventhly, milk and wine eaten together be very noysome for all members, and very hurtful for the head. Twelfthly, the drink which is taken without thirst bringeth much hurt to the body. Thirteenthly, like as great sursetting with meat is very hurtful for all the joynts, even so doth a moderate dyet refresh them. Fourteenthly, the going too much, or weary walking, and hanging down of the legs, especially presently after meat, is very hurtful for the joynts. Fifteenthly, to lie upon the back is also hurtful. Sixteenthly, anger is enemy to this disease. Seventeenthly, the great sensibility of the joynts, and especially of the feet, cannot suffer any pain. The foresaid 17. rules are only ordained for this purpose, to free one from the Gout: but as much as doth concern the means whereby these joynts are to be strengthened and preserved, that the same do not receive those defluxions whereon dependeth the principal means to free one from it, are in these rules following to be observed. Eighteenthly, it is very requisite that the feet be often bathed in Allom water. Nineteenthly, Sage decocted in Beer, and the same drunken oftentimes, is commended, as it were a very secret medicine and receipt which hath an ineffable operation in all diseases of the joynts. Twentiethly, Almond flower, Camomil, Myrrhe, Melilot and Roses be very commodious for the joynts. *Calamus* and ground Ivie have an especial vertue for to strengthen all the joynts, the same doth also the Indian Nut kernel. One and twentiethly, Vervein laid fresh upon the feet and so worn, is very good for the *Podagra*.

These things following do strengthen much the sinews. The root Behen and his oyl doth warm the contracted sinews; in like manner also *Bdellium* and *Calamus* laid upon it with oyl of Citron peeles, of Camomil, of Bevercod, Cypres roots, Cassie wood and Cypres: also oyl of *Costus*, and such like oyles are marvellously praised and commended for the sinews, and Centory in Clifters. Item, feet water made of the ashes of a Bay-tree. For a salve, the mother of Sallad oyl is good, and the dregs of the oyl of Lillies, and of all other oyles which be warm by nature. *Opopanacum* is also much commended, but *Pyretrum* and Pepper above all other to warm the sinews. For this be also dry sweet bathes good, or natural Sulphur bathes. After purging is Treacle and Mithridate much commended in all cold Gouts, drunken with Wine wherein Sage hath been decocted.

But as much as concerneth the curing of these joynt diseases, it is not needful to discourse any further of them, because that we hereafter will write of this matter at length. Therefore we will proceed in the name of God:

An Oyntment for all manner of Gouts.

Take in the Summer time of all the 3. sorts of Snailles, and fry them in a frying pan, and thereof make an oyntment to anoint the place affected with the Gout. Or anoint the place with the juice of Onions, and strew the powder of black Pepper thick upon it, then seeth Cumin and Calamint in Wine, and dip a sponge in it, and lay it upon the Peppered place, it consumes and draws out noysome humours. Or stamp the root of Ebulus with hogs lard, and apply it as a plaister.

The fourth Chapter.

Of the Gout in the Joynts, Arthritis.



He second description which speaketh commonly of the pain in the joynts, whereof we have briefly admonished before, is that which the Latinists do call *Morbum articulare*, and the Grecians *Arthritim*, which is as much to say, as the pain of the joynts, or an inflammation of the joynts, which proceedeth from within the body, and the Tendones be annoyed, hurt and pained. In fine, it is none other than a dispersed *Podagra* over the whole body: the which at one time cometh behind in the neck, another time in the shoulder blades; then again in the back bone, and in the hands, in the fingers, and in the elbowes: the which also sometimes creepeth into the nethermost joynts, as in the legs, the knees, in the feet and toes. And although in this disease, like as also in other diseases more, there be many sundry remedies sought by many sundry careful Physitians, according to the quality of the cause, and place of the pain; therefore is there but one general rule to be observed. First, how one shall be preserved from this disease. Secondly, how that the same is to be cured and taken away altogether. And because the time of the year importeth not a little therein, therefore is choise to be made of it.

In Summer the matter is thus to be handled. This kind of patient in the beginning of Summer is to be purged with that which ensueth: Take *Agaricus* one drach. Sugar one ounce, *Hermadaetils* one drach. and a half, water of field Cypres 3. ounces, make the water warm, and steep the rest 24. hours in it; afterwards wring it hard out, and drink it warm in the morning, and then fast six hours upon it.

Afterwards is this potion following to be used at least eight daies together early in the morning, and to fast four hours after it: Take one ounce of the hony of Roses, the water of white water Mints, and the water of field Cypres, of each one ounce and a half; temper them together. He may also take to prepare the humour, hony of Roses, *Syrupum de Stachade*, and some of the foresaid waters. The ninth day shall he swallow these pills following: Take *Pillularum de Hermadaetilis* and *Feridarum*, of each half a drachme; make thereof seven pills with the sirup of Roses, and take them early in the morning.

And

And if so be that one would take no pills, then take five drachmes of *Hieralogodion* and Turbith beaten small, half a scruple, *Diagridion* two graines, Ginger three graines, temper them together, and take it so, or put some distilled water unto it,

Some expert Physitians do advise much to this Clister : Take Ireos, the roots of wilde Cucumbers, field Cypres, and Saint Iohns wort, of each two handfuls. see the them all together in sufficient water : then take of this decoction twelve or sixteen ounces, and temper therewith *Hieralogodion* one ounce, oyl of Rue three ounces, Hony of Roses one ounce, the yolk of an egg well brayed, Salt one drachme, use it once a day.

In harvest is the Patient once every fourteen dayes to take one drachme of these pills following : Take Aloe two ounces, *Agaricus* and *Hermoadili*, of each one quarter of an ounce, Coloquint one drach. and a half, Ginger, Cinamom, *Asarabacca*, Cloves and Mace, of each one scruple, Turbith and *Epithymus*, of each one drach. Saffron one scruple; stamp each alone : afterwards temper them together, and pour sufficient field Cypres water upon it, and then set it out to dry in the Sun. Lastly pour more of the same water upon it, and let it dry again, to the end you may fashion pills of it.

Secondly, there is to be considered how that next after purging, between the spring and harvest, the matter might be derived toward another place, and so to expel it, which may be best of all done by those meanes which force urine, whereto these things following are to be used. First the Patient is to drink about the space of fourteen dayes, every morning five ounces of *Asarabacca* sugered : or in the sted thereof the water of Madder which is better. There is also good for this both these things following : Take Pease meal one scruple, old Treacle half a drach temper them together with two ounces of Smal-lage water, and so drink it, and fast five hours after it. Item, take *Trochiscos de Eupatorio*, half a drach. Gromel seed, Cinamom and *Carni*, of each five graines, *Benedicta laxativa*, one drach. and a half, temper them together with two ounces of strong white Wine, then drink it and fast five hours after it.

All that shall be hereafter mentioned consumeth the defluxions which be still settled in the joynts : then is the place of this disease to be rubbed softly, and annointed with this following, according as the Patient can suffer it : Take unripe Sallad oyl two ounces, well parched Salt one ounce, annoint the joynts very warm with it, and then wrap them in warm clothes. The joynts are to be also fomented with light red wine and Vinegar powdered on hot stones, that they may sweat well. They are also to be annointed with this following : Take *Sagapenum* one ounce, *Bdellium* and *Ammoniacum*, of each half an ounce, *Sandaraca* one quarter of an ounce : the Gum is to be dissolved in a little red Vinegar, and with Wax make a salve thereof.

Another : Take oyl of Roses and of Camomil, of each one ounce, three yolks of Eggs, Saffron three graines, temper them and use them together. After the annointing you are to strew the powder of earth wormes upon it, and cover it close with sheeps wool. Or take oyl of Foxes, oyl of earth-wormes, and washt Turpentine, of each one quarter of an ounce, Salt three drachmes use them as before : You are also to annoint the same places with warm oyl of Roses.

This following is also very highly commended : take Venice Sope 3. ounces and a half, cut very thin, and then let it see the a waume or twain in six ounces of the water of Fumitory, afterwards you are to put unto it the oyl of *Euphorbium*, and of S. Iohns wort, of each half an ounce, oyl of Juniper one ounce and a half, oyl of earth-wormes, one ounce, let it then see the until that the water be sodden away : afterwards you are to put unto it Mastick and Frankincense, of each one quarter of an ounce, Sulphur vif. *Euphorbium* and *Piretrum* of each two drach. and a half; use it as aforesaid.

The oyl of Earth-wormes is especial good for all pain of the joynts, and for all frozen sinewes ; the which is thus made ; Take Earth-wormes three ounces, wash the same with Wine, and pour unto it twelve ounces of Sallad oyl, Wine 6. ounces : see the them together by a gentle fire until the wine be sodden away, afterwards strain them through a cloth.

For this disease be all warm baths also requisite, and if they cannot be gotten, then are the same to be made by the advice of a learned Physitian, yet the most commodious time of bathing is from the middest of April to the end of May.

And because that these defluxions be more manifest in the Spring and Harvest then in any other time of the year, unto which times we have appropriated all these fore-said remedies : therefore will we now teach what is to be done unto it in winter.

For this is purging to be used again, and that in this manner following. When as September is half past, then are these pills to be taken once in the morning: Take *Pillulas de Agarico, & de Hermodactylis*, of each half a drachme, Indy salt two grains, make seven Pills thereof with the Confection of Roses. The day after is this following to be drunken, the which is thus 8. or 10. daies together to be continued: Take the sirupe of Wormwood, and *Syrupum de Eupatorio*, of each three quarters of an ounce, water of Hops, or field Cypres, of each one ounce and a half, temper them together: afterwards is this following to be drunken; Take the confection *Benedicta* three drachmes, *Inda* two drachmes and a half, water of blew flowerdeluce two ounces; temper them all together, make it warm and drink it.

Afterwards are the foresaid pills which be ordained to be used in Harvest, beginning; Take Aloe, &c. to be used throughout all the Winter.

As much as concerneth other things, those remedies are to be used which be ordained to be used in Summer, onely that they must be used in more quantity; like as it is advised in Summer to take one drachme, in Winter one drach. and a half; and so also with bathing and otherwise.

You shall hereafter have many sundry things which may be used against the Gout, or joynt diseases, viz. Confected Quinces, Marmalade, and all that may be made of Quinces, except that there be no spices with it if the disease be with heat. For this, be things also good which shall shortly after be ordained for the Gout *Podagra*. If so be that there be no special heat with it, and that wine may be used without any great danger, then is it his nature that it strengtheneth all outward members, if the same be moderately drunken. Amongst herb wines are these following much commended for it, viz. of Rosemary, of Wormwood, of Sage, and of Clarie: all which not only drunken, but also the joynts anointed with it, or the vapour thereof received into the diseased joynts, do also strengthen the same.

When one is come to his former health, then must one look to it, and also beware and take heed from all those things which are wont to cause those kinds of defluxions into the said joynts: To which end you may look all the rules in the first Chapter, which be described in the first §. Take good Turpentine the quantity of a Bean, or instead of that *Opopanacum*, or *Sagapenum*, which you will in the like quantity.

There is very meet in like manner, if one take early in the morning half a scruple of *Lignum Aloes*, with an ounce of the water of field Cypres. It is also much advised to take twice every week one drachme of good Mithridate, or instead thereof one Mirobalan *Cebuli* chewed and eaten: or one day Mithridate, and the other day one Mirobalan. All these foresaid things be not onely commodious, but also very safe. Let this suffice now generally spoken of the joynt disease *Arthritide*, and we will now proceed with the *Chiragra*.

The fifth Chapter.

Of the Gout in the Hands, Chiragra.



Either the second sort of the Gout will we describe the *Chiragra*, the which we do properly call the hand Gout. But because that betwixt the Gout of the hands and that of the feet there is none other difference, but that the one cometh in the hands, and the other in the feet: therefore will we here refer us to the Gout of the feet, where we will thoroughly discourse of these two kinds of infirmities:

The

The sixt Chapter.

Of the Gout of the Hips Ischia, commonly called Sciatica.

BEfore in the first Chapter and first §. in dividing the sorts of the Gout, and in the description of *Gutta*, is this kind *Ischia*, taken for the third sort, the which of the Physitians that do not well understand the Greek, is called *Scia* and *Sciatica*. This Gout of the hips is a long lingring pain, and especially when it cometh into the bones of the hips: notwithstanding that it doth otherwhiles appear in the uppermost parts, which is caused of a cold moisture that falleth down from above. And because that her grosse roughnesse cannot easily be consumed, but much rather augmented from day to day and made worse, then falleth it at the last into the knees, the legs, into the feet, and so out at the toes. The same tough humors do cause also oftentimes through their great, grosse, and tough sliminesse, that the hip bones be eluxated, although otherwhile they return again to their natural places, and that when the ligaments of these joynts through this waterish moisture happen to be loosed or resolved, and afterwaeds wax hard again, and shrink up as before. But if this foresaid hip bone be long eluxared, then doth it come easily to passe, that thereby the whole leg cometh to extenuate, whereof then a meer impotency or lamenesse might follow: so that this disease afterwards very hardly, but by actual cauterization may be holpen, whereby the matter may be drawn out with cautery, which, when one is minded to use it, is to be done beneath the knees in the Calves, and that in the leg so diseased.

But before and ere we come to the remedy, we will first prescribe a general rule how to govern himself in this order of dyer, which not onely in this, but also in other sicknesses (according to the importance of the cause and place) may be diminished, augmented and altered.

This that followeth here is ordained for them, in whose bodies all grosse, cold, tough and flegmatick humours tempered with *Cholera*, do abound.

But these must first eschue all cold ayr, low dwellings, and especially they which do lie near the water side. The windows of his dwellings are also to open against the South and East (if it be fair weather) and the rest remain shut. And if so be that the time of the year will permit it, then is his chamber to be alwaies kept warm, with a continual fire, and to behang the stone wals with Tapestry, or to let it be wainscotted, or fenced with boords. In like manner he is also to keep his head well from cold, and to beware of great exercise, especially if he feel any pain, and that so long as any pain is instant, and until the joynts be strengthened.

What concerneth further the meat and drink, one is to keep himself therein moderately, and to use all such sorts of meats and drinks which do yield small sustenance or nourishment, and be meet rather to make one lean than fat, and especially if there be any debility of the stomach, or any wambling with it. He is also to chew his meat well, and to eschew the variety of drinks. Otherwise he is to use those meats which be warm and dry, and that are drest and strewed with any drying and warming things; as with Pepper, Salt, Cinamom, Nutmegs, Fennel, Parsley, Annis, Hyssope, Mints, Thyme, and such like things more. His bread must be a little more than common bread, leavened and salted. He is also to eat no other flesh but Hens, Pullets, Pigeons, Fesants, and all kinds of field Fowls: yet for the most part rather roasted then sodden. Veal and Mutton is also very healthy for him. Amongst herbs be Colworts, Fennel, yellow rapes, &c. be very good for him; but all cold herbs must he eschue, or at least use them very seldom and little and being alwaies tempered with some warm herbs: red Pease, Lentils, and Rice drest with fresh flesh, may he eat. Amongst fruits there be none that be more requisite than Figs, Raisins, Hesel nuts, Almonds and such like. The sweet odoriferous Grapes be not much forbidden him. He is also to be restrained from butter as much as is possible, because of her slime and moist nature: but rather in stead thereof to use the oyl of sweet Almonds, Sallad oyl, or oyl of Walnuts, Vinegar, Verjuice, Limons, Oranges, or their juice be not commended, and if one will ever use them, then must some

other warming things, as Salt, Pepper, Cinamom, be tempered with it in eating of other meats. Also fish and doughy meats be very hurtful unto him. The best drink that he can drink is Hony water, which may be prepared as followeth; Take twelve quarts of water, and one quart of Hony, let them see the together until eight quarts remain; if you put Annis unto it, then will it be the better. Certain later Physitians do advise (and that with good reason) that these Patients should drink the decoction of *Guaiacum*; and how the same is to be prepared, that shall you find described hereafter in the fifth part, in the discourse of the Pocks. Out of these forementioned reasons is it easily to be noted and marked, that it were very good utterly to forbear wine: but if it cannot be, then to chuse a thin red wine, or the sirupe of Betony, and *Oxymel* of Squils decocted with Annis water.

Further, it is not very good to sleep much, and chiefly in the day time immediatly after meat, for that ingendreth much slime and other tough moistures. One hour and a half after supper is he to go to bed, and to lye first upon the right side, afterwards upon the left. Through much lying upon the back do the defluxions fall to great prejudice behind in the neck, and in the back bone. His sleep shall also not endure longer than 7. or 8. hours, and the rest of the time is to be spent in watching.

Purge the body with convenient Purges. Then take of Petroleum, ℥. 6. Trotter oyl, 3. 8. powder of Castoreum, 3. 2. Aquavite in a cold cause, or else no Aquavite, bath and anoint the grieved places therewith. Prob.

Use Rose water in stead of Aquavite in a hot cause.

Also see the the mosse of trees in water with oyl of Roses in a hot cause, and see the mosse of trees in water with oyl of Camomil in a cold cause, and apply it hot like a poultice.

Of the pain in the Hips or Sciatica through heat. S. 1.

TO remedy the manner of this pain, is but a little different from all other joynt diseases, because that they alwaies for the most part proceed of cold, and do ly deep in the joynts of the Hips. For the which in this disease all diuretical medicines be hurtful, because that thereby the matter will be made so much the grosser and tougher; so that afterwards it can by no means be consumed. Now when this disease is caused through heat, wherein commonly a cold flegmatick matter is mixed with *Cholera*: yet notwithstanding, *Phlegma* getting the mastery, the same may easily be perceived by the high coloured urine, and other signs more. Therefore for a beginning is the liver vein to be opened in the arm, and that in the same side where the pain is; afterwards the vein, (which is named of the disease, *Scia*) and standeth as described in the Introduction, upon the foot, and to let out 4. or 5. ounces of blood. But good heed is to be taken therein unto the strength and power of the Patient: for that, like as we have said in other places, the veins in the lower parts do weaken the body more when they be opened, then those in uppermost parts.

Other do counsel, that first the vein in the foot is to be opened: and if so be that the pain do not cease in some daies after it, that then the same vein should also be once opened in the other foot: and beware of going the space of eight daies. Likewise is also much commended to set boxing cups upon the hips, or above the Hips, according to the importance of the disease.

Take a piece of raw Beef well powdered, of the Buttock Beef, cut pieces of it as broad and long as the sole of your foot, and lay it to the soles of the feet. Prob.

Or, dissolve Gum, Armoniack in Vinegar and therewith anoint the Hip.

Of the pain in the Hips or Sciatica through cold. S. 2.

BUT if so be that this pain of the hips proceed through cold, like as for the most part it is wont to do, the which the bleaknesse of the face, the lingring pain, the belching of the stomach, the wambling and the falling down of all cold humors doth shew: then is the Patient to be respected and taught to order himself accordingly; yet have you for an example this ensuing.

For

For a preparative of the matter, make this sirupe following, and then take thereof about two ounces at once, according to that one is bound or loose of the body: and so fast 4. hours after it.

Take Fennel roots, Sperage roots, Parsly roots, Smallage roots, and Polipody roots, ana. \mathfrak{z} . i. the seed of *Ruscus*, wilde Sage, Gromil seeds, Nettle seed, the roots of Saxifrage, and the seeds of stone Parsly, ana. \mathfrak{z} . i. Harts tongue, two ounces, Juniper berries, \mathfrak{z} . 3. *Hermodactyli*, and Turbith, ana. \mathfrak{z} . β . Hony 18. ounces, Radish water 24. ounces, make a sirupe thereof.

Item, take all the foresaid things, and put unto it Ginger, wild Saffron seed, of each one ounce and a half, *Agaricus* three drach. stone Salt two scrup. Mace two scrup. and a half, *Sirupus de Stecade* three ounces, Hony as much as before, Rosemary water, of Calamus and of Sage as much as will suffice; afterwards see the a sirupe thereof. At the last put a little Cinamom, Mastick, Cloves, Nutmegs, and Mace unto it; also a little Musk and Amber.

For to purge; take the Confection of *Indi* three drach. or half an ounce, *de succo Rosarum*, \mathfrak{z} . i. β . water wherein Ginger is decocted, \mathfrak{z} . 3. give this betimes in the morning, and then sleep one hour after it: afterwards take a draught of Barly water after it. But if you had rather take Pils, then take *Pibulas foetidas*, and *Hermodactylorum*, of each apart \mathfrak{z} . i. or mixed, ana. \mathfrak{z} . β .

This also ensuing is to be prepared: Take the water of Piony roots; and the roots of *Narcissus*, of each two ounces, drink this for the space of certain daies, early in the morning.

Thereupon you are three hours after it, to swallow these things following; take *Pibulas foetidas*, and *de Sarcocolla*, ana. \mathfrak{z} . β . Swines bread, \mathfrak{z} . i. make thereof 12. pils with the juice of Smallage.

Other do take wash Aloe, \mathfrak{z} . β . *Agaricus*, \mathfrak{z} . i. make thereof with the sirupe *de Acetoso composito*, 35. Pils; then take of it about the third or fourth evening just before supper according to the quality of the cause.

Sharp Clifters with Salt, with *Hiera*, with Coloquint and other appropriate things, be exceeding requisite for this; as also are these ensuing: Take unwormeaten *Hermodactyls* one ounce, field Cypres, *Stechados*, Saint Johns wort, *Carni*, and Rue seed, of each one handful and a half, Cammomil, Melilot, and Dill seed, of each one handful, Saffron flowers one drachme; see the them all together in sufficient water, and take twelve or sixteen ounces of this decoction, Bevercod oyl three ounces, Indy salt one quarter of an ounce, *Hiera Colocynthidis* half an ounce, temper them, and set it meetly warm. These Clifters are very meet for to draw the cold matter from the hips, and to expel wind.

Another: Take Coloquint, \mathfrak{z} . β . Turbith, wilde Saffron seed, and Polipody roots, ana. \mathfrak{z} . β . *Asarabacca*, field Cypres, *Stechados*, Piony, white Pepper, and Rue seed, ana. \mathfrak{z} . i. β . see the them all together, and take of this decoction as before, and put unto it oyl of Costus, and of Bevercod, ana. \mathfrak{z} . i. β . Salt-peter four scruples: but use it not too hot.

The third. Take the pickle of Herrings, or salted Limons 12. ounces, oyl of Bevercod, 3. ounces, minister this clister like as the rest. These Clifters be much commended of al later and ancient Physitians: but they bruise otherwhiles the Arse guts within, which are hardly to be healed afterwards.

The fourth which is not too strong. Take S. Johns wort, Cammomil, Centory, Dill, Mallows, Briony roots, and Fenegreek, ana. \mathfrak{z} . i. Annis, \mathfrak{z} . 3. Coloquint one quarter of an ounce, stone Salt, \mathfrak{z} . β . Bran half a handful, oyl of bitter Almonds, and clarified Hony, ana. \mathfrak{z} . i. mix them together.

For a fomentation you are to take Pyony seed, Piony roots, and *Hermodactyli*, ana. \mathfrak{z} . i. β . S. Johns wort, Artichocke leaves, *Stechados*, and the herb Calamus, ana. \mathfrak{z} . 4. and 8. or 10. heads of white Poppy; see the them all together in 3. pints of water even to the half, at last put unto it one ounce and a half of Saffron flowers, and afterwards make a great cloth or a sponge wet in this decoction, and foment therewith twice a day the hip and all the buttock 3. or 4. times together.

Immediately after fomenting is the Hip to be annointed all over with this following: Take unripe Sallad oyl, or oyl of Roses four ounces, oyl of Costus and of South-thernwood, of each one ounce and a half, *Sandaraca* one quarter of an ounce, *Frankincense*, *Hippocistis*, Pyony seed, and *Hermodactyli*, of each one quarter of an ounce

ounce, Saltpeter, and Saffron, of each one drach. *Serapium*, *Opopanax*, and Rosin, ana. 3. i. ʒ. red Wax as much as is needful for to make a salve : temper them all together by the fire. This salve expelleth the pain. The same is also well to be used without fomenting: to wit, at noon.

Another: Take oyl of Foxes, 3. 3. oyl of *Pieretrum*, of Bevercod, Badgers greafe, ana. 3. ʒ. Artichock roots, *Agaricus* and *Stechados*, ana. 3. i. Lettice seede, Purslain seed, and the seeds of small Endive, and of water Lillies, of each one quarter of an ounce, Saffron, ʒ. i. white Wax as much as sufficeth for to make a weak salve with it, afterwards seeth it in 4. ounces of the juice of Solomons seal until the juice be well wasted; then anoint the whole Buttock with it onely at night; for it is somewhat cold of nature: according to which one may know how he should govern himself.

Item, take Turpentine, and small powdered *Hermodyli*, of each a like quantity; make a salve of it, and use it as the rest. But if you had not this salve, or desired not to use it, then may you anoint the place of the pain with the oyl of Lillies, of Spica, of Costus, of Foxes, and Bayes, and such like warm oyls, whether it be each apart, or tempered together.

Of plaisters, these following be good. Take *Apostolicon* one ounce and a half, *de Muscilaginibus* half an ounce, *Opopanax* and *Galbanum*, of each one quarter of an ounce, Piony roots, *Hermodyli*, Calamus, and white Henbane seed, of each two scrup. Saffron half a drach, then make a plaister thereof with wax, and spread it upon two round pieces of leather a span in breadth, and as now lay one upon it, and then another, and wear them alwaies upon it, until one will use the fomentation at nights. Item, take *Ammoni- acum*, 3. 6. *Sagapenum*, *Bdellium*, and *Opopanax*, ana. 3. i. ʒ. Swines bread, and *Hermodyli*, ana. 3. i. ʒ. Coperas, 3. i. ʒ. Wax as much as is needful; make a plaister or salve of it.

When this sicknesse beginneth to decrease, and yet neverthelesse there doth remain some wearisomnesse or anguish of the joynts, then is this plaister following to be made and to be laid behind upon the rump, and the whole buttocks: and if the same do make an itch, then is the same to be taken off again, and the place to be rubbed with rough clothes, and then to lay the same plaister again upon it, until that the joynt be well strengthened. Take Pitch six ounces, black Sope one ounce and a half, *Hermodyli* and Piony seed of each one drachme, Rosin one ounce, Roses, Mastick, and the juice of Sloes, of each four scruples, *Euphorbium* one scruple, burnt Coperas one drachme, Wax as much as will suffice for a plaister. In fine, all warming plaisters are very meet for this. The nature of Turpentine is, that it helpeth this *Sciatica*, through a secret operation: But because the same cannot be layd upon it, or anointed, therefore is it to be tempered amongst the foresaid oyls first mentioned, or any of them that one will; as the oyl of Saint Johns wort, which is especially commended for it. Some lay a sheeps skin upon it, like as it cometh out of warm lee wherein the leather dressers have it lying. Item, seethe Cumin in water, and make a sponge or twain moist in this warm decoction: wring it out, and foment the Hip therewith. Or take Betony, Sage, both or one of both, seethe them in Wine or Must, and whilst, and it is yet hot, temper this powder following in it: as *Chamedryos*, Betony, Centory, Hartswort, Gentian, ana. 3. ʒ. use them with a sponge as is before said.

Another. Take Elecampane roots as much as you please, seethe them well in Wine, stamp them in Swines greafe, and lay it upon the place. This is also good for all Byles of the Pocks.

This following is highly commended: take Elecampane roots powdered small, 8. ounces, of the best Sallad oyl that may be gotten 24. ounces, Malmsey one quart; seethe them all together until the wine be consumed, and use it as before.

Take a hot loaf and lay upon it, or let the warm reek or vapor go upon it, until the place of the pain begin to sweat, and do this certain times together. After all this foresaid fomenting, anointing, plaistering, and applications, it is firmly advised again to use these pills hot for the purging, but onely to strengthen the parts diseased. Take well boyled Turpentine, 3. ʒ. field Cipres one quarter of an ounce, *Hermodyli*, 3. i. make of a drach. 6. or 7. pills, and take one every morning and evening. Or take these following which be almost of the same nature: Take *Chamedryos*, field Cipres, *Hermodyli*, ana. 3. i. boyled Turpentine, 3. ʒ. make pills thereof with the sirupe of Betony, and use them as is before said.

Further

Further, it is also needfull that those parts which cause these defluxions be strengthened, the which may be done as followeth: For strengthening of the stomach he is oftentimes to use Mace, Cloves, Mints, Indy *Spica*, Squinant, Cypres roots, and *Lignum Aloes*; with his meat, and to use the Confection *Aromaticum Rosarum*, and *Diacalamintum*, Betony, Balm, and such like, with his accustomed meat. The compounded things are the Confection *Diambra*, *Diamoschu dulcis*, and *de Xiloaloe*, and that especially after supper. The Kidneyes will be strengthened with Almonds, Hasel nuts, Pingles, dry and salt Cheese; and with meat that is drest with sheeps milk; but they are to beware of much lying on the back, and much venery, especially presently after meat. Item, of diuretical things, as Parsly seed, Annis and Smallage seeds, &c. These be now the three principal parts and causes of the defluxion. The other parts are not so highly to be regarded.

And for to consume these kinds of defluxions be all Physitians of an opinion, that there is no better advice then to bathe in natural warm Sulphur bathes, Copperas bathes, Lime bathes, or Ash bathes. For that these do pierce through the whole body, dry exceedingly, and do consume also all moisture. And if so be that one cannot get into such natural bathes, then are Lees or bathes to be prepared of the foresaid things, but the body must first be well purged. And if the patient cannot bathe, or will not bathe, then are these things following to be used, which vehemently consume all moisture: Take *Sandaraca*, *Hypocistis*, Frankincense, and the juyce of Sloes, of each one quarter of an ounce, Lee as much as will suffice for to dissolve these things, and temper them withall in a mortar, then anoint the joynt therewith twice a day. This following is milder: Take pownded Cipres nuts three ounces, Meal dust one ounce, temper them together with the juyce of Bay-leaves, as aforesaid.

Item, take steeled water six ounces, pownded Rose two ounces Mastick, and prepared Iron drosse, of each one ounce, parched Salt three drachmes, temper them together in a mortar with the juyce of Tassel leaves, or with water wherein the same herb is decocted, it is good and approved. But if the pain continue, then is there no other remedy (as is aforesaid) but to use cauterization, which is also effected with plaisters which raise blisters: but before this is to be begun, the same is first to be tryed with the foresaid strong clisters, and afterwards this salve following is to be used: Take white Mustard seed, and Pigeons dung, of each a like quantity: then see the Figs in a little water until they be almost dry, then pownd them together for a plaister which is afterwards to be opened, and the water to be let out. If so be that this help not at one time, then is it once again to be used: and if the pain cease not then, and the joynt be eluxated, then is it to be cauterized which is burned; that will be done of an expert Chirurgion or learned Physitian. For a conclusion, may powder be used, which shall be ordained for the gout in the feet, which beginneth thus: Take two kinds of *Chamedryor*, &c.

And if one which is cured fall again into the same passion, like as is wont to happen, and especially in those who have taken small advice and but little purged, then is this order to be followed. In the beginning of the pain, take Cipres nuts three ounces, Barly meal one ounce and a half, Roses one ounce, Masticke, Myrtle seed, and *Sarcocolla*, of each two drach. and a half; see the this all together in hard white Wine until it be meetly tough like a plaister, then lay it warm upon it. This ensuing is yet more forcible: Take *Sandaraca* one ounce, Camomil, Melilot, and Dill seed. of each half an ounce, Meal dust three ounces, Roses one ounce; see the them all together in wine, as in the last is before-said, then stir amongst it the yolks of three Eggs, and use it as before.

But when the pain is increasing, then put unto one of these foresaid one ounce of the fat of sheeps wool: but when the pain is at the extreamest, then are things to be used which do assuage the pain as followeth: Take oyl of Roses, and of Camomil of each 3. ounces, six yolks of Eggs, let them see the very soft, stirring them alwayes about. Last of all, put one drachme and a half of Saffron unto it, and use it as before said. Or take Cow milk twelve ounces, Barly meal three ounces, Mastick half an ounce, Saffron one drachme. You are to let the meal and the milk see the thick, afterwards temper the rest amongst it. This is especial good if there be any heat with it.

But if the pain begin to diminish, then are drying things to be used for it; Take Myrtle seed, Mastick, *Sarcocolla*, Plantain, Piony seed, *Hermodytyli*, and field Cipres, of each one quarter of an ounce; stamp it all to powder, and temper it with one of the forementioned which you will, and you shall find a luckie operation.

The seventh Chapter.

*Of some accidents which this pain of the Hips
doth cause.*

VVE have in the beginning of this *Sciatica* declared, that the legs happen otherwhiles to extenuate, and especially when the member is eluxated or out of joynt, and hath so continued a long time, whereof there followeth further a numbnesse and lamenesse: for which by good reason we ought to admonish somewhat thereof before we begin to discourse of the feet.

Of the eluxation of the joynts. S. 1.

THis eluxation of the joynts do the Grecians call *Exarthrema*. The Latinists *Eluxationem*, and it is thus described: *Exarthrema* is a writhing aside of a joynt out of his natural place into another, whereby the free motion is hindered. This disease cannot be cured but by manual operation, and by the knowledge of all the parts of mans body, whereby each member which is eluxated by thrusting, falls, or by loosenesse of the ligaments in the *Sciatica*; and strengthenings of the diseased member, is restored: and although it chiefly concern the Chirurgions, neverthelesse we will here discourse somewhat of the eluxation of the hips in the *Sciatica*.

This plaister following doth marvellous much withstand all defluxions which fall down into any joynt, and do weaken the same. But first of all are the places of this disease to be rubbed with this water following, which is to be distilled out of a Calves gather in seething water or *Balneum*, the which is so much the better, if so be that there be Sage, Briony, Juniper berries, and such like (according to the quality of the cause) added unto it. Afterwards boiled Tansie laid warm upon it is very requisite, the plaister whereof we have spoken before, is thus prepared: Take *Colophonia* and Pitch, of each one ounce, the Muscilage of Hollihocks three quarters of an ounce, *Galbanum*, *Myrrha*, *Ammoniacum*, and Frankincense, of each three drach. Polopody roots, Miscleden and Hartwort, of each one quarter of an ounce, Wax one ounce, Turpentine three quarters of an ounce; the gums are to be dissolved in vinegar, and then to put the Wax, Pitch, and Turpentine unto it, and then let it melt by a soft fire, and to seethe it so long until that all the muscilage and vinegar be wasted away, afterwards temper the rest being beaten small amongst it; this being now all done, then spread this plaister upon a cloth or leather, and lay it upon the place of the disease.

Another; Take Hollihock roots three ounces, small Acorn buds three quarters of an ounce, fresh Self-heal flowers one ounce and a half, cut all very small, and stamp it to pap; then take unripe Sallad oyl, and oyl of Myrtles, of each three quarters of an ounce, thick red wine, twenty four ounces, Self-heal water twelve ounces; seethe all together so long until the wine and the water be consumed. Then wring it out with a presse, and put Frankincense and Myrrhe unto it, of each one drachme, Bucks suet one scruple and a half, Turpentine half an ounce; then let them seethe again until all the moisture be consumed.

Lastly, put unto it small bruised silver skum which is sifted through linnen, and Sealed earth, of each half a drachme, *Mini* two drachmes and a half, Wax as much as will suffice for a plaister; this plaister is not onely good for all Eluxations, but also for all fractures of the bones, for it asswageth all pain, and strengtheneth the sinews.

Item, take a young oaken pole, and shave off the outwardmost rinds, afterwards the white; these white rinds are to be sodden in Beer, and then a woollen cloth made wet therein, and so laid warm upon it. If you have no beer, then take wine or water.

Of the extenuated or withered Limbs. S.

VVE have before declared in the description of the pain of the hips or *Sciatica*, that after eluxation of the joynts, if the same continue long, the legs come quickly to extenuate, and afterwards to be lame.

Now

Now for to remedy these accidents will we here discover certain things, which it cannot otherwise well be but that both these diseases, extenuation and leanness must depend one upon the other: for that because the veins be bereft of their due nourishment, the sinews and the tendons be stiffened, then must necessarily ensue thereof such infirmities.

Therefore will we discourse of each part as much as need requireth, and concerneth the lameness. It is a disease if there be any contracture of the hands, arms, legs, joynts, or any other part, or be so lamed and numbed, that he cannot use his joynts, the which may also grow of many kind of causes, of *Apoplexia*, of the Pocks, of the Cramp, and such like; of all which hath been spoken before, and shall be written of hereafter; but we will onely discourse how that these diseases are to be prevented, proceeding of other causes.

Take Mallows, Camomil, Sage, Horehound, and Vervein, of each one handful, Juniper branches with the green berries two handfuls, powre five or six quarts of water unto it, and see the them so long as Calves flesh; this may be used the space of three dayes, afterwards may a fresh be made.

First, take Fox grease two ounces, Capons grease one ounce, melt them together, stirring them alwayes about. When it is now molten, then put half an ounce of Balsam oyl unto it and let it be cold. When as both these things be ready, then be the lamed limbs to be fomented in some vessel fit for that purpose. If so be that the lamed part cannot lye whole therein, then is he to be caused to sweat above the warm vapour, being covered all over, powring the hot decoction now and then unto it. This bathing or fomenting is to be done every day two times, and although the first, second, or third fomenting do not sufficiently ease, yet is the same not to be neglected, for that the alteration and ease cometh not before the fourth or fifth day. When as one hath sufficiently bathed, then is the sweat to be stroken off with the flat of the hand, & to let the party dry of it self. When as then this fomenting is thus effected, and whilest the place is still warm and dry, take of the foresaid salve the bignesse of a Pease, and rub it behind in the neck upon the backbone from one shoulder to the other; but warm the hands oftentimes, and so rub the salve well into it. Thirdly, rub also both the elbowes from the hands, and likewise also both the knees clean over beneath and above, at last also the toes beneath and above with as much alwayes of the foresaid salve as the quantity of a Pease, rubbing it therein. When as this is now so done, then is the patient to rest the space of half an hour after it. He may also once in ten or fourteen dayes go into a sweat bath, but not to tarry above one hour in it, and he is the same day to omit the fomentation; but like as is said, one is to proceed with the anointing and resting. This order is also to be pursued four, five, or six weeks, untill he can go again or use the rest of his joynts, by this means have many men found great ease.

Here do follow many more other bathes and salves, to wit, that men are to bathe the space of ten dayes in decocted *Ebulus* leaves, and that so long as nature may abide it. Afterwards use this salve following: Take the grease of the juyce of Alpes Goats suet, and Badgers grease, of each a like quantity, make a salve of it with Wax, and therewith anoint the nummed limbs morning and evening. Or take Sage, Marjoram, Saint Johns wort, Hollihock leaves and the root, of each two handfuls, Elecampane roots one handful, see the them all together, as is said.

For to make a precious salve you must have ready a good fat Goose, and roast the same as if one will eat it, then take good heed that there come no water unto it, with the neck and the intrails do therewith what you please. You must have also ready with it a young, sound, and fat Cat which is three moneths old, being a male Cat, kill him and flea him (the head and intrails being cast away) chop it small, stamp it afterwards in a mortar, and add unto it three ounces of Barrowes lard, cut it very small; Rosin, Frankincense, and Wax, of each one ounce and a half, stop these all together into the Goose, and stop it tight that it fall not out again, and then let it roast by a mild fire; set a dripping pan underneath it for to receive the fat that droppeth off: reserve this fat being cold, and anoint therewith every day (in a warm place) the lame and withered members: in like manner also the swollen, and all that have any pain: the extenuated and withered joynt will increase and grow again, and all pain shall be asswaged thereby. The Goose is to be well kept, to the end neither man nor beasts happen to eat it. Another salve: Take the marrow of a hail gelding which died through any mischance, or in the wars, as much as you please, Harts suet half so much, melt them together by a mild fire and then powre *Aqua viva* upon it, wring it out afterwards very warm through a cloth, and then anoint therewith

therewith the diseased place morning and evening, both these be marvellous good, and also very meet.

Item, take the grease of a Beaver, of a Uultur, and of a Badger, of each half an ounce; Sage, Penniroyal, and Holi-hock roots with the leaves, of each one handful; seethe well the herbs, and stamp them to grout, then temper the molten grease amongst it, and anoint the lame place with it.

Take oyl of Tyles and oyl of Almonds, of each alone, tempered together, and anoint therewith the members. The Mithridate and both the Treacle do bring the lamed members to right again, and to their former force, being well applyed outwardly as taken inwardly: but especially these oyls following be good for it, viz. oyl of Juniper, of Nutmegs, of Pepper, and blew Flower-deluce. Item, take a young Fox, make him clean, and chop his flesh very small, afterwards distill out the water, and put therein one drach. of smalled bruised Camphire: put it into a glasse stopt well, and leave it five dayes in the earth wheras Ants have their abode. Last of all, anoint you therewith in a warm bath, afterwards use this salve following: Take a young Fox made very clean and burnt to ashes, take thereof the half, and temper therewith one quarter of an ounce of bruised Camphire, oyl of Balsam half an ounce, Dogs grease two ounces and a half, Snakes grease one drach. and a half; melt these salves all together, and anoint you therewith after bathing. Both of these foresaid salves are to be used against lameness through heat and cold, for that they be of a temperate nature, and of the same nature is this also ensuing.

Take Rice as much as you will, steep it a day and a night in a sufficient quantity of Goats milk, afterwards distill it like as all other waters. This being done, distill it over again, and make oftentimes the lame members moist in it.

Seethe Vervina, Rosemary, Mallows, Rue, Wormwood, Southernwood, Sage, Hyssop, and Bayberries or leaves in water, so much as the parties withered limbs may stand in it in a vessel, then put into the decoction an Oxe gall, or two, or three, and of Castoreum, ounce one, or more, let the parties members be put into that decoction as hot as he can suffer it, and let him remain two hours or more, then let him go to the bed and sweat.

After you have used this every day twice for 7. or 8. dayes, then you must purge the party with convenient purges.

Of the extenuated or Withered members especially. § 3.

FOR as much then as we be entred into this matter, therefore will we not discourse of the same severally. Albeit this extenuation of the members may rather be named of their occasions then of the *Sciatica* alone, notwithstanding we will not here discourse of the consumption *Hectica*, *Apoplexia*, or of the Pockes, but onely of the extenuation of some parts, whether it be of the *Sciatica*, or of any other cause whatsoever, for which these salves following be good; Take wilde Cats grease, Harts suet, Bears grease, Swines grease, the marrow of Neats feet, Hony, Dogs grease, and Badgers grease, of each a like quantity; seethe all together with Wine untill the same be thoroughly waisted, afterwards pour it through a cloth, and anoint the withered Limbs with it.

Item, take Bevercod one ounce, long Pepper one quarter of an ounce, oyl of Wax, of Camomil, and of Bevercod, of each half an ounce, Wax one ounce, make a salve thereof: or take Sage, Mallows, Nettles with the roots, Camomil, and sprigs of Juniper, of each one handful, fresh Butter, and Dogs grease, of each three ounces; chop the herbs and seethe them to grout that one may wring them through a course cloth, then put the greases unto it, and let it seethe again together unto a salve. When now you will use the same, then are you first to go unto a sweat bath, and afterwards your self to be anointed before a warm fornace or fire upon the place of the disease twice a day: but you are to use the sweat bath but thrice a week, and do this the space of fourteen dayes. This foresaid salve is good for all scabbiness. The salve *Dialthaa* is fit for this same disease, whereof there be four kinds described in the third Part, the fourteenth Chapter, and 4. §.

This ensuing is also very requisite; Take living Crabs and Earthworms, of each a like quantity, dry them in an oven, and stamp them to powder, afterwards temper them with as much Swines grease, and make a salve thereof. For this are also good two precious Balsam oyls, whereof one is described in the second Part, the sixth Chapter, and 4. §. and the other in the eight Part, beginning: Take Myrrhe elected, &c.

Item

Item, there is yet more good for this; oyl of Tyles, and oyl of sweet Almonds. This ensuing is also accompted for sure, and is many times proved.

Take Earthworms, put them in an earthen pot stopt with a cover on the top, that the Ants may run in and out, then set it so in the earth where the Ants abide the space of 3. or 4. daies, and there will ingender a water of it, with this water anoint the withered limbs very warm, this should be certain and approved.

In case also that the withered members be oftentimes rubbed with distilled Calves-gathe-rwater which is described before, then shall one find amendment.

But if this lameness and extenuation be caused through heat which happeneth seldom, then have you a bath for it, which shall be prescribed against the *Podagra*. Item, the salve also of Earthworms, of Cassie, and other things more be meet for this intent, therefore it is needlesse to write here any further of it, but this foot-water following is especially ordained for it,

Take Feverfew, *Stechados*, and Cowslips, of each one handful and a half, the roots of *Eringus*, and Mallows, of each two handfals, Mather, Hartwort, of each one handful and a half, *Peucedanum* half a handful, cut them all grosse and let them seeth together, afterwards wash the feet and the lame hands with it. You may also use a sweat bath, for that strengtheneth the lame joynts very much.

Of the hardnesse of the joynts. §. 4.

THere cometh sometimes also a hard swelling in the joynts, whereby they lose their motion and bowing; for which these plaisters ensuing made hard or soft are to be used: Take the grounds of the oyl of Violets which lye beneath in the pot two ounces, two ounces of the oyl of Lillies, oyl of white *Camelina*, and oyl of sweet Almonds, of each one ounce and a half, Saffron one scruple, Badgers grease one ounce, white Wax one quarter of an ounce, Rosin as much as will suffice.

Item, Take the plaister of *Oxycroceum*, *Sagapenum*, *Opopanacum*, and *Ammoniacum*, of each half a drach. Rosin three quarters of an ounce, white Wax 3. drach. the gums are to be dissolved in sharp Vinegar, then put the plaister, Wax, and Rosin unto it.

If there be any hard byles with it; then take *Ammoniacum* one ounce and a half, *Piretrum*, and *Euphorbium*, of each one drachme, Saltpeter half a drach. make a plaister thereof with Wax and Rosin.

Herewith will we now conclude the third sort of the Gout, and come to the fourth sort which is the chiefest.

Take Pitch, Rosin, ana. half a pound, Sheeps sewet tryed 3. 4. melt them, then put into it of Frankincense half a pound, Saffron powdered 3. 3. or 4. *Landannum* 3. 4. seeth them, and therewith make plaisters.

The eight Chapter.

Of the Gout or Podagra in the Feet.



He fourth sort of the Gout, as we have admonished at the first, is the well known Gout of the Feet, *Podagra*; in which we also contain the Gout of the hands *Chiragra*; for that under these two sorts of Gouts there is no great difference, but that the one doth manifest it self in the hands, the other in the feet: and this kind of Gout is thus described.

Podagra is a defluxion which very painfully assaileth the finews with heat and cold, wherewith also the parts adjacent, the joynts and the legs be plagued with swelling and pain.

As much as concerneth the name of this disease, which the Latinists have taken from the Grecians; this name *Podagra* is nought else but a snare wherewith Birds be caught by their feet, and therefore is this disease of the Gout likened unto this instrument, for that it doth catch men by the feet, and holdeth them caught therewith.

The Poets do also call this disease *Scrupens Humorem*, which is a stonie humour; for that

that the same will in the hands and feet alter into a stone, so that the same may at last be taken out without any pain: and like as we have admonished before, this disease cometh not only in the feet, but also in the hands, which is called by the Grecians *Chiragra*, which is a pain of the hands.

The causes of this gout are manifold; to wit, inward, and also outward; the outward may be caused through great heat, which causeth the matter to melt. Item, through great idlenesse, or through great labour presently after meat: Also through venery with a full stomach, and that same especially doth cause the *Podagra*. Also the learned do certainly affirm, that no man can be plagued with the *Podagra*, so long as he hath not yet used the venereal act. *Galen* doth also confirm the same saying, that he never knew any man which was infected with the Gout, either of the hands or feet, before that he hath had to do with women. Dainty eating and drinking is also a great cause of the *Podagra*.

And that all this is so, we will shew an example. *Plinie* writeth that these diseases were very strange and new in Italy in his time; for which cause it is named with that outlandish name *Podagra*. But what made them at that time and new, but that at the same time the Romans lived very moderately in eating and drinking? *Hippocrates* writeth, that no Eunuch, nor any woman as long as she hath her terms, can get the *Podagra*, neither yet can be bald: Touching which, *Galen* his interpreter saith, that the same in the time of *Hippocrates* was true: for that the people in those dayes did meetly much labour, and did eat and drink soberly. But now he saith, that people do lead another life by going idle and rioting: for that one doth find now adaies Eunuches which be subject to the Gout without lying with any woman at all, which they do get only through their ryoting and quaffing. And so is it with women which do also spoyl themselves through a disordered life, that they get their terms very little or not at all.

And to the contrary measurable labour, by moderate eating and drinking, yea by hunger and abstinence from Wine, the *Podagra* tarrieth away and is left behind, the which I have seen by a Citizen in my time of *Landsborough* called *Lucas Kesselin*, who living again according to the pleasure of the world, got the *Podagra* again. And when he was best in health, then did he ride otherwhiles a horseback with two servants who must lift him up upon the horse: but when he came in poverty and drank no Wine, and lived hardly, then did the *Podagra* seek another lodging. So that he being fifty years old, was faine to trot up and down the countrey with a Pedlars pack on his back over high mountains for to get his living.

This hath then his original cause; for if there be no superfluous humours fallen down into those places, then would there be no pain nor grief: neither would these defluxions settle themselves in the joynts, if the body were not overcharged vvith some superfluity. Now the mean to keep the body free from all superfluous humours, is, that the body be kept with moderate exercise, to the end the meat may be well digested.

Hereby appeareth now sufficiently, that the gout is not caused sooner of any thing in the world, then of idlenesse and of excessive ryot.

When as now the *Podagra* is caused of any inward occasion, then doth it happen thereby that one having weak legs and feet, the matter whether it be blood, *Cholera*, *Phlegma*, or *Melancholia*, each alone or mixed, might lightly fall into them, whereby it may well be understood, that the *Podagra* can be short, long continuing, hot or cold.

It is also sometimes an inheritance of the children from the parents, and hath his vertue in both the seeds, and is imparted unto the children, so that the gouty fathers and mothers may also ingender goutie children.

Now may we also write somewhat of the signs which do not only signifie the gout of the feet or *Podagra*, but also all pain of the joynts.

If this disease be caused through blood, then doth it appear with rednesse, and with great continual pain and smart; the urine is thick and red, the pulse strong and full, and the pain is more in the morning then in the evening. And if the Patient be by nature full of blood and sanguine, then doth the same pain increase daily. The same happeneth also when the party is young, hath lived easily, and if it be in the spring time.

The signs, if the gout proceed of *Cholera*, then is the pain sharp, the place of the pain is yellowish, the urine very red and thin, the ordure is also yellow and thin, the pulse is swift, the heat is great, and chiefly on the place of the pain. as one may perceive in feeling of it; all which doth yeeld more assurance, if the patient be young and cholerick of nature,

ture, and if he have done great labour before, or if the weather be hot and he hath taken much hot meat and drink.

If this disease come of *Phlegma*, then is the pain not very great: also the part of the pain is not altered of colour, the urine is whitish and thick, the going to stoole is slimy, and the body in feeling is alwayes cold. And this manner of Gout is commonly alwayes in bodies which be cold of nature, and that in winter time, and after a disordered life in eating and drinking.

In Melancholick, bodies of the Gout commeth very seldome wherewith is also great pain, the Patient will be lean, the urine thin and crude. And this commonly happeneth in those bodies which be of a melancholick nature in the beginning of Winter. Sometimes this disease proceedeth through wind, whereby is a great and exceeding pain, the which by windie meats is increased and augmented.

How the Podagra is to be prevented. §. 1

When any one doth perceive and is assured, that this his sicknesse or disease commeth through heat, and that the time be at hand wherein he was wont to be assailed with it, then must he before whilst that he is well or in good estate (if he will by any kind of meanes be freed) be purged with those medicines which expell *Cholera*, and must refrain wine, even as all Physitians do advise, and in stead of these use some thin mead or drink, the decoction of Cinamom: for that mead is not onely good for the *Podagra*, but also requisite for all infirmities of the joynts. But if this Gout be caused through hot *Cholera*, then is Barly water rather commended, or water wherein Prunes be decocted. Item, temper fresh well water also with the juyce of Pomgranates. This also ensuing may be prepared: Take two ounces of Sugar, one handful of Barly, Raisins one handful, seethe them together in three pints of water unto the half: and if one will drink wine, then is there one half of this foresaid water to be tempered amongst it, or to drink some middle sort of cleer Beer. Further he must forbear all Hony meats, and all flesh. Also he is to eat and drink very little; but he is to sustain himself with Barly pap, Oaten pap, bread and Butter, and such like meates.

But what greater damages be found in this disease through sursetting is sufficiently shewed before.

The members also which are accustomably plagued with this pain, are to be restrained from overmuch motion, or from wearying himself too much, and that especially if the Patient be grosse and full of blood, and hath not a long time been let blood nor purged.

Of divers meanes whereby to free one from the Podagra. §. 2

These pills following are very highly commended; as that through the use of them many gouty people be not onely freed, but also healed all together: Take *Myrrha*, *Aloe*, *Lignum Aloes*, Cinamom, Mastick, and Rubarb, of each one quarter of an ounce, *Muscus*, five grains: make 36. or 40. pills with *Oxymel*, or as many as you please, whereof you are to take two or three every other day, and to continue thus the space of thirty dayes: afterwards, take every week once as much. But if so be that the *Podagra* do come in the mean while, then are pills to be used after the first manner.

First, take *Aloe*, Rubarb, *Species Hiera Galeni*, *Pillula sine quibus*, of each one drach. and a half, field Cypres four scruples steeped in wine: make pills thereof with Lavander water, and use them as all the rest: they be stronger then the former.

These Pills following hath the Emperor *Carolus* used against the *Podagra*: Take yellow *Mirebalani* *Chebuli*, and *Indi*, of each one drachme, oyl of sweet Almonds, one quarter of an ounce, the juyce of Roses, of Burrage, and of Fumitory, of each two ounces; temper them together, and let them stand in steep 24. hours, afterwards make it hot and wring it well out. This being all well done, then steep therein again half an ounce of Rubarb, *Indi Spica*, halfe scruple, Malmsey a spoonful, Wormwood water one ounce; let it then stand thus together steeped the space of ten hours, and afterwards wring it out hard.

Thirdly, take *Agaricus* one ounce, stone Salt four scruples, Ginger one scruple, Hony of Roses three scruples, *Oxymel* of Squills one quarter of an ounce, steep all together 24. hours in white Wine and wring it out well.

Fourthly,

Fourthly, take *Aloe* which is washed with Endive water, and *Manna*, of each one ounce, fresh Cassie two ounces, *Bdellium* two scruples, temper them well together in the foresaid boyled and steeped Colatures. Lastly, all being well tempered, then set them all together in the Sun stirring it often about, and when it is well dried, then form pills thereof.

Of these pills shall you take one every morning: they have a marvellous efficacy in preventing the *Podagra*: so that it is said, if one do not ryot, that one shall be holpen thereof in fifteen dayes. In the first part of this book, in the twelfth chapter, in the description of the Balsam you have a very costly salve, beginning thus. Take Bayberries, &c. which freeeth one marvellous much of the *Podagra*. Item, if one set his feet in warm Smiths water, or foment them over the vapour of the same water: it is also very good to chew every morning a little Mastick.

Use the oyntments and meanes mentioned in the 6. chapter before going §. 1. And purge with convenient purges.

How the Podagra is to be purged. §. 3.

IF so be that the *Podagra* be caused onely through *Cholera* and heat, then is this Syrup following to be prepared: Take Endive three handfuls, Roses one ounce and a half, red, white, and yellow Saunders all together one ounce, see the it well, and wring it out: then put unto this decoction twelve ounces of Sugar, and see the it to a syrup like as all other syrups be decocted: give thereof one ounce and a half with Endive water four or five times together, and then take these purgations ensuing after it: Take of the Electuary of the juyce of Roses five drachmes with the foresaid water, which is especial good for the joynts.

Or take fresh Figs half an ounce, Currans five drachmes, the rinds of yellow Mirobalans one ounce, let them steep a whole night, and see the them a little: then take of this decoction three ounces, and temper therein of the foresaid confection of Roses, and give it very warm early in the morning. Or if you had rather have pills, then take *Aloe* one drach. *Diagridii* five graines, Roses three graines, *Hermadailli* half a drach: make pills of it with the juyce of Roses; they be much commended.

If there happen great pain with this kind of hot Gout, then may two kinds of plaisters be prepared for it, whereof one is to be layd upon the place of the pain, therewith to stop the defluxion, and the other on the top of it for to assuage the pain. The first is thus made: Take Myrtle seed, the seed of *Ruscus* and *Bolus*, of each half an ounce, red and white Saunders, the juyce of Sloes, Pomgranate blossomes and peeles, Gals, of each one drachme, Rose water and Plantaine water, of each three drachmes, oyl of Roses one ounce and a half, Barly meal as much as will suffice for to make a plaister or pap. The other: Take red and white Saunders, Starch, and washt Ceruse, of each one quarter of an ounce, Poppie seed half an ounce, Camphir, one scruple, oyl of Roses three ounces, unsalted Butter one ounce and a half, the seed of Fleawort one drachme and a half, and two yolks of Eggs, temper them all together, and lay them upon it as is before said. An easier: Take the oyl of Roses three ounces, Vinegar half an ounce, temper them all together, and anoint the place of the pain with it; it assuageth the pain, and hindereth the defluxion.

Now when as these defluxions do first of all begin, then be salves, Oyles, and other things more used and applyed unto it, for which you may take one of these ensuing which you please: Take small powdered *Bolus* two ounces, Rose water, and water of Nightshade, of each one ounce, two or three drops of Vinegar: temper them well together and strike it thereon with a feather, or dip a cloth in it and lay it over the swelling: when it is dry, then take fresh, but alwayes warm. Item, take oyl of Roses, see the Eerab-worms in it, Mastick is also especial good. This following should be a special secret; see the Earth-wormes and Froggs in oyl of Roses until they be almost all consumed, then wring them out hard through a cloth, and anoint it very warm on the place of the pain. This ensuing is not unlike to the former: Take of the oldest Sallad oyl that you can get, twelve ounces, and twelve water Frogs, chop them very small and see the them well, when they be almost sodden enough, then temper therewith the juyce of Housleeke, and the juyce of Stonecrop, of each two ounces, then let it see the so long until the moysture be wasted away: afterwards wring it out, and use it as before.

Some

Some do commend above all things the muscilage of Frogs to be laid warm unto it, which is thus made: Take in the Spring green Frogs before they begin to cast their sperm, take out the bowels, and hang them on a thred to dry in the Sun until they begin to be somewhat dry, then pour Sallad oyl unto them, and let them seeth meetly well together, then wring them out, it is especial good for the sinews. Item, take Badgers grease and Turpentine, of each one ounce, Frankincense half an ounce, Wax as much as will suffice for to make a salve of it. Or take Poplar salve two ounces, small powdered *Bolus*, and oyl of Roses, of each half an ounce, temper them together unto a salve. This ensuing is also good for it; Take four yolks of eggs, Saffron one drachme, oyl of Roses two ounces, temper them well together, and use them as before. A principal good one: Take Vine Snails as many as you will, put them into a pot, and lay a tin lid upon it, afterwards whelme the same pot over another pot, and then set it over the fire, to the end that they may rost by little and little. This being done, the oyl will drop into the nethermost pot, and with this oyl anoint the hot gouts thorowly. Item, seeth ten eggs very hard, cut them overthwart, fill the whites with powdered Myrrhe; afterwards bind them together again, and lay them the space of 15. daies in a celler, or longer; then will a water drop out of it, which you may anoint upon the gout as a salve. In like manner fresh Castie is also much commended, with the muscilage of Fleawort, for all pain of the joynts through heat.

This ensuing asswageth the pain marvellously: Take the seed of Fleawort two ounces, seeth it in sufficient water until it be very slimie, afterwards wring it out very hard through a cloth: In this muscilage or slime melt one ounce and a half of Wax, Sallad oyl three ounces, let it then seeth a good while, stirring it alwayes equally about until it be cold.

Another of like force: Take oyl of Wallflowers two ounces, oyl of sweet Almonds, and oyl of *Camelina*, of each one ounce and a half, Butter one ounce, Saffron one drachme and a half, white Wax one ounce and a half, Dill seed, Camomil, and Ducks grease, of each half an ounce, three yolks of Eggs, then temper them one amongst another, and make a salve thereof.

Item, take wheat bran two handfuls, Vinecuist as much as will suffice for to make a poultice of it, Salt one quarter of an ounce; let it seeth a little together, and then lay it warm upon it, you shall hardly find any thing else that doth more assuage the pain. Item, take Barly meal or Pease meal, and powdered Roses, of each three ounces, white Wine as much as wil suffice for to make a pap thereof, then let it seeth a good while: if you will, you may also put a drach. of Mastick unto it.

Some do seeth Bran in three parts of water and one part of Vinegar, and so lay it upon it, and let it lye five or six hours upon it.

This also ensuing is thought to assuage all whatsoever; Take three ounces of unripe Sallad oyl, Saffron one drachme, four yolks of eggs, oyl of Roses four ounces: let the oyl seeth a good while, and when it beginneth to be cold, then temper the yolks amongst it, stirring it alwaies well about: afterwards Starch and Barly meal, of each one ounce and a half, and at the last Saffron: if you will have it more forcible, then put Butter unto it and *Bdellium*, of each one drachme: then steep them all together until the same be thorowly consumed, and afterwards temper the rest with it. Item, take the crums of white bread, steep them a good while in sweet milk, and then seeth them together to pap: now when it beginneth to cool, then temper a yolk or two of eggs amongst it, and a little oyl of Roses, and so lay it upon the swelling and pain. Some do temper Butter, Ducks or Goose grease, and Sugar also amongst it.

Another: Take Plantain seed, and Linseed, of each two handfuls, seeth them very soft until all the water be almost gone, then temper amongst it crums of white bread as much as you please: afterwards stamp them well together, and temper it with the oyl of Roses; and when the pain is very great, then is the juice of cooling herbs to be tempered amongst it, yea very well three or four greins of *Opium*, and one drachme of Saffron, like as the same may be very well done in the foresaid crums of white bread.

This also following is very good; Take Camomil, and Melilot, of each one ounce, Mallowes and Hollibock roots, of each half a handful, Fenegreek meal, Linseed meal, and Barly meal, of each one ounce: cut the herbs small, and seethe them mellow: afterwards wring them out, and stamp them well: last of all, mingle with the said meals

meals oyl of Roses, and oyl of Camomil, of each five ounces or more, then make pap therewith, and lay it over the pain, and renew the same oftentimes. Item, seeth wheat meal and red Wine to pap in fresh sweet milk: for this, is also good Bean meal decocted to pap in fresh sweet milk. These four oyles following be also commonly used for the Gout; to wit, oyl of Lillies, of Camomil, of sweet Almonds, and of Wallflowers, with which we do commonly temper Caslie extracted with vinegar, like as before there is also mention made of the oyl of Poplar buds.

Or take powdered Henbane seed, put it into a bag, and let it warm well, and so lay it upon the pain. Item, in great outward pain take Cowmilk six ounces, *Opium* half a scruple, crums of Rie bread, and these being well powdred as much as you please, make a soft plaister of it. In like manner you may also use the juice of Nightshade and of Plantain being tempered all together, or each apart.

By all these foresaid remedies may easily be marked, that all these simple things following be especial good for the hot *Podagra*; as namely, Nightshade, Housleek, Lettice, Endive, *Mirtus*, Muscilage of Fleawort, Vinegar, Rose water, Bolus, &c. in the 16. Chapter, and 4. §. of the hot Kidneyes.

Of the old Gout or *Podagra*, and of his pain. §. 4.

IF there be found with the pain of the Joynts, neither rednesse nor heat, and the Patient be of a cold nature, and that one be cold in the feeling, then may it easily be perceived that the cause proceedeth of cold. For this the Patient is to prepare himself to purge with these potions following: Take Sage, Cowslips, and field Cypres, of each one handful: seeth them all together in sufficient water until the third part be wasted: Unto this decoction put twelve ounces of Sugar, and then make a clarified sirup of it. If the matter be fluxible of it self, then is this following to be prepared; Take Calamus and Gentian, of each two ounces, Hartwort one ounce, S. Johns wort, Sage, field Cypres, Cowslips, Bayberries and *Chamadryos*, of each one handful, Annis, Fennel, and Piony seed, of each one ounce, Basil seed, Cinamom, of each half an ounce, seeth them all together in sufficient water even to the half; afterwards wring it out, and make it with six ounces of Hony, and nine ounces of Sugar unto a clarified sirup; give them one ounce and a half with some distilled water in the morning fasting. For a purgation is this following to be used; Take *Turbith* half an ounce, *Hermoadactili* one quarter of an ounce, *Diagridion* one drach. Mastick half a scruple, Sugar one ounce: then make a powder of it, and give thereof the fourth part at once, but no more for it is very strong. If you will, you may make pills thereof without the Sugar: but the pills of *Hermoadactyli* exceed all other pills, viz. in purging all phlegmatick humours. They have also an astringent vertue, whereby they obstruct the conduits where the defluxions take their course, Treacle and Mithridate are to be taken of gouty men one drachme, or one drachme and a half with great avail twice a week.

Item, take field Cypres powdered very small half a drachme, Turpentine 3. drachmes; temper them together, and take it with a wafer, or with fresh broth: it is also good for all lameness. These Patients are also to be bathed and fomented with this ensuing; Take Sage, Rosemary, Pennyroyal, Rue, Mints, Horehound, Marjoram gentle, Marjoram, Lavander, and Pomgranate peeles, of each one handful, seeth them all together in good Wine: afterwards strain the broth through a cloth, and put three ounces of butter unto it, and -hen put the feet therein, whether it be with pain or without pain, and lay the decocted herbs very warm upon it.

Item, when the place of the pain is fomented with boyled Fenegreek, then will the pain be thereby asswaged: Or take stinging Nettles, seeth them in water and foment with the damp of the same, and so lay the herbs warm upon it. The oyl of Foxes is also marvellous good for the *Podagra*, and for all pain of the joynts, like as is also the oyl of Tiles, and oyl of Sulphur, which be both hot and piercing.

Hereafter do more plaisters and other things ensue to be laid upon it; and that after the place of the disease hath been fomented or anointed with any salve, and the afflux of humours is somewhat ceased: Take boyled Alehoof and lay it therein and hold still the feet.

Further, it is much advised, that for the cold *Podagra*, there shall be two kinds of Plaisters prepared. First, take Cypres Nuts, Mastick, Myrrhe, and Frankincense, of each one quarter

quarter of an ounce, Gum, Dragagant, of each three drachmes, Sage water six ounces, Vinegar half an ounce: pownd all small that are to be pownded, and then make a meetly soft pap of it, or a plaister with Barley meal, and lay it upon the place of the pain.

Another: Take the muscilage of Fenegreek, and of Linseed, of each one ounce, salt Butter, oyl of white *Camelina*, or oyl of Roses, and burnt ashes of Colewort stalks, of each two ounces, Wax as much as will suffice for to make a plaister or salve of it: lay it or spread it upon the pain of the disease, it asswageth pain; the plaister *Diachylon* is also to be used for it.

Item, take soft Storax, Bevercod, *Euphorbium*, *Myrrha*, *Aloe*, and the juice of Sloes, of each a like quantity, Wine as much as you please; let it seeth well together and then wet a cloth therein and lay over it. Or dip a cloth in the warm decoction of *Ebnlus*. Before certain plaisters are described, of the crums of white bread; temper with one of the same one drach. and a half, or two drachmes of the powder of *Hermoadtlyli* and so lay upon it.

Item, seeth Onions in water, and make a cloth wet in it and lay it thereon. Or rost certain Onions, stamp them very small, spread it on a cloth and lay it thereon.

The common people do use Cow dung, and lay it thereon instead of a plaister; Also the distilled Cowdung may be laid upon it. Item, take the decoction of Rape, and lay it thereon. You are also to pownd Turneps, and to temper them with oyl of Roses, and to lay the same upon it. In like manner temper sodden, stamped and well salted Turneps, with about so much Bran as Turneps, and with sufficient oyl of Violets, make a plaister of it. Item, take a bag filled with Linseed, seeth it well, and lay it over the pain. These be now simple things which warm the joynts; to wit, S. Johns wort, *Hermoadtlyli*, *Ammoniacum*, *Euphorbium*, *Myrrha*, Squils, *Asarabacca*, Bevercod, liquid Storax, Cresses, Cowdung, Marjoram, Mints, white Mustard seed, Pine Apples, Capers roots, field Cypress, Camomil, Elecampane roots, *Gallia*, Radish, Rue, *Sagapenum*, and Vinegar of Squils, &c.

Some do advise, that for the *Podagra* there be made an issue, which is a running hole into the leg, which is alwaies to be kept open, whereby the matter may have issue. How this is to be done, shall be taught in the sixt Part, in the discourse of the Plague.

Others do raise blisters the breadth of four fingers under the knees on the outside of the leg, opening the same, and letting the water to run out: whereof we have in other places more of this book made declaration.

For the swellings and hardnesse of the joynts by means of the Gout, use *Emplastrum Diatesseron*.

Or R. of yellow Wax $\frac{3}{4}$. marrow of the thigh bone of a Cowe, fat of Ducks and of Hens, muscilage of Marshmallowes, and muscilage of Fenegreek q.s. Hyssop juice, as much as of the muscilages, oyl of Lillies $\frac{3}{2}$. and a little Turpentine if you please.

An especial and well approved Remedy for the Gout. S. 3.

First is this powder to be prepared; Take two kinds of *Chamedrys*, which is field Cypress and *Chamedrys*, Gentian, Centory flowers, *Rapontica*, the right *Aristolgia rotunda*, (whereof is sufficient store brought out of Switzerland) of each a like much; stamp each apart: afterwards temper them together, and use it thus. After the necessary purgation, whereof we have sufficiently spoken before, take the space of fourty dayes together, one drachme every morning of this said powder in the Sommer time with small Beer, and in Winter with Wine or Meade: Afterwards use no more but half a drach. and so prosecute this course the space of a whole year.

If so be that the body be bound in the mean while, then is the Patient to use twice every moneth these pils following; Take Mastick, Myrrhe, Cynamom, Aloe, and Rubarb, of each one scruple; being all pownded small, then make ten pils thereof with Hony of Roses, and take two or three at once. They be very weak, so that one may use the more thereof if he please. In the mean while the Patient must order himself very moderately in eating and drinking. Through this be many gouty persons thoroughly healed of the *Podagra*.

The direction for the Gout, sent to Charles the Emperour. §. 6.

THis advice or remedy was sent to the Emperour *Charles* his Majestie of famous memory, from *Francisco Toralto*, a Lord in the Kingdom of *Naples*, who had lien most miserably the space of fourteen years of the Gout: Take clean milk of a black Goat, and turn it with Figmilk, or if you have it not, wherewith you will; strain out the whay, and let the rest seeth in an earthen pot; scum it well, and let of three parts twain seeth away, and then strain it once again, to the end there remain no curds in it at all: afterwards, take the uppermost of Burrage a good part, and according to that there is much Whay, with some other things more which be meet for the *Podagra*, and according to that the *Podagra* doth proceed through heat or cold, let it steep well therein: afterwards strain it through a cloth, and drink of it once or twice a day. But if so be that the pain be intolerable great, then steep in the foresaid Whay wherein the Burrage and other things be steeped, one drach. or one drach. and a half of *Agaricus*: Take of this Whay ten or twelve ounces according to the quality of the sicknesse, and according as he can easily go to stool, and temper amongst it *Oxymel* of Hony of Roses, or (which is better) *Oxymel* of Squils two ounces: you are to drink of it in the morning as warm as you can, and to fast four hours after it at least. Further, he is in the mean time to exercise himself with walking and going: afterwards he is during the space of five or six daies to drink of this Whay without *Agaricus*, and that is to be done once every moneth.

And he is especially to endeavour himself to drink this in winter, for that it is sufficient if he do this twice a year. And this is especially to be done when one perceiveth that the *Podagra* is instant, thereby to be free: and although it appeared already, yet are you to proceed forward with it. What remedies are then to be used for it, may be seen and chosen out of the forementioned things. The letting of blood must be principally in the beginning of the spring, and before the pain ariseth; like as one may see and read more at large in the 2. §.

But above all things is a good dyet commended: for if the same be not kept, then may all other things help but little. This is now the principallest and the total of all, that *Toralto* communicated to the Emperours Majestie.

The order of dyet which is to be observed in this disease, may you perceive by all that which hath been said before, whereof also you shall find all things more amply described in the beginning of the sixth Chapter, where we have discoursed of the pain of the hips, that above all other things, Wine is chiefly forbidden unto all gouty people, as hath been before expressed. The decoction of Cinamom, Mead, &c. are they to drink, as is there admonished.

When any one doth go but ill after the Gout of the feet. §. 7.

THis debility of the feet doth sufficiently shew, that there is still some flegmatick matter present which ought to be expelled, whereto these pills ensaing are to be prepared: Take prepared Aloe half an ounce, Coloquint one drachme, *Diagridion* half a drachme, *Hermodytyli* half an ounce: temper them all together, and make seven pills of one drachme thereof: Afterwards, take every fourteen daies six thereof, and fast six hours upon it. In the mean time is he alwaies the fifth day to take one of them before supper.

Secondly, he is to use this confection following; Take *Species de Xiloaloe*, *Species Diatrionpipereon*, of each one drach. white Saunders, Violet and Sorrel seed, of each one scrup. Sugar six ounces decocted in water of *Asarabacca*, or water of Parsley; make Sugar plates thereof, and then take daily before noon and after noon, or at leastwise once a day of it, 3. drachmes at the least; and continue this the space of one whole moneth.

Thirdly, take one pinte and a half of Smiths water, and seeth therein fifteen or sixteen Cypres nuts, fourty or fifty Gals, *Hermodytyli*, and Piony roots, of each one ounce, until the third Part be wasted away. He is afterwards to rub the sick person from the knees unto the soles of the feet, letting it be made moist, to wit, once a day alwaies before meat.

Fourthly, take unripe Sallad oyl one ounce, *Sandaraca*, Mastick, and burnt Ivorie, of each one drach. temper this together, and therewith anoint after the former rubbing all the

the parts very warm which be weakened through the Gout, and continue it thus with rubbing, until they be thoroughly strengthened again, and grow to be well.

Fifthly, when the sick person hath used certain dayes to wash and anoint, and findeth neverthelesse no perfect amendment: then is this salve following to be used, like as the other precedent: Take Dragons blood, fine Bolus, *Sandaraca*, the juyce of Sloes, *Mastic*, *Frankincense* and *Myrrhe*, of each one quarter of an ounce, Sealed earth and Starch, of each one ounce, the juyce of Plantain and of *Roses*, of each one ounce and a half: then temper them a long time together in a mortar unto a salve.

These be now the very best and necessariest remedies, which of all ancient and later Physitians be prescribed for all the joynts of the body; God Almighty the chief and best Physitian give his blessing unto it.

What things they be which convey the medicines towards the joynts. §. 8.

Amongst all other things which be written of the joynts, we have yet to speak of this: which be the things that convey the medicines towards the joynts; amongst which, the chiefeft that are to be esteemed, be roasted Squils, Ginger, Calamus, which is the right *Acorus*, Pennyroyal, *Opopanax*, both of the kinds of Germinder, the seed *Amomum*, and other more.

The ninth Chapter.

Of the outward accidents of the Joynts and Members.

From the third Chapter hitherto we have discoursed of many kinds of diseases of the outward members, which are most of all caused through outward causes and defluxions: here will we now in this last Chapter adde certain outward accidents; as, when the outward members or joynts be beaten or strained.

Secondly, we will also admonish somewhat of the fracture of the bones. And because that by this there falleth otherwhiles some putrifaction of the bones, therefore will we here also discourse somewhat of it: and because that all this cannot be effected without great pain, we will shew withal, how that the same pain is to be asswaged. Lastly, how that the numbnesse and unsensiblenesse of the members may be prevented and cured.

Of strained members. §. 1.

If any one have strained any one member through falling or beating, and the same happened to swell without great heat, then take the salve *Dialthea* one ounce, oyl of Camomil and of Dill, of each half an ounce, Wax a little, and anoint the place therewith.

Another. Take salve of Agrippa, of *Althea*, and of the white salve which followeth hereafter, of each half an ounce; temper them together, and anoint the place affected with it; for which the Alabaster salve is also good.

Item, take Barly meal, Fenegreek and Linseed, of each one ounce, Mallowes one handfull, Wormwood half a handfull, Camomil and Melilot, of each one handfull and a half: the herbs and flowers are you to seeth well, and then seeth the meal amongst it: then are you with oyl of *Roses* to make a soft plaister or pap of it.

Item, take Bean meal three ounces, Camomil, *Roses*, Wormwood, and Bran, of each one handfull: the herbs and flowers are you to seeth to pap in good red Wine; at last, let the Bran also seeth with it, and then with oyl of *Roses* make a plaister or pap of it. For this disease, it is also good to open the Liver vein and let out five or six ounces of blood according to the ability of the Patient. You may also lay fresh Cowdung upon this disease, and anoint the place about it with *Bolus* which is tempered with Vinegar. The expert Physitians do advise, that Cowdung should be tempered amongst oyl of *Roses*.

Item, take the whites of Eggs brayed well, and temper amongst it the powder of Wormwood as much as you please, and so lay them upon the bruised place.

The golden waters are also commended for this, but they be hot; but if so be that there be great heat with it, then need not one stay to open the vein, like as we have said before. But these diseases would be alwaies suppressed with cooling things: for which you have five kinds of white salves: Take Sallad oyl three quarters of an ounce, white Wax and Ceruse, of each two ounces, the white of an egge: the Wax and oyl are to be melted by a soft fire, and afterwards to be well tempered with the Ceruse, and the white of the Egg. This is not onely good for bruised members, but taketh away all the blew spots which be come of fals, blowes, and such like occasions. This is the common white salve which is alwaies ready at the Apothecaries, and is called *Unguentum Album*. The other salve. If so be that you desire to have this forementioned salve more cooling, then temper half a drachme of Camphire well amongst it, and this is then called at the Apothecaries *Unguentum Camphoratum*. The third white salve with Camphire. Take six ounces of the oyl of Roses, the whites of three eggs brayed well, white Wax one ounce and a half, Ceruse six ounces, Camphire broken in Rose water one drachme; melt the oyl and the wax together, and then afterwards temper the Camphire and the whites of eggs amongst it; afterwards put the Ceruse unto it bruised very small, bruise litharge of Gold wash'd in Rose water one drach. and a half, washt Ceruse half an ounce and half a drach. oyl of Roses three ounces and a half, white Wax about three quarters of an ounce: then melt the oyl and the Wax together, and temper the Ceruse and Litharge amongst it until it be thoroughly cold. All these foresaid Unguents do cool all hot swellings, of whatsoever causes the same may proceed: they do repel all raw places, and they do also cool all the heat of scalding or burning. The fift is *Unguentum de Cerusa*, whereof we have admonished so often in this book. The same is thus described by Mesua: Take Ceruse and Litharge of Gold, of each three quarters of an ounce, burnt lead, litharge of Silver, of each half an ounce, Mastick, Frankincense, of each two drach. and a half, oyl of Roses and Vinegar, as much as sufficeth for a salve: first pour the dry things into the mortar, and rub it very small: afterwards pour some Vineger, then some oyl unto it, stirring it well alwaies about until it be thick enough. This salve is also good for all salt *Phlegma*, and for all dry itch.

For a strain or bruise, fry stone horse dung with *Aqua vita*, and apply it hot. *Prob.*

Of the fractures of bones. §. 2.

THESE fractures of bones do the Grecians call *Catagma*. And although the setting, splinting, and binding of this fracture, and what else belongeth unto it, concerneth more the Chirurgions then Physitians: notwithstanding doth our common order and method aske a meanes wherby this disease might be holpen. Of which there is not a little spoken before, where we have discoursed of the lamed, extenuated, bruised, and strained members, which all together with the fractures of bones have a great communion, because they be also caused through such like occasions. First of all it happeneth oftentimes in this fracture, that the marrow in the bones (whereby they be sustained and nourished) is consumed and dried away: for which, you have a salve in the second Part and the fourth Chapter, of the marrow of a young Fole, which is marvellous good for it.

In like manner there is also described before in the seventh Chapter, and 2. §. yet one more of the marrow of a Stone horse, and other more which be there recited for the extenuation of the members, and all that is necessary for such like accidents. You have likewise four kinds of *Dialthaa* salves in the third Part, the 13. Chapter and 4. §. which be altogether meet for this. Neither is the crook back or crooked breast ought else but an eluxation or fracture of the back bone and ribs, as in the second Part may appear at large, which may there be seen. The plaister of a Ram is marvellously commended for this, which is described in the third Part, the third Chapter, and 1. §.

And for to augment the remedies which may serve for these fractures, we will adde plaisters, salves, sparadraps, applications, and all kind of things that are requisite for the fracture of the bones, which the Chyrurgions may use.

Take Wax five ounces and a half, *Ammoniacum* and *Galbanum*, of each two ounces; dissolve the Gum in Vineger, strain them thorough a cloth, let it seeth until the Vineger be wasted away, and melt the Wax amongst it.

Then take Camomil, Balm with the roots and Mallowes, of each one handful: chop

chop them and stamp them well, afterwards seeth them in two pound of May butter, and a pound and a half of Dogs grease, as long as one may seeth an egg hard: this being done, wring it out hard, and stir the molten Wax with the Gums amongst it. When it is almost cold, then take one ounce and a half of Bevercod, oyl of Camomil two ounces and a half, of Bayes sixteen ounces, temper all together and keep it in a pot; this salve do the Chyrurgions esteem to be an especial secret. And if you will use it, then take not too much at one time; make it warm and rub well the place with it; afterwards lay this sear-cloth following upon it.

Take Wax three ounces, Rosin one ounce and a half, Mastick one ounce, *Galbanum*, and Frankincense, of each three quarters of an ounce: dissolve the *Galbanum* in a little Vinegar; stamp all that is to be stamped; melt the Wax and Rosin in an ounce of oyl: strain it afterwards thorough a cloth, and have a cloth ready as big as the sear-cloth must be. Lastly, soke it therein, and after the anointing apply it upon the place affected.

Others: Take four ounces of Sallad oyl, melt therein half an ounce of Wax: when it is almost cold, then stir half an ounce of powdered Mastick amongst it, and use it as before.

Item; Take white Wax, and Frankincense, of each half an ounce, of oyl of Linseed four ounces; melt them all together and draw a cloth thorough it. Item, take Wax and fresh Butter, of each a like quantity, melt them together: these two be especial good against all swellings.

Another. Take Fenegreek meal as much as you please, seeth it in water and put powdered Comfrey unto it, until it be as it were grout, then apply it to the fracture.

Item, take litharge of Gold, fine Bolus, and Comfrey, of each three ounces, Bean meal one ounce and a half; pound them all together, and pour good Vinegar unto it, and let it stand so one night: afterwards put molten Wax and Rosin unto it, of each 3. ounces, Sallad oyl twelve ounces, then temper them all together on the fire, and let it seeth well until that the Vinegar be consumed: When it is almost cold, then stirre 3. 2. of powdered Dragagant steeped in wine or Vinegar amongst it, that it be like unto Gelly. Or take Rosin five ounces, Saffron, *Euphorbium*, and long Pepper, of each one drachme, *Aqua vita* one ounce and a half, stamp all that is to be stamped; dissolve the Rosin in *Aqua vita*, and then let it seeth altogether until that the *Aqua vita* be boyled away, then take Wax as much as is needful for a plaister: this plaister is also very good for all other ruptures.

Item; Take Turpentine and Wax, of each four ounces, *Galbanum* three quarters of an ounce, *Ammoniacum* half an ounce: dissolve the Gums in Wine, and then temper them all together; when it is almost cold, then put one quarter of an ounce of Myrrhe, and as much Turpentine unto it, and make a plaister of it. In like manner you have in the third Part, and the third Chapter, one more beginning thus; Take Dragons blood, &c. And yet one other in the second Part, the third Chapter, and 5. §. beginning thus; Take Pitch, &c. Item, one more in the first Part, the first Chapter, and 1. §. which be all together very good for the fractures of bones.

For the putrifaction of the bones. §. 3.

Take burnt Lead two ounces, Myrrhe half an ounce, Aloe, *Opopanaxum*, Iron dross, burnt Squinant, and the rinds of the Fir tree, of each one drachme, then make a powder of it, and strew it upon the putrified bone; for it separateth the same, and healeth marvellously.

Take *Canterbury* bells, pound them small, and strew this powder also upon it. The same operation hath the water also wherein *Sal Armoniack* is decocted.

Here follow some especial things for the pain of the Joynts. §. 4.

It happeneth also otherwhiles, that in the uttermost parts of the members, as in the hands and feet, there cometh great pain, whether it be of the foresaid causes or of something else that hath fallen, or been laid upon them, which may well be caused both of heat and cold.

But if so be that heat cause this pain, then doth it appear with rednesse, with hardnesse,

and with swelling, which is also a sign of some impostume to come. But if it be caused through cold, then is the pain without any rednesse or heat: but with deafnesse, pensivenesse, palenesse, and sometime with a dry itching scurfie.

When as these signs be present, they give commonly to understand, that there might follow of it a palsey or *Paralysis*, and an extinguishment of all natural heat.

If this disease come through some outward causes, then look on the same parts, whether they be redder than any other. Then is it to be anointed with cooling oyls, as with oyl of Roses, of Violets, of water Lillies, and such like.

The letting of blood is very good for this: as if the pain be in the feet, then open the vein in the arm on the same side, &c.

If it be caused through drith, and that neither rednesse nor whitnesse can be perceived, and neverthelesse the member seemeth to be paler from day to day; then let warm water fall from on high upon it, and afterwards let it be anointed with the salve which is molten together of oyl and white Wax.

But if you have this salve stronger, then use that *Anodion* which is described in the second part, the fift Chapter, and 18. §. or any other which be specified in the pain of the *Podagra*. But if the place be somewhat greater or swollen up, and that in feeling it be found somewhat coolish, then is it to be rubbed oftentimes with warm clothes that the pores or vents might open, and afterwards let this fomenting be made ready. Take Camomil, Marjoram, and *Stechados*, of each one handful; seeth them, and hold the member over the vapour. Or take a sponge being made wet therein, and so lay it warm upon it: you must also let warm water upon it from on high: Afterwards anoint the member with oyl of Wal-flowers, of Costus, of Lillies, or any such like, which be warm by nature. In eating and drinking he is to keep himself sober, and to exercise himself much, and to bath. And if so be that this will not help sufficiently, then is he to be purged of all flegmatick humors, as with the pills de *Hermodyllyis*, *Fœtidis*, and *Medicamine Turbith*. Lastly, and in need he is to use those things which be described in the first Part, the twelfth Chapter, and 13. §. of *Paralysis*.

Of the insensiblenesse, shaking, and numbnesse of the Limbs. §. 5.

OF all these diseases we have in the first part very largely and amply written: likewise also every where in the fourth part: which means may also be used in all these accidents: but especially there be very good for this two sure golden waters, which shall be hereafter described in the last part amongst other vital waters, whether it be that they be used outwardly, or drunk inwardly; for they be good for all diseases of the outward members and joynts, like as is this also following: Take dry Willow wood, and burn it in two pots, one above the other, like as the oyl of Juniper wood is wont to be made, and with the oyl that runneth out into the nethermost pot, anoint the place affected the space of 9. daies.

Another; take Quinces which rot upon the tree, Bevercod, Bayberries, Sage, and Juniper berries, of each a like quantity; stamp them, and cut them meetly grosse; afterward seethe it all together in good wine, and then rub the joynts with it. These two things aforesaid be very highly commended of the common people.

If so be that there be any thing discovered, not onely that concerneth the fractures of the bones, but also this whole fourth part of the joynts and outward members, wherein may be any want; thereof must advice be had with expert Physitians and Chirurgions, and so we will conclude therewith this fourth Part.



The fifth part of this Book comprehendeth all the
Accidents and Diseases, which do spread them-
selves abroad over the whole body.

IN the foresaid four parts we have most of all described all outward and inward parts of mans body, with all their accidental diseases: this fifth part shall discourse of those things which spread themselves abroad over the whole body: amongst which, outwardly is the skin, which covereth the whole body; inwardly are the veins, the blood, flesh, sinewes and bones. Item, other accidental things more, as heat, cold, *Phlegma*, *Melancholia*, fatnesse, leannesse, sleep, sweat, and such like.

To the Skin well we ascribe many kinds of diseases, to wit, what may hurt the same inwardly and outwardly; as all impostumes, ulcers, or boyls, warts, spots, blisters, clifts, itchings, scurfe, swellings, *Varices*, Carbuncles, and such like. Item, many other corroding ulcers, as *Fistulas*, Cankers, Grangreen, Pocks, Leprosie, *Cacoetes*, and many other incurable ulcers. Afterwards we will discourse of such things as hurt the skin on the outside, as burning or scalding by fire, by water, or Gunpowder, splints, thorns, all kinds of wounds, and whatsoever may appertain unto them. Lastly, of *Cicatrices*, which be left behind after the cure of the forementioned accidents.

The first Chapter.

Of the Skin.

THe Skin is by nature given to all living creatures that have blood in them, not onely for an ornament and defence, but also as a garment of the whole body, which in one place is found thicker, thinner and softer then in another.

The outwardmost Skin is of it self insensible, and more fine and thin in mankind, then in any other creature. The Skin within the hand, on the forehead, and for the most part over the whole face, and on the heels, can hardly be fleyed off, by reason that they be throughout knit and woven with sinews and muscles. In like manner, if there be no flesh with it, and that it were wounded, it would not be possible to heal the same together again; like as may be seen in the eyelids, in the foreskin, and other places more of the body.

What diseases or accidents this skin is subject to, we have discovered it before, and will also write somewhat more of it hereafter.

Of the inward causes which harm the Skin. §. I.

FOrasmuch as this fifth Part of our Practise of Physick doth not discourse of any other matter but of ulcers, anguishes, and impostumations, and such like accidents which harm the the skin; therefore we will discourse and write somewhat of it in general at the first, notwithstanding the difference which is between the ulcers and impostumes; like as in the third Part, the 11. Chapter, and 29. §. is declared.

Thus

Thus will we under the name of impostumations contain all that proceedeth and followeth after, which the Physitians do thus describe.

An impostume is a disease or malady which altereth one member or part of the body from his natural kind, into an unnatural constitution. Or an impostume is an unnatural Tumour or swelling of a member, through wind, blood, or water, which hath drawn one of these matters unto it.

This impostume may be caused of all the four humours, and also of a several humour, or of a mixed humour, and that in this manner: when any part is badly qualified, be it of whatsoever cause it will, or that any bad humours, winds, waters, or other superfluities have axcesse from any other part which is stronger then that whither they be sent, which is not able enough to expell the affluent humours from him; then there do they remain, and putrifie, and at the last impostumate.

When as such kinds of impostumes be called onely of blood, then do the Grecians call it *Phlegmonem*, which is an hot swelling, with great pain and beating.

For if any swellings be caused through *Phlegma*, or any other waterish moisture, then be they called *Oedema*, and it is a soft tumour without pain, and it is sometimes seen in dead bodies, in Hydropical persons, and in those parts which are extenuated.

If any swelling be caused through pure *Cholera*, then is the same called *Erysipelas*, which is the Rose. Of *Melancholia* cometh a hard swelling called *Schirrus*, the Canker and such like; which maladies do mix themselves oftentimes with divers other swellings, ulcers, and such like; as we shall especially write hereafter, and discourse of divers and sundry of them. But (as is said) we will begin with the first.

Of the Warts. S. 2.

How il-favoured this excrescence of the skin is to the sight, is sufficiently known unto all men, whereof there be also many kinds, some altogether dry, hard, black, and cleft or chopt: others be moist, running itchie, and where pain is to be felt in handling them. Their principal cause is a very burnt melancholick blood. Therefore ought such things first to be used as withstand the ingendring of melancholick blood, as we have elsewhere shewed, and shall hereafter declare more at large.

But amongst the things which may outwardly be used, be these following; Take Willow rinds and burn them to ashes; afterwards mix it with sharp vineger, and anoint the Warts with it, especially if they stand in secret place, or rub them with Asses milk, afterwards lay the foresaid on them being spread upon a cloth, then will they fall off without pain.

Item, take the juice of Celendine, and the juice of Purslain, of each one ounce, oyl of Sulphur one drachme and a half; then temper them together, and anoint them therewith. The same doth also oyl of Sulphur alone: Take the juice of Marigolds, and temper it with salve unto a plaister. Some do take Cranes eyes, and temper them with the juice of Onions and Salt unto a plaister, and so bind upon it. It is also said that red sealing Wax is very good for it; Take a garden Snail, strew it with Salt, put it into a glasse, then cometh there an oyl of it in the space of two daies, then anoint the Warts therewith and they will fall off.

You may also anoint them with the oyl *Camelina*. If they be so great that they may be tyed with a horse hair or any strong silken threed, then tye the thred from day to day fast about them, until they dry away and fall off.

With this are you also to note, that when there be many Warts together, like as commonly hapneth, you must begin first at the greatest, for that they have such a sympathy one with another, that when the greatest (being as the mother) hath her nourishment taken away, thereby the rest may easily be killed.

Item, burn them with a Rye straw, and take afterwards powdered Saffron, seeth it in Sallad oyl, and then put Salt unto it and Swines grease, to the end it may be as a salve, and then lay it upon them.

For this is also meet all that which is discovered in the fourth Part, the second chapter and 3. S. for the Corns. The warts require also a moderate dyer, and that he forbear all that ingender melancholick blood.

of

Of the Measels, red Gum, and of the small Pocks in general. §. 3.

Children are for the most part subject unto these diseases, and all ancient folks otherwhiles. And like as the same be perillous in young children, so be they more perillous in ancient people. They do come also through many kinds of means, sometimes like red spots; also with waterish blisters which outwardly appear clean over ones body upon the skin as big as Millet seed, which at last dry away and fall off. These be also (to tell the troth) not without great danger, especially if they happen through cold not to break out: or if they have appeared already upon the skin on the outside, and be stricken in again; for thereby do they make a narrowness of the breast, a short breath, hoarseness, disease of the throat, or of the mouth, and anguish of the whole body with great Agues.

The learned have sought out the causes of this breaking out of the small Pocks, Measels, and such like; therefore be they of opinion, that one bringeth the cause of this sickness with him out of his mothers womb when he is born. For that because as the fruit is nourished of the finest blood of his mothers Terms: so doth the uncleanness of that blood remain in the pores of the children, and in other places more, which nature afterwards driveth out in due time.

And because that all humane creatures be through such means and nourishment sustained and fed in their mothers womb, therefore doth it seldom happen that any kind of people can be old, without getting these Pocks or Measels, whereof this common false opinion is spread and grown amongst many people, that all children must once have these Pocks or Measels, whereby many mothers which have many children, if any of them get the Pocks or Measels, let them run one amongst another, whereby one child is infected of another, and so do catch the Pocks or Measels: saying besides the truth, that it is better that they get them in their childhood, then when they be grown in years. But this is none other (like as I have said) but a false opinion, for one may be freed of this sickness, through a good diet.

There be also other causes more concerning these maladies, viz. stincking aire, which doth heat the blood and other humours of the body, and troubleth them. Like as to be long conversant in the warm Sun: also to overcharge him with such meat which quickly corrupteth in the stomach, as fish and milk eaten together, through much bad blood, through omitting an accustomed letting of blood, and such like causes more.

The signs of these sicknesses be pain of the back, itch of the ears and of the nose, which come of the vapours of the corrupt matter, and are partly pestilential; therefore they have a frightful sleep, and the pricking may be felt over the whole body. With this they have also a slothfulness in all parts, redness of the face and of the eyes, and somewhat swelling; and they be so long pinched with sleepiness, until the Pocks do break out upon them every where.

And although (like as we have admonished) the Measels and the Pocks have one kind of cause, yet we will discourse of each apart, as much as is possible.

Of the Measels.

This is (as we have said) a common infirmity of children, and it also assaileth ancient and full grown people, so that they over the whole body (some lesse, other some more) are besprinkled with red spots. There is also great heat oftentimes with it, & a puriveness in the breast. In this sickness must one beware especially of cold, yea of open aire, and of hot meat and drink. And ancient persons are to order themselves, as we shall shew in discourse of the small Pocks. Common people do especially commend the Conserve of Eldern flowers, and the same rubbed upon the heated parts. But what is further convenient for this purpose, you may make choyce thereof according to the importance of the cause, out of the description ensuing of the small Pocks, what shall like you best.

Of the small Pocks. §. 5.

VHen as Children be assailed with these foresaid Measels or Pocks, and they will not break out, then take oyl of Camomil and good Wine, of each one ounce and a half, Saltpeter one drachme, seethe it together until all the Wine be waisted, and anoint the whole body with it when it is very well warmed. This potion following is very good for all aged people, and also for all young children. Take Citron peels one quarter of an ounce, four Dates one quarter of an ounce, Cicory roots half an ounce, the flowers of Buglosse and Burrage, of each half a handful: seethe them together in a pint of water until about the third part be consumed; afterwards strain it, and temper amongst it *Acetostatis Citri* two ounces, *de Corticibus Citri*, *de Succo Acetoso*, of each one ounce: give oftentimes a little of it, for it is very meet and pleasant.

Item, take Olive leaves two handfuls, Agrimony one handful; seethe it all together in good Wine, and drink thereof every morning three or four spoonfuls: it drieth up all affluent humours. But when these Pocks begin to fall away, then are these means following to be used, according to the importance of the cause: Take Cerusse half an ounce, oyl of Roses one ounce and a half, Camphir the quantity of a Pease, Saltpeter half a drachme, and two or three peeled Almonds, wherewith you are to chafe the Camphire. Afterwards temper one amongst the other, and therewith anoint the place of the Pocks: Or take Sallad oyl, and Cerusse as before: then temper them together with a little Vinegar and Rosewater, and use it as before. Some do also advise to take strong lee, which is hereafter described against the burning of Gunpowder.

Another sort of the small Pocks, which be called Swines Pocks. §. 6.

LIke as we have said before, these kind of Pocks be much like to the other before mentioned, and proceed also of the same cause, saving onely that these whereof we now write, be bigger, broader, and also with great anguish of the breast and of the breath: therefore may all be used for this, that is expressed for the troubled breast in the second Part, the fifth Chapter, and 9. §. aswell in old as in young people. But especially is this salve following to be ordained for it: Take fresh Butter, Oyl of sweet Almonds, and Goose grease, of each half an ounce, Wax as much as is needful. Some do put unto it half an ounce of Turpentine, and one ounce of liquid Storax: this is especial good, and also approved oftentimes.

Aged people be much advised to eat none other thing but Barly pap, or Oaten paps, and to drink Barly water. Take fourteen or fifteen Figs, Pistacies one quarter of an ounce, Fennel seed, the seeds of smallage and *Lacca* of each three drachmes, Lentils one ounce and a half, Dragagant half a drachme, Roses, Saunders, burnt Ivory, and Quince kernels, of each half an ounce; seethe them all together in three quarts of water, until a third part be waisted, and then drink a good draught thereof in the morning and evening. He is also to use oftentimes *Oxyssachara*, conserve of Roses, conserve of Raspes, the sirup of Sorrel, of Verjuice, and of Quinces, to make the blood thick with it, and to cool it. There is especially commended for this, the water of Lentils when it is boyled in the third liquor, to wit, the two first being powred out. If now it be feared that the Pocks should hurt the eyes, then is this following to be used for it: Take *Lycium*, the juyce of Sloes, and Saffron, of each one drachme, Camphire one Scruple; temper this all together in Rosewater, and drop it oftentimes into the eyes. If so be that now any Pocks or any rednesse be perceived on the apple of the eye, then use *Siefalbum*, and that according to the quality of the cause; for which yon may look into the Register, where you shall also the manner to make it. But if there do come any exulceration in the throat or mouth, then cleanse the same with Barly water, wherein sirup of Mulberries, wine of Pomgranats, and such like be decocted, and drink the same also softly. The juyce of Mints is also to be drawn up through the nose, tempered with Saunders Verjuice and Vinegar; the same also fumed is good for it. Now when as the Pocks do anguish the Lighs, then use *Diapapaver*. If there be any hoarsenesse or roughnesse of the throat, then look what is good for it in the place where we discourse of it; For which is also this gargarisation to be made with Licorice, Jujubes, Sebestes, and Figs decocted in water, and a little Dragagant dissolved in it, and then to cleanse the mouth with it, and sometimes to swallow down some of it. When as there is no Ague with, then is it
very

very good that one drink warm Goats milk. Now for to free the intrails from the Pocks, roasted Quinces are to be taken with Sugar, or the syrup of the same. If a scowring happen with it, look what is described in the third part, the eleventh chapter, and 13. §. Lastly all renowned and famous Physitians do advise (against the opinion of the common people) that one should about the seventh day open the Pocks, if they be ripe, with a golden needle, for to let out the matter, to the end that through their sharpnesse they should not eat inward, and leave great Cicatrises behind them. Make also a powder with Salt, Lentils meal, Bean meal, Pease meal, litharge of Gold and Ceruse: strew the parts with it, to the end that thereby the matter may dry. All which cannot be hurtful.

If so be that after healing of the Pocks there do remaine great dents, pits, or scars, then may these things ensuing be used.

Take *Sarcocolla*, Melon seed, washed Rice, whites of Eggs, Chalk, Bolus, or white Sugar: temper them with the oyl of Roses, or the oyl of Lillies, and therewith anoint the Cicatrises. Or instead of the oyl, take Hens grease.

Item, take the Caule of a young Goat or Kid, pour Goats milk upon it, then set it so in the Sun, and pour fresh milk every day upon it the space of one week; afterwards lay it the space of four daies in Rose water, and then hang it up to dry. This being done, shread it small, and put it into a silver beaker, and set it in boiling water: when it is molten, then strain it thorough a cloth, and anoint therewith the marks and small Pocks.

Of clefts in the Skin. §. 7.

YOU have in the first Part, the ninth Chapter, and 1. §. of the clefts in the lips. Item, in the third Part, the fifth Chapter, and 2. §. in the description of the places in women. And in the tenth Chapter and 11. §. of the clefts in the Arsegut. Also in the fourth Part, the first Chapter, and 7. §. of the clefts in the hands: all which remedies there described may be used for this our intent, and also all these that follow.

Take the green rinde of the Elder, steep it in a sufficient quantity of Sallad oyl, boyl them together, wring them out hard, and with wax make a salve of them. This salve is also very good to be used against the burning fire.

Item, take oyl of Roses, white wax, Frankincense, Mastick, and Hens grease, of each half an ounce, Ginger half a drachme; melt the Wax, the Oyl, and the grease together, and temper the rest amongst it.

Of the Itch in the skin. §. 8.

BEFORE we begin to write of the Scabs, we will first intreat of the dry itch of the skin. This is called in Latine *Pruritus*, which is a desire to rub and scatch, either the whole body or some part of it, by reason of the great itch, which is caused of some sharp humours, which do yet lye under the skin.

Also, if the humours (which are stirred up either by heat or by labour) be so tough, that they cannot transpire through the skin and the pores of the same, then do they cause an itch. Also Lice, Fleas, Ants, and Woodlice, do cause an itch. If one do but seldom change his apparel.

The inward causes may be an over-great heat of the liver, which doth ingender sharp and adust humors; also, debility of the vertue expulsive, as doth appear in aged folks. The signs of this itch are manifest, as that a body cannot sleep for it, and is hindered from doing his businesse aright.

Now to come to the remedies of the Itch, the Patient shall have a vein opened, be purged, and almost observe the same order which hereafter is prescribed against scabbednesse. A sweating bath and water baths are specially commended for this purpose, which being once used, and not turning away the itch, shew that the humours in quantity do abound which cause the same. This bathing is to be reiterated, and the body to be rubbed where it itcheth most with this receipt following: Take white Roses two ounces, beat them thoroughly with Vinegar, and adde one ounce of Bran unto them. The next day following bath again, and rub your body with powdered Smallage, with green Nutshells, or with Fenegreek. These itchy Patients are to forbear all manner of Salt and hot things, and especially all that might inflame or burn the blood.

If this itch be about the yard or member of a man, then take a quarter of an ounce of Ceruse, Sulphur viv. one drachme and a half, *Opium* half a drachme: make a salve of it with Vinegar: some do add two scruples of beaten Licebane unto it. If this itch be in the Arsegeut or in the womb, then take burnt Allum one quarter of an ounce, Argal one ounce, temper them with Vinegar, spread it on a cloth and so apply it.

Put white Mercurie 3. 2. into a quart of spring water, let it infuse and dissolve of it self; then after three dayes wash the itchie place with it. *Prob.*

But purging with convenient medicines is good for this

Of Scabbednesse. §. 9.

Scabbednesse is of divers kinds, some with scales, some with blisters, some with matter, and some without matter, some dry and red; but all of them with an intolerable itch, according to the nature of the humours which cause the same, and are mixed with the blood.

The cause of this infirmity, are the uses of all kind of hot, sharp, salt, and bitter meates, as spices, strong wine, oyl, Hony, want of change in apparel, to lie or deale with them that be scabbed, with many other inward causes, that proceed of an inflamed and corrupted blood.

The signs of all manner of scabbednesse are apparent, but of what kind of humour the same is caused, shall appear by these reasons following. If it be caused of blood, that may be known by the repletion of the body, rednesse of the parts, and if the blood or matter do issue forth in the scratching: the Patient hath a sweet tast in the mouth. But if this scabbednesse be caused of Salt phlegme, then is the skin yellowish, scaly, and reasonably full of matter. The Patient cannot be quiet for the itch, and after scratching findeth great pain and smarting. If it proceed of *Cholera*, then perceiveth he not onely a great drought of the joynts, but also in the scabs themselves, with pricking, burning, and small store of moysture: or if it be caused of Melancholick, then is the skin blackish, dry, with many scales, and without matter.

Now for to cure this common and well known grief, are these rules following to be observed diligently. First because the common cause of this disease is grosse and foul blood, first of all a vein ought to be opened. Secondly, after the letting of blood, is the body to be purged, and especially with Myrobalans, and Fumitory. Thirdly, because the itch and scabbednesse are ingendred of salt, sharp, sweet, and spiced meates, are the same wholly to be forborn. Fourthly, venery is to be shunned, because thereby the humours is drawn to the outside of the body, where it doth raise hot and stinking vapours, that disperse themselves under the skin. Fifthly, bathing, inunction, and whatsoever else may be used outwardly, doth small ease, unless the body be first thoroughly purged. Sixthly, in eating and drinking refrain all salt, sharp, sweet, and hot things. Seventhly, fowr and moyst meates that do not suddenly putrify in the stomach, are good for him. Eightly, because Peaches and some other herbs, also fish, milk, and such like do corrupt the blood, they are to be shunned. Ninthly, the Patient must forbear scratching as much as is possible, for thereby little pusses are turned into great scabs. Tenthly, the moyster that the scabbednesse is, the stronger remedies doth it require.

As concerning the cure of this infirmity, the opening of the Median or Liver vein is not to be omitted, and that as long as the Patient can endure it. Then is the humour to be prepared with *Oxyfaccbara*, syrup of Fumitory, and Pease broth, afterwards to purge with Cassy, with fowr Dates, Miobalans, with Dodder, or with Rubarb infused or sodden in whay of milk, but above all other things is Fumitory commended, whether it be the juyce, the syrup, the conserve, or decoctive potions, or whatsoever else may be made of it.

Sene leaves do the same, whereof thou may use those two kinds of potions in his scabbednesse which are described in the third part and 20. §.

Item, take powdered Sene leaves one drachme, strew them upon stewed Currans, and so eat them daily: use them so long, until thou be loose in the body, and as thy stomach will suffer thee. Some do commend the golden water which is described in the last Part, if a little of it be taken either inwardly, or anointed on the scabbednesse outwardly. After that the body hath been thoroughly purged, it is a common order to bath, otherwhiles in fair water, otherwhiles also in natural dry baths, each as you like it best. But those that cannot

cannot intend to travel to the dry baths, may take Salt, Allum, Brimstone, Argal, and such like according as the scabbednesse doth require, and so with water make a bath of them.

There are also many kinds of salves and oyles ordained for it, whereof divers shall be specified at this present : Take litharge of silver finely powdered two ounces, Vinegar 4. ounces, boyle them together until one third part be wasted, then add 2. ounces of oyl of Olives unto it, one ounce of Ceruse, then boyle them together until they be thick, stirring them continually.

Another : take Ceruse two ounces, litharge of Silver one ounce, Mastick, and Frankincense, of each two drach. beat them all together to fine powder, and mix them with 3. ounces of the oyl of Quinces, and in the tempering of them pour now and then 4. or 5. drops of Rose-water and Vinegar unto them.

In like manner you have also in the 4. Part, the 9. chapter and 1. §. five kinds of white salves, which one may also use with all security for scabbednesse.

Item, in the first Part, the third chapter. and 10. §. there is a good salve beginning thus : Take Turpentine &c.

Item, take Bayberries, Vinegar, and oyl of Olives as much as you please, and temper them all together to a salve, it is very good and safe. Take the roots of *Bistorta* one drachme, prepared *Sarcocolla* two drachmes and a half, *Sandaraca* four scruples, prepared *Tutia* one scruple, Turpentine washt with water of Fumitory four ounces, Camphire, half a scruple, temper amongst it six ounces of the next following salve of Elecampane roots.

Take the juice of Elecampane roots, and of Dock roots, of each three ounces, Salt-peter, *Sarcocolla*, the litharge of Silver and Mastick, of each 15. grains, Copperas and Allum, (called *Hamemum*) of each two scruples, mortified Quicksilver one drachme, the Butter, Pitch and Turpentine, must you melt together, and afterwards temper the other ingredients amongst it, and let it seethe with a soft fire until all the juyces be consumed : you are then to anoint the Patient therewith by a good fire, and that especially on the places where the most scabbednesse is : this salve draweth the corruption outward.

Another : Take washt Turpentine two ounces, washt Butter one ounce, Salt half an ounce, the juyce of three Limons, two yolks of Eggs brayed, oyl of Roses half an ounce, or as much as is needful for to make a thin salve : then temper it all together, it is a safe salve.

In the fourth Part, the seventh chapter, and third §. you have also a good salve, beginning thus : Take Sage, Mallowses, &c. which one may use very safely for all manner of scabs; or take Dock roots, pownd them very small, temper Vinegar amongst it. and salt it well ; with this are you to rub your self well in the bath when you will goe out of it, without wetting your self after it.

Item, take Dock roots, and Hollihock roots, of each two ounces and a half, Hellebore roots one ounce, Smallage half an ounce, seethe them all together in fresh well water until the third part be wasted : strain it, and put into this decoction one ounce and a half of Salt, Salt-peter one quarter of an ounce, fresh Butter, and oyl of Roses of each two ounces : let it seeth the second time until all the moysture be consumed, afterwards temper amongst it washt Turpentine one ounce, Treacle 3. drach. the juice of Limons, or of Oranges two ounces ; lastly, temper them all together.

Item, take the juice of Mints, liquid Storax, of each one ounce and a half, Salt 3. ounces, oyl of Roses two ounces and a half, and make a salve thereof.

The plaister *Diachilon* may also be well melted in oyl of Roses for the same use; Sulphur vive tempered with Turpentine, is also much commended for this. Or make it thus; Take Sulphur vive half an ounce, Salt as much also stampd small together, Sallad oyl two ounces, then make it to a salve with Wax, as thick as you desire. Take Ashes, Salt and Sulphur, of each one ounce, bind them all together in a fine cloth, and then seeth it in four ounces of Sallad oyl, and rub the scabbednesse therewith.

Another. Take Turpentine which is washt well with Rose water two ounces, oyl of Roses, oyl of Costus, and fresh Butter, of each half an ounce, Sulphur vive three drach. Salt-peter one quarter of an ounce, and two yolks of Eggs, then temper it upon warm ashes. Item, take washt Turpentine six ounces, Quick Lime two ounces, Soot of the chymney one quarter of an ounce, and temper them all together.

This salve following is much stronger then the forementioned : take the salve of Elecampane

campane roots, not long since described, 9. ounces, Myrrhe, Swines bread, Hartwort, powdered all together very small, of each one quarter of an ounce, Bean meal two ounces, Sene powder one quarter of an ounce, *Sal gemma*, two scruples, temper them all together unto a salve.

Some do take fresh butter and Swines bread, of each 4. ounces, Ceruse three drachmes, Quick-silver one drach. stir them to long together that you see the Quick-silver the more, and therewith anoint the place infected once a day.

Other do make it thus: They do take powdered Bayberries, and fresh May butter, of each four ounces, and melt it by the fire: when it is a little cold, then mix one drach. of Quicksilver amongst it, and afterwards the Bayberries, juyce of Nightshade, and juyce of Mallowses, of each three quarters of an ounce: if one cannot get the juices, then take the powdered herbs, and if so be that the salve be not tough enough, then put a little Turpentine unto it.

Item, take mans greafe, Rose water and Quicksilver, each according to his weight, like as it is said before in this last salve and anoint therewith the scabbed place once a day.

Another. Take a small Cruise full of rain water, and put therein one drachme of *Mercurii sublimati*, so let it seeth together in a glasse with a narrow neck by a soft fire: and when it is cold, then temper therewith the juice of Limons, and Rosewater, of each half an ounce, and use it as before. Some do take *Aqua vine*, and therein do they seethe a little Quicksilver, and therewith anoint the scabs.

Item, take Swines greafe two ounces and a half, oyl of Bayberries one ounce, mortified Quicksilver, Frankincense and Mastick, of each one drach. Salt two ounces, the juice of Plantain and of Fumitory, of each one ounce and a half: lastly, temper one scruple of Orpiment with it.

Or take Barrowes greafe twelve ounces, Quicksilver mortified with vinegar half an ounce, oyl of Roses one ounce, Frankincense, Mastick Myrrhe, *Sarcocolla*, and litharge of Silver, of each half a drach. Turpentine 3. ounces which is washed well in the juice of Fumitory, Wax half an ounce; the two last are to be molten together, and temper the Barrowes greafe amongst it, and at last the other powders: then stirre all well together until it be cold. With this salve is the Patient to anoint himself twice a day the space of five daies, and the other six or eight daies afterwards, then is he to wash him with this water following:

Take Dock roots and Elecampane roots both cut, of each six ounces Bran six handfuls, Mallowses, Violet, leaves, and Fumitory, of each twelve ounces, seeth all together in sufficient water, that one may bath therein, sit in it meetly warm, and coming out of the bath, lay your self about the space of an hour in bed.

But here is to be noted, that salves which be tempered with Quick-silver, are more meet for the Pocks then for scabs, as hereafter shall be shewed in more ample manner.

If any body be plagued with a troublesome scabbednesse, which proceedeth from a salt melancholick matter: then take the juyce of Elecampane rootes, and Dock roots, of each half an ounce, liquid Storax, black Hellebore, and prepared Tuttie, of each two scruples; temper these all together in a leaden mortar, four or five hours together unto a salve.

It happeneth also otherwhiles, that by some disease of the stomach or of the Liver, this diseale doth grow, and doth so spread it self over the whole body, that one supposeth certainly that it is a right Leprosie. For this do all expert Physitians know good advice, with letting of blood and purging at the first. And for this kind of scabs is this remedie following found, wherein I my self have found marvellous operations: take oyl of bitter Almonds sixteen ounces, fiftie common Crevets, pownd them, and let them seeth in the oyl: afterwards wring them hard through a cloth, and temper amongst it eight ounces of the oyl of Eggs, and anoint you therewith twice a day. For this is also good Sallad oyl, wherein Frogs be decocted. Item, take a water Snake, cut off the head and the taile, and cast it away, afterwards cut the rest in small peeces, and seeth them in oyl and strain it.

In like manner you have also in the fourth Part, the first chapter and 8. §. against the scabbed hands a salve, beginning thus: Take Dock roots, &c. which is very meet for this kind of scab, and exceedeth also all others. The oyl of Eldern flowers doth cleanse, and mollifieth and taketh all scabbednesse away from the hands. The oyl of Eggs is very commodious

commodious of it self for all sharp scabs, likewise also the oyl of Tiles, Juniper oyl, whether it be drawn out of the wood, or out of the seed, doth expel all infections of the skin, although it were a Canker, or any old ulcer. Also, oyl distilled out of Wheat is much commended for the same.

We have also in the fourth Part, the first chapter, and 6. §. other remedies more against the scabbednesse and the sorenesse, which may be used for this, and over the whole body. Also the maiden milk is very good for this, which is described in the first Part, the 5. chapter, and 1. §.

Of Tumours. §. 10.

BEcause we have sufficiently before discoursed of scabbednesse, thereof we will now speak and discourse of certain swellings, which assaile the skin and the flesh under it. And because there can be no impostumes without swelling or rankling, as also all swelling may be caused of blowes, falls, wounds, fractures of bones, and such like: therefore it is needlesse to spend any longer time therein, every one may himself seek in the Register for the member, wherein every such swelling doth manifest it self, where may be found perfect direction for all: wherefore we will onely here declare certain common rules.

First, is a Nutmeg very good for to cleanse all corruption of the blood, and that especially for the swelling of the Milt: conserve of Eldern berries doth also cure all inward swelling. In like manner doth conserve of the same flowers expel all scourings of the belly. Four or 5. Figs eaten twice a day are also very meet in all swellings. Amongst oyles which may be anointed on the outside, are these following: to wit, oyl of Mints, of Dill, of Lillies, and Tiles. And amongst all salves, the salve of *Althæa*.

There is a kind of swelling, which is soft, without pain, and which spreadeth it self far abroad, which the Grecians do call *Oedema*, which ingendereth of wind and cold humours; with this manner of swelling are commonly hydropical Patients troubled, and those that have the Consumption, or any other long lingering disease. This swelling is also in the foresaid sickness no cause of the same, but onely an accident; so that the same hath no need of any special remedy, but onely to apply unto it *Oxyrrhadinum*, tempered with salt, or salted Sallad oyl.

Of all Botches, Byles, and other hard swellings. §. 11.

NOW if there appeare any hard swellings, Botches, Byles, Wens in any place of the body, and that at last there besal with it heat, or rednesse with pain, without inclining neverthelesse to impostumation; then do the Grecians call the same *Phlegmāhas*: But this name comprehendeth many kinds of swellings, for that by the name *Phlegmone* be understood all the swellings of the groines, the *Bubones* and such like more, because that the same be caused of one kind of cause, viz. of blood and *Cholera*. These swellings may also be caused of falles, of blowes, or of thrusts, through which the humours be drawn towards the bruised place, and there being gathered together, do make such umours, impostumations, and other swellings. Besides that it happeneth so much the sooner, if a body be plethorick and full of blood.

The signs of these foresaid swellings, are heat, rednesse, paine and beating, which is felt deep in the flesh, the whole member where this impostume is: thereby appeareth distempered with heat and inflammation, with great swellings and desire of cooling things.

And when as the member is more sinewie wherein this impostume cometh, so much greater is the paine; and how much more fleshy it is, so much is the pain and the pricking the lesse, and cometh easier to a perfect impostumation. Now for to remedy these kinds of swellings, must we note certain rules.

First, if the Patient be plethorick, then is one of his veins to be opened, and that alwayes in the side where the swelling is not, and according to the situation of the place where the swelling appeareth. Secondly, if the matter be hot, then must one give the Patient those medicines which allay the heat. Thirdly, when the matter is well purged, then are repulsive remedies to be used upon the swelling, if it be not that the swelling stand in such a place, whereby nature is wont to expel all superfluity from her. Fourthly, amongst the things which hinder repulsion be gross and rough humors, cold and abundance of the matter.

Fiftly, if so be that a swelling be great, and it seem to be inclined to impostumation, then are no repulsive things to be used, but onely maturatives. Sixtly, when it is certain that the impostume is ripe, and full of corruption, then is the same to be immediatly opened, and especially if it stand neer some noble part: for that if one delay the opening too long, then might the matter eas inward, and do more hurt. Seventhly, the healing of this hot impostume, consisteth onely in staying of the affluent humours and in discussing the matter present.

Now for to heale this impostume, one must imitate the first rule, and in the beginning open the vein on the contrary side. But if so be that the tumour have already continued three or four dayes, and the same were very big, then is the vein to be opened on the same side where the swelling is. The Patient is also to be purged with sower Dates, with Cassie, with syrup of Roses, with the confection of the juyce of Roses, or such like, and lay upon it repulsive medicaments for to lessen the power of the swelling, as cold herbs, Purslain, Gourds, Endive, and Nightshade powned, and their juyces.

When as now the cause is come to the state, and to the highest, then are maturatives to be used, whereof here be divers discoursed.

Some Pock Physicians do advise, that do not know better, or they that gladly hold the matter long in their hands, that the swelling is the space of thirty dayes together to be fomented with *Marchasita*, but that is very needlesse.

This confection following is of the same quality, and therefore to be also omitted: Take *Scrophularia*, Polipody roots, Betony and swines bread, of each one drach. pownd them small together, and being tempered with three ounces of Sugar, make a salve thereof. For to apply unto it might this foresaid be borne withall in some sort, for that it mollifyeth all hard swellings, like as many other plaisters do.

Take the muscilage of Hollihock roots, of Fenegreek, and of Linseed, of each one ounce and a half, Barly meal two ounces, oyl of Lillies and of Hens grease, of each one ounce, Butter half an ounce, Saffron half a scruple, and one yolk of an Egg: seethe the muscilage with meale by a mild fire, and at last stir the yolk of the Egg amongst it. This plaister mollifieth all swellings which be mixed with cold and heat: it swageth also the pain in all the sinewy parts, and such like things more. Will you now use it for all cold swellings: then temper amongst it *Ammoniacum*, *Bdellium*, and liquid Sorax, of each half an ounce, wherewith it is very commodious to mollifie and ripen all hard swellings.

Another. Take Camomil one handful, seeth it in good Wine even to the half, then temper amongst it Sallad oyl and Butter, of each one ounce and a half, and as much Barly meal until it be a pap: then lay it upon the tumour: it ripeneth and mollifieth all hardnesse.

Item, take Camomil, Melilot, Roses, Dill seed, Fenegreek, Hollihock seed, and Linseed, of each one handful, oyl of Lillies, and unsalted butter, of each two ounces, Saffron one scruple, temper them together by a soft fire unto a plaister, it mollifieth all hardnesse and easeth the pain.

Another. Take Camomil, Melilot, Mallows, and Hollihock flowers, of each one handful, Barly meal one ounce, oyl of Lillies and of Camomil, of each one ounce and a half: seeth the flowers in sufficient water unto the half, wring it out well, and pownd it: put then the oyl and meal unto it: this plaister hath the same operation with the other. Yet one more which is very good.

Take Hens grease, Goose grease, and marrow of Neats feet, of each one ounce, Muscilage of Hollihock roots, of Fenegreek, and of Linseed, of each one ounce, *Bdellium*, *Galbanum*, and *Ammoniacum*, of each one ounce and a half: dissolve the Gums in two ounces of oyl of Lillies, and then melt them with the grease and slime. Then pownd 24. or 25. fat Figgs amongst it, and stir them all together, and lay thereof upon the swelling. For to anoint, is this following to be prepared: Take Beane meale, Allum, Polipody roots, Swines bread, wild Cucumbers, Hartwort, *Scrophularia*, of each a like quantity beaten, Sallad oyl as much as is needful for to make a salve thereof. This is a very strong salve.

Take well decocted Rosemary rootes, and temper them with Hony: Item, take oyl of Roses one ounce and a half, washed Turpentine two ounces, *Mirra*, half an ounce, the yolks of 2. eggs, Barly meale as much as is needful for to make a soft plaister with it. This plaister causeth all swellings to ripen: take Violets and water Lillies of each

one ounce, oyl of Quinces half an ounce, Starch, two ounces, Camphire one scruple, fine Bolus one drachme: make a salve thereof for to use for all hot swellings. Item, take Pitch, Turpentine, and Rosin, of each one ounce and a half, Wax one ounce, Sallad oyl three quarters of an ounce, let them melt together by a mild fire. The plaister *Dia-chilon* doth also much mollify all hard swellings.

In the second Part, the second chapter and 7. §. you have many excellent things which also may be used for this purpose.

But if so be that these hard kind of swellings, and impostumes be ripe, which is thereby easily to be known, when the heat, the ague, and other accidents do diminish; also, when the hardnesse is mollified, then must the swelling be opened, and so kept with taints, and to cleanse it well, so that for certaine dayes together all the matter and corruption may run out: lay also clouts on every time with red or any other amper wine, wherein Roses and Camomil have been decocted.

If so be that now after the healing like as it happeneth sometimes in these kind of hot swellings, there remain some pain which keepeth the Patient disquiet, then lay beaten yolks of Eggs upon it, tempered with oyl of Roses.

Or take crums of white bread, and pour seething water upon it, then wring it out againe and temper them with oyl of Roses unto a pap.

Item, seeth Mallows in common water, stamp them, and temper them with Bran and oyl of Violets: to all these forementioned things are you to temper alwayes some Saffron, because that it hath an especial power in allaying all paines.

In this disease of scabs and boyles, purging is very good. Also pownd Billow rootes green with hogs lard and apply it, and it will break and heale the boyle.

Or take of the yellow salve of made of Hony, Wax, Rosen, Turpentine and hogs lard, and apply it when the byle is broken, this heales it. *Prob.*

Of the Rose, a certaine Impediment, called Erysipelas. §. 12.

AMongst the hot swellings whereof commonly the foresaid impostumes are caused, is also the Rose or *Erysipelas*, which is none other thing but an inflammation of the skin, which in this country we call the Rose.

The Latinists do call it *Ignem sacrum*, which is the whole fire, for that when the Rose appeareth in any place of the body, then doth it come with a burning heat, with an ague, and with a dry rednesse. And to know this impediment from all other inflammations, lay your finger upon the chiefeest place of the rednesse, wring it so easily, if so be that then the place whence you lift up your finger, that you had so wrung do seem white, and in the twinkling of an eye seeme red again, then is it a sure signe of the Rose. This swelling commonly assaileth one with a quivering, with heat, and cold, it infecteth also onely the skin without piercing (as other swellings) into the flesh, or very seldome, and when this inflammation of the Rose goeth inward into the body, then is it a very bad signe.

Now for to heal this infection of the Rose, must heed be taken to these orders following. First, cannot one doe better, then to purge this hot cholerick matter (whence this swelling hath his foundation) with necessary medicines: Secondly, these cholerick humours (which be as it were a skum of the blood) be not onely a cause of this Rose, by their abundance, but also by their heat and inflammation; wherefore it is not hurtful for to open a vein, thereby to cool the blood. Thirdly, the cooling of this inflammation may not be used in all places by laying on of some repulsive things, to the end that the hot matter be not repelled and driven to any noble part, as to the braines the heart, &c. where some great mischance might ensue.

Fourthly, no cold things are to be used for this swelling, if the body before be not well purged. Fifthly, it is not needful for to ripen these swellings, but onely to coole them. Sixthly, if this Rose be without any mixture of other swellings, then doth it not hurt although one drink cold water, but it is rather a medicine in this disease. Seventhly, when the swelling is caused of a red *Cholera*, then is it so much the hotter, therefore strong cooling things are to be used. Eightly, if so be that this swelling be tempered with another sort of swelling, then is the same so long to be cooled, until one perceive that the member hath gotten again his natural colour. Ninthly, if the place of the swelling begin to seem black and brown, then use no cooling things more, to the end that thereby it come not to impostumate and rankle.

And to prevent these things, this is to be done: first of all purge the Patient for to expel the *Cholera* with Cassie, *Electuario Lenitivo*, *Diaphœnicone*, de *Succo Rosarum*, De *Sebeste*, as is shewed at large in the third Part, the twelfth chapter, and 6. §. But it were not amisse alwayes to add some Rubarb unto either of these medicines.

But above all, he must beware of the use of Scammony, or *Diagridion*. But take 24. or 25. Prunes, fowr Dates, one ounce and a quarter, seeth them well in sufficient well water, then take of this decoction three ounces, and steep therein one drachme of Rubarb throughout the whole night, afterwards wring it out in the morning, and mingle one ounce of the syrup of Violets with it. Or as much as you think good, and so drink it warm. If this purgation be too weak, then take some of the forenamed, and especially *De Succo Rosarum*, and temper therewith one quarter of an ounce. It happeneth also oftentimes, that through the taking of any medicine, pain and marvellous accidents are perceived, then is the Patient to take warm water, or this ensuing.

Take Annis, and Fennel, of each half a drachme, Roses, Violets, flowers of Burrage and of Buglosse, of each half a handful, Saffron three grains, seeth it together with water, and drink a good draught thereof, or lay it upon the stomach.

Afterwards set a boxing cup (unpickt) upon the heart, and two behind upon the back, and if so be that the age, and the repletion of the body may suffer it, then is the Liver vein to be opened; otherwise may it be omitted, for that in this disease letting of blood is not alwayes necessary.

His whole order of dyet must be cooling things, whereof wine is much forbidden, and in the stead thereof, is there nothing more requisite then Barly water. There may also be used sometime the syrup of Endive, of Vinegar, of Sorrel, and of Poppie heads: or the syrup and Julep of Roses, and of Violets is also much commended: and if so be that the long use of Barly water went against him, then may he drink Well water: as heretofore you have seen further direction in a hot stomach and Liver.

For to use outwardly: Take Lettice, which is somewhat grossely beaten, and lay it upon the heat of the swelling: or in the stead thereof, take Lettice water. In like manner may you also use this following, whether it be tempered, or each alone, being made wet with a sponge, and so laid upon it. viz. water of Endive, of Corn Roses, of water Lillies, of Violets, or the decoction of Roses.

Item, lay Creame of milk upon it, tempered with Bran, or crums of white bread steeped in milk; and in like manner also *Oxyrrhodinum*. Or take the juyce of Plantain, and juyce of Housleek, of each a like quantity, and temper some Vinegar with it. Some do use for it the right writing inke. Take Plantaine one handful, Nightshade and Violets, of each half a handful, Linseed and Fenegreek meal, of each half an ounce, let it seeth together to growt: afterwards temper the yolk of an Egg amongst it, and use it as the other.

Another: Take Barly meal two ounces, Linseed meal and Roses of each one ounce and half, red and white Saunders of each one quarter of an ounce, fine Bolus and Camphire, of each one drachme, the juyce of Nightshade and of Housleek, of each two ounces, and a little Vinegar: temper them all together with the oyl of Roses unto a soft plaister.

This oyl following is also very good to assuage heat, viz. oyl of Roses, of water Lillies, of Violets, and of Poppy heads. Neverthelesse, there is here to be noted, that all oylie and fat things be not very meet for this: so that they are not to be used for this disease, but onely for to mix them with other things.

For to anoint withall, take small powdered litharge of Gold, temper it unto dough with oyl of Roses, afterwards put a little sharp Vinegar unto it, and stir it so long together until that the Vinegar be well tempered amongst it: this is chiefly to be anointed upon the Rose there where there be any blisters apparent, three times a day. The salve of Roses, and the cooling salve *Galen*, be very good for this, especially if there be a little Camphire tempered with both these.

Also this salve following may sometimes be anointed upon it; Take the oyl of Roses, of Camomil, of Eggs, and juyce of Plantaine, of each a like quantity, temper them all together.

Or take this following: Take the juyce of Plantaine four ounces, Rose water, and oyl of Roses, of each one ounce and a half. If you desire to make a salve thereof, then let it seeth until all the juyce be wasted, and then put some Wax unto it: Otherwise may you

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you dip a cloth therein and lay it thereon, and as then, the last described pap over it, beginning, Take Plantain a handful, &c.

Item, take Barley meal, Hony, and the juice of Apples, of each a like quantity, let them seeth together unto grout, and use them as the other. You may also use fomenting, where Roses, Camomil and Houfleeke be decocted.

Of the swellings of the Groyns, Armpits, and Eares. §. 13.

WE have here before in the common description of the impostume and swelling admonished, that there is also comprehended by the same name, the swelling of the Groyns *Bubones*, as also the Carbuncles or Plague sores. But because these swellings do commonly appear in man and woman in the armholes, or in the groyns: therefore have we in the third Part, the second Chapter, and first §. written thereof at large. And it is also so with all other anguishes, Byles, *Furunculis*, but that they be somewhat more tollerable.

Of the Carbuncle or Plague-sore, a perillous swelling. §. 14.

THis Impostume do the Greeks call *Anthracem*, which is a Cole; the Latinists call it *Carbonem* and *Carbunculum*, which name we have retained in our speech, howbeit that some make a difference between *Anthrax* and *Carbunculus*: This impostume is described as followeth.

Anthrax is an hot impostume, by which the place where it appeareth is inflamed, burneth the grosse blood, and causeth a black cole or core with an intollerable pain. And there is also in truth no worse impostume amongst all the rest then this *Anthrax*, as all well learned Physicians do write thereof, and as daily experience bringeth with it.

The signs whereby these two impostumes be known, is first a rednesse of the member, with a small blackish, dark blew, or pale push, whereon a scale groweth, under the which there is some matter or corruption gathered. But by reason these hot Carbuncles, or plague-sores, for the most part, and most perillously make shew in the time of plague (where shall be written at large of this matter) therefore will we not divide the matter: but all those that are taken with them at other times, we do remit to the sixt part of this book, providing there to teach at length whatsoever shall seem needful for it; therefore we will be the briefer at this present.

First must they which be infected with this disease, cause a vein to be opened, and that on the contrary side, if so be that he be full of blood, and of humours; afterwards upon the same side: and if that cannot be compassed, at leastwise there to set boxing cups; afterwards the Patient is to be purged with the Whay of Milk, with *Epithymo*, with *Agaricus*, or with sower Dates.

For to comfort him withal may he use Citrons, Limons and Oranges. In eating and drinking is he to keep himself, as one that is full of the ague, and according as the heat is great. Outwardly is he not to use cold things, as in the Rose, for that the matter is somewhat thicker: But one may make a plaister of Gals, Plantain, Lentils, of crusts of bread, or Bran, tempered with Vineger, Allom molten in Vineger, and then laid with clothes upon it: for this are also good Pomgranates cut in peeces, and decocted mellow in Vinegar, and laid upon it as a plaister; for thereby will the heat and the pain be swaged. Now for to cause this pain to ripen, make a plaister of Figs, of Currans, of Nuts, of Barly meal, decocted with Wine and oyl.

Round about the Carbuncle lay the salve of fine Bolus, made of Vinegar and Rose water, to defend the parts adjacent from heat.

When as now this anguish is broken up, then is it to be healed and cleansed with the mundificative which is described in the second Part, the second Chapter, and 9. §. and to use drying things so long, until that they be thorowly healed, which may be effected with the salve *Basilicon*, which is thus made: Take Ceruse five drachmes, Licharge of gold one quarter of an ounce, the Licharge of silver one drach. and a half, Dragagant one drach. make a powder thereof, and temper it with an ounce of white Wax, and 3. ounces of Oyl of Roses, unto a salve.

Salve Basilicon

Of all manner of old Ulcers and old Sores, S. 15.

THese ulcers or old Sores, whether they be caused of Impostumes, windes, or any other occasions, be alwayes called by the Latinists *Solutionem Continuitatis*, which is, a leparation of a continuity, which alwayes happeneth in all ulcers and sores, where the skin and the flesh parteth asunder : whereof there be found many kinds, as we also have described many of them before, and shall do hereafter again. But this present S. shall tell onely of all old ulcers in general: for which some of these rules following are to be observed.

First, if one see that an ulcer or wound do yeeld much thin matter, then is it a sign that one is to use drying things. Secondly, if so be that the matter be tough and thick, then are *Abstersiva*, which are mundifying things, to be used. Thirdly, when these kinds of Ulcers be dressed, then is heed to be taken that the ulcer be not blown upon with the South wind, that there come also no cold, nor moisture unto it, and that especially when the ulcer is moyst and hot. Fourthly, for all wounds dry things be good, and that the rather if the same be deep. Fifthly, because there can be no good flesh ingendered, unlesse that the wound be first well dried and cleansed, therefore such things must be used for it at times, otherwise would the matter be augmented in the wounds, and be impossible for to engender flesh. Sixthly, there will be no flesh at all engendered, if it be not that the salve be like to the nature of the ulcer: therefore in all dry parts of the body dry things are to be used, and in moyst parts, moyst remedies to be applyed. Seventhly, it must be looked too, that there be used no oyles in any ulcer, for that they bring a putrifaction in all deep wounds and ulcers, and especially in warm time of yeare whether it be in dry or moyst complexions. Eighthly, it is needful, that in all qualities of the members which be hurt with any wound, or ulcer, where flesh must be engendered, the blood must be well cleansed, because that is the substance out of which the flesh must grow: and this not onely in the same member, but also over the whole body. Ninthly, the drying medicines shall be no higher then dry in the first degree, for that when the same dry too fast, then will the young flesh be consumed and dried away. Tenthly, all drying medicines be very meet for all dry complexions: like as to the contrary, all moyst medicines be most necessary for all moyst natures: whence it then followeth, that dry bodies or dry parties will be cured with dry medicines, and moyst with moyst. Eleventhly, if the wounds or sores, be moyst by nature, then be dry remedies to be used for it. Twelfthly, if there be two kinds of ulcers, which be like one another in the matter, and the one were in a dry body, and the other were in a moyst body, then in the ulcer in the dry body, are such things to be used which be more dry, and in a moyst body apply remedies which do dry lesse, for to heale the same: therefore is Frankincense, and such like to be used in in moyst bodies, because that it dryeth not forcibly. And on the contrary, Hartwort, Treos, and such like things, which do dry forcibly are to be used in dry bodies. Thirteenthly, the Ulcers which yeeld a thick matter and be swollen are to be cured with such drying things which do not bite, as Pomgranate peeles, decocted Plantain and such like.

Now concerning the cure, there shall be by each description especially declared, how that the purging, letting of blood, and such like shall be used: Here will we onely discourse, as much as concerneth all old ulcers, what plaisters, salves, and other applications are to be used for them.

Take old Barrowes grease, Butter, Bucks suet, Hony, Wax, and Rosin, of each a like quantity, and a little Wine; melt the same by the fire: afterwards take Sallad oyl as much as is needful for a soft plaister: this being done, then wring it through a cloth, and let it be cold: This salve and all other salves which here ensue, may be freely used in all ulcers, observing alwayes the difference between heat and cold. Take Sallad oyl and Vinegar, of each two ounces, Wax half an ounce, Bruised Litharge of Gold one ounce and a half, Verdigrease one drach. let the Vinegar be hot, and temper the other things amongst it, then seeth it together until that it be red.

This ensuing is very like unto it: Take oyl and Vinegar, of each two ounces, Wax half an ounce, the Litharge of gold one ounce and a half, Mastick and Verdigrease, of of each one drachme, seeth the oyl and Vinegar so long till the Vinegar be all waisted, and until the salve waxe red.

Item,

Item, take oyl of Roses three drach. oyl of Cammomil one drach. Ceruse one quarter of an ounce, Dragon blood and fine Bolus, of each half an ounce, Camphire one drach. litharge of gold half a drach. prepared Tutty one quarter of an ounce, Coral one drach. Wax as much as is needful for to make a plaister; then spread it upon a leather, and lay it upon it.

But before that there be this or that laid upon it, the ulcer is to be oftentimes washed with this ensuing: Take white Wine four ounces, Rose water two ounces, the white of a hard sodden egg bruised small, burnt Allume one quarter of an ounce, Verdigrease one drachme, seethe them all together by a mild fire, and let it afterwards settle; then strain it, and keep it well stopt: and if it be too strong, then take more wine and Rose water unto it.

This plaister following is called at the Apothecaries *Basilicum*, and of the Chirurgions, the water plaister. The same is especial good for all dry sores, which be without matter or moisture, and especially for the sinewes, for that it dryeth, cleanseth, and causeth the flesh to grow, and is thus prepared.

Take Wax, Rosin, Oxe suet, Pitch, Turpentine, Frankincense, Mirrhe, and *Colophonium*, of each a like quantity: but first you are to melt the Wax, and then the Pitch amongst it: afterwards put the Turpentine into it, and then mix the Mirrhe and the Frankincense powdered small amongst it. Now when it is cold, so that it may be handled with the hands, then must it be wrought thorowly with wet hands. Out of this will also a salve be made with oyl, like as before in the 14. §. you have seen another.

Item, in the second part, the third Chapter, and 9. §. is there one more, which becometh thus: Take clarified Hony, &c. which may be used for all hot and cold ulcers.

The Chirurgions do use this following under the name of the green plaister: Take Dogs grease, Wax, Rosin, and Barrows grease, of each one ounce, Nightshade and Mallows, of each one handful; seeth the herbs to pap in Goats milk, until it be altogether thick, afterwards pownd it altogether, and temper it with another.

Wheresoever there be any Blisters which will impostumate or rankle, which the Chirurgions do call *Coscos exulceratos*, thereto are these salves ensuing to be used: Take litharge of Gold as much as you will, steep the same the space of two dayes in Vinegar, and pour off the Vinegar three times, and pour fresh upon it again; stir it oftentimes about, and then let stand in the hot Sun; afterwards stir it and bruise it the space of two or three hours in a leaden mortar, putting unto it in stirring it, now and then, a little Vinegar, Violets, and oyl of Violets, until it be thick; then at the last put two ounces of Ceruse unto it, the juice of Plantain and of Housleek, of each half an ounce, Camphire half a drach. and two whites of eggs, so make thereof a soft salve, and anoint therewith all Blisters which be caused of heat, and all other exulcerations of the skin. The next day after is this disease to be washed with this water following; Take Dock roots, Mallows, and Violet leaves, of each one handful; seethe all together in fair well water, and strain it thorow a cloth, afterwards temper it with Rose water as much as you please, and use it oftentimes.

Of a stinking and running ulcer. §. 16.

These ulcers or stinking sores do come of grosse and tough humours. When one will heal them, then is the Patient to eat none other but light meats, and to drink thin drink, and to purge the watery and melancholy humors, to the end that thereby all affluent humors may be taken away. In like manner is the Patient to be let blood, if there be none other thing that letteth it: and to cut out all foul stinking flesh, or to bite or eat it out by some cantery, that there may grow new and good flesh in it, for the which these things following are very commodious.

First, for to cleanse the ulcers, is special good the salve *Mundificativum Apis*, which is described in the second Part. Item, the salve of the Apostles, which may be found in the Register, and is marvellous good for all kind of ulcers.

This following is also much commended: Take Plantain water, wine of Pomgranates, and Hony, of each two ounces, Verdigrease and Allume, of each one ounce and a quarter; boyl them together until it become thick, then apply it to the ulcers. Item, take unripe Sallad oyl one ounce and a half, burnt Lead three drach. prepared Tutty three quar-

The plaister
Gratia Dei.

The black plai-
ster.

Salve of Egypt.

ters of an ounce, Mastick, Frankincense, and *Sarcocolla*, of each one drach. and a half, seeth all together in 6. ounces of water of Plantain until the water be wasted away: if you will make a plaister of it, then put as much wax unto it as is needful. This salve isto be laid with plegents in the ulcer. This ensuing doth cleanse and consume all bad matter of the ulcer. Take quick lime four ounces, oyl 16. ounces, Deer suet 3. ounces, Wax as much as sufficeth for a plaister or salve: melt them together, and stir it so long until it be cold. Another. Take small sifted Oatmeal eight ounces, the juice of Marjoram and of Nightshade, of each four ounces, fresh Barrows grease 6. ounces, temper them all together, and then lay it so thereon, the same doth ripen, cool, and mundifie. There is also well prepared a very costly plaister, which is called *Gratia Dei*, which is especial good for all stinking ulcers, fresh wounds, and for all bad flesh, iron, glasse, wood, poyson, bones, and all that doth hurt in the wounds, doth it draw out and healeth it, which is made thus: Take Turpentine one ounce, Rosin 6. ounces, white wax 2. ounces, Mastick half an ounce, Vervein, Betony, and the great Pimpernel, of each half a handful: stamp all the herbs, and seethe them in strong wine, until the third part be wasted: afterwards strain it and wring it out. Then are you to seethe in this decoction the Wax, Rosin, and Mastick, stirring it alwaies about, until it be well mixed together, then set it from the fire, and put the Turpentine and the rest into it, then stir it very strong, so long untill it be thorow cold. The Chirurgions have also a plaister which they do call the black plaister, which is very good for all wounds, ulcers, and Fistulaes, and is thus prepared: Take Amber, Verdigrease, Sulphur, Lytharge of Gold, Lime, and Bayberries, of each a like quantity, powned very small, clarified Honey, as much as is needful for to make a plaister or a salve.

The salve of Egypt called *Unguentum Aegyptiacum* doth also cleanse exceedingly all Fistulaes, stinking ulcers, and cleanseth them of the bad flesh, and is thus prepared: Take Verdigrease five drach. clear hony, 3. 1. and three quarters, strong Vinegar 7. drach. then seethe them together until it be thick enough. It is an especial good salve for all stinking sores, to cause the same to dry.

Item; take Verdigrease half an ounce, Saltpeter one ounce, bruise them together upon a stone and set it on fire with a paper, then will the Saltpeter be burnt: all that remaineth on the stone are you to lay with the stone and all, in a moist celler, and the stone lying awry, then in time will there be an oyl run out of it; then temper this oyl with Rose water, or with the white of an egg; it is too strong alone, but it healeth passing well.

Item, these oyls ensuing be also very good for such like ulcers, viz. oyl of eggs, of Dill, of Lillies, of blew Flower-deluce, of Wallflowers, and oyl of Tyles.

Amongst the waters and such like be also good the two aforesaid golden waters, which we shall describe hereafter in the last part, and M. Tristams water, one of these which one will, drunk or applied to the ulcer.

For this may also be used a certain lee tempered with Sallad oyl, which hereafter shall be described against the burning with gun-powder.

The red powder.

Or make this following; take small cut Hartwort one quarter of an ounce, *Assa fetida* one drag. Centory one drach. and a half, quick lime half a drach. lay them all together to steep in a pint of lee, afterwards seethe it until a third part be wasted, wherewith the ulcer is to be washed luke-warm. Item, pownd honyfuckle to powder, and let it boil well in wine, afterwards lay this wine upon the ulcer. The Chirurgions have also sundry powders in use; amongst which there is one very common, which they do call the red powder, and is prepared thus: Take *Colophonium* one ounce, Comfrey, Bloodstone, or Argal, Dragon blood, and Momy, of each half an ounce, make a powder of all these: the same doth heal all ulcers, wounds, and Fistulaes, when they be cleansed from all foul flesh. You may also use it in all wounds. Item, take Bean meal half an ounce, mill dust 5. drach. Mastick 3. 8. Dragagant, Gum, Momy, fine Bolus, and Dragon blood, ana. 3. 1. temper them all together, and strew it in the moist ulcers. Of this powder may one make also a plaister, putting wax and Turpentine unto it, which most mightily doth dry all ulcers. It is also much commended that all they which be troubled with an old ulcer, ought to take one drach. of Mithridate or Treacle, more or lesse according to the ability of the person, and that with the water of Fumitory: the like may he also use the stomachical powder which is expressed in the first part the second Chap. and 1. §. beginning thus: Take Sene leaves, &c. which powder if so be that the Patient do use diligently, he need not fear at all of any bad ulcer. The Rosemary Wine is also much esteemed

esteemed, for that it consumeth all excessive moysture of the body, and keepeth the body in good healeth. Item, if one wash the ulcer there-with, then will it both cleanse and heal it.

Of the broken veins called Varices. §. 17.

OF these *Varices*, or broken veins, is very much admonished in the fourth part in the beginning of the second Chapter. And although these broken veins do appear most in the Hips, and in the legs; nevertheless the same do also happen indeed in other parts of the body, where they be seen knobbed, green, and black. These said veins of the breast, do stick full of Melancholy blood, and are very ill to be healed.

They which labour much with the legs, travel much by land, do bear heavy burthens, and do eat many melancholike meats, are for the most part troubled with these broken veins.

Concerning the means whereby these broken veins are to be healed, is that at first the *Basilica* be opened, and that the patient be purged with such medicines as expell melancholike humours, whereof there be sundry expressed here and there in this Book, and that is also oftentimes to be done, and he is to beware of all grosse meats.

When as this hath been continued a long time, then are the broken veins to be opened, and the blood to be let run clean out of it. Some do also use the actual cautery; yet must the uppermost vein be opened where it first beginneth, and afterwards to lay upon it this salve or plaister: Take Cerusse, Antimoy, Litharge of Silver, and burnt Lead, of each one ounce, Sheeps suet four ounces, Frankincense, Momy, *Sandaraca*, *Sarcocolla*, burnt Allom, and Dragons blood, of each three drachmes oyl of Roses, and Vinegar of Roses, of each three drachmes, white Wax and Rosin, of each half an ounce: temper them together, and then make a salve or a plaister thereof: this is also good for all old ulcers, for it dryeth and swageth the pain.

Item, Take Frankincense, Mastick, Myrrhe, and Momy, of each one drachme and a half, the juyce of blew Flower-deluce two drachmes and a half, Hartwort, Southernwood, and prepared Earthworms dried to powder, of each one drachme bruised small, Litharge of gold half an ounce, burnt Copperas, burnt Lead, Gals, Cipres nuts, the roots or *Carcuma*, white and red Coral, and Roses, of each two ounces, Deer suet, and oyl of blew Flower-deluce, of each one ounce; pound all that is to be powdered, but the Rosin, the Turpentine, and the oyl are to be molten by the fire, and so tempered with the rest to a salve. Some do take Lupine meal, and make a plaister with water wherein *Tamariscus* is decocted, or with Goats dung and Wine. Also the uppermost members from whence this heavy blood falleth down, are to be strengthened, and their disease cured.

The second Chapter.

Of depascens Ulcers in general. §. 1.

FOR as much as we be now come to write of those Ulcers which do not continue in a place, but corrode hitherwards and thitherwards corrupting the skin, the flesh, yea sometimes the bones; therefore is it first to be known that these ulcers be called *Phagedana*: but for the more difference, such like ulcers have their severall names: amongst which *Herpes*, *Phagedana*, and *Cancer*, be the chiefest: the first whereof, to wit, *Herpes*, doth yeeld much thin and subtile moisture; the *Cancer*, grosse and tough matter, and *Phagedana*, middle between thin and thick matter; but *Herpes* is not alwayes an open ulcer, but creepeth in time hitherwards and thitherwards like a Snake, whereof this disease also beareth her name; the one place healing, and the other excoriating; *Phagedana* is a great ulcer, and corrodeth very deep into the place and on every side of it; *Cancer* (which is the Canker) shall hereafter have his proper description. And albeit, these sores (as is said) do somewhat differ; yet are they for the most part comprehended all under the name of a *Fistula*, and it is thought that the *Fistula* is alwayes a cause of the other: therefore we will also first of all write of that.

Of the Fistula. §. 2.

THis name of *Fistula* (or *Fistel* in English) have the Latinists first of all given unto this ulcer, which doth signifie a Pipe: for as a Pipe is long and hollow, so is the nature of this ulcer also, being deep and having in the beginning but a small issue; for which cause it is described, as hereafter followeth. A *Fistula* is an ulcer, the which round about it hath a callous skin, deep, and long, penetrating into the body, and very crooked, which be hard to close up or to heal; and the which sometimes also in stead of good matter, do yeeld a subtile moisture.

It is found also that these *Fistels* do appear very little above in the skin, and nevertheless do lye with their roots deep and hidden in the flesh, wherefore they be also the more dangerous to be healed, like as you may see in the seventh Chapter and eleventh §. of the *Fistel* in the corner of the eyes. Item, where we discourse of the impostumes of the eares, and also of the *Fistel* of the gums which are all together described in the first part, and in the second part, the third Chapter, and ninth §. In like manner also in the third part, the tenth Chapter, and twelfth §. of the *Fistula* of the *Arsegut*. The causes of these *Fistels* may be precedent impostumes badly cured; or for that one hath stayed too long from opening of them, whereby the matter hath eaten inwards, and so is turned into a *Fistel*. In like manner may also a *Fistel* grow of a wound which is not well mundified, also of fractures of bones, or any other bad humours of the body which lye hidden under the skin, and under the flesh, which do there corrupt the same, and be changed into a *Fistel*.

The signs be these, viz. when one wringeth them, then be they without pain, if it be not that they stand some where about a sinew, or had some corruption in them. If so be that this *Fistel* be onely in the flesh, then will the matter be white in a short space. Or if the *Fistel* be old, then doth it yeeld a long space thick and troubled matter: or if the *Fistel* be in a sinew, then is the matter thin and black, and if one wring it, then doth there run out bloody matter. If so be the same be in the bone, then doth there run out thin and yellow matter. And if so be that it pierce into the hollownesse of the bone, then issueth a fat oily water, whereby may easily be guessed that the marrow is spoiled, with other more such like signs, which be discovered in the same places.

Now for to heal these *Fistels*, must certain articles be noted: First, because all *Fistels* proceed most of a waterish moisture, therefore are all drying things to be used unto it, and the patient is to eat those things that make good blood. Secondly, by reason that the material cause is rooted in the body, it is necessary to have the same prepared and expelled. Thirdly, in old and very deep *Fistels*, it is surest of all (if one will heal the same) that they either by incision or by an actual cautery be taken away even to the bottom, as to the contrary, the potential cautery because of the sinews is dangerous and hurtful. Fourthly, all *Fistels* that go into the bone will never more be healed, if the bone be not first scaled. Fifthly, they that do go into the flesh, must of necessity be dilated and opened, to the end that they may be the better mundified and dried.

The cure of this *Fistel* is of great importance, so that the patient is to order himself in eating and drinking, according as the first rule giveth notice, and to use all drying things for it: also he is to lead his life in a dry dwelling, and there to settle himself. Fish and such like things be noysome for him, good flesh rather roasted then sod is commodious for him; his drink shall be good wine; but because of the sharp matter, the same is to be somewhat watered. And for to prepare the matter of the *Fistel*, take *Oxymel* of *Squils*, or *Diureticum* and such like, which may also be used in the *Fistel* it self.

These be then the things which may be used outwardly: Take *Frankincense* and *Aloe*, of each one ounce, scummed *Hony* five ounces, see the *Hony* until it be thick. When it beginneth to be cold, then temper the powders amongst it; at the last put one ounce and a half of molten *Assafetida* unto it, and rub it a good while in a mortar: This is a passing remedy to heal the *Fistel*, and also to cure all old ulcers, for that it cleanseth the same, it consumeth all corrupted flesh, it separateth all scurfe and corrupted bones.

Item, take *Turpentine* which is oftentimes washed with *Sorrel* water four ounces, the yolk of an *Egg*, temper them together, and put six ounces of the juyce of *Smallage* unto it, let it see the together till the juyce be consumed: then add half a drachme of *Saffron* unto

unto it : this cleanseth and consumeth all that doth any hurt in ulcers or wounds, and it maketh also flesh to grow.

Next unto this plaister and salve may you use the water which not long since in the first Chapter and 16. §. is described, beginning thus ; Take small beaten Hartwort, &c.

The Chirurgions have also a kind of plaister which is not onely good for all Fistels, but also for all wounds, and is thus made.

Take Vervein, Betony, *Herba Vulneraria*, Buglosse, Agrimony, *Consolida Saracenicæ*, Yarrow, Pimpernel, the great and small Plantain, of each one handful, pownd them all together, and wring out the juyce : afterwards see the it in three pints of good wine, and wring it through a cloth, then put it into a kettle, and put a pound of Turpentine unto it, Wax 4. ounces, *Colophonium* 8. ounces. This being all done, see the it sufficiently, and when it beginneth to be cold, then stir two ounces of pownded Mastick amongst it.

For this is also very good the plaister of *Gratia Dei*, the foresaid water of Hartwort, the salve of the Apostles.

Item, take the urine of a man child, and rub it a long time in a leaden mortar until it be thick, afterwards let it dry unto a powder, and then strew this powder on the Fistel. The powder of Ireos strewed also thereon causeth flesh to grow : the powder of Hony-suckles is also very good for this use ; Rosemary wine, and such like more that be discovered in the 16. §. be very good. Celendine pownded small, and so laid upon the Fistel : or the juyce of the same dropt therein doth heal the Fistels. For this may also be used the oyl of old linnen, as been said in the first Part.

Item, make an oyl of water Cresses, and spread it or lay it upon the disease, wherewith it is mundified. Thus much be written of the Fistula, now will we proceed to speak and discourse of the running ulcers.

Of the corroding ulcers, called Herpes. §. 3.

THe name of this ulcer is as much to say as a Snake, like as we have admonished already, for that it creepeth forwards like as Snakes do, and remaineth not in one place, but windeth it self hither and thither, infecting most of all the skin onely, without eating deeper inwards. The cause of this ulcer or sore, is the same with that of the other, to wit, superfluity of *Cholera*, if she meetly remain and abide in her proper nature, that is, if the *Cholera* be not mixed with any other humour : or for that when this *Cholera* doth spread it self over the whole body, then doth it cause the yellow Jaundies, which by nature is of two sorts. When as now this *Cholera* is thick and grosse, then will the whole skin even to the flesh be thereby damnified, and this ulcer will be then called *Herpes exedens*, which is the corroding *Herpes*. The other sort of *Cholera* is subtiler, which remaineth (as is said) in the uppermost part of the skin, which doth singe the outside as if it were a fire, the which without any addition is called *Herpes*, or *Herpes miliaris*, as having the name of the Milet seed, for that this exulceration is like unto it.

The signs of these ulcers be these : the member loseth his natural colour, and waxeth black, soft, and stinking ; also if the pulse and the pain diminish, and in the mean while the ulcer doth so corrode, that if it be not looked to in time, the member must be cut off, or the party must look for death thereby.

The remedies of these ulcers (saith *Galenus*) be these which are wont to be used for the corroding *Erysipelas*, wherefore we may write so much the lesse thereof. But if it be perceived that it begin to putrifie, then temper sealed earth and fine Bolus with Vinegar together, and spread it round about the ulcer, and also in it. But if this will not help, then be the corners round about the ulcers to be scarified, or lanced, and also to set boxing cups and horseleaches thereon, which may suck out the bad blood ; this plaister following is also to be laid upon it : Take Pease meal, or Bean meal and salt, temper them all together with the sirup of Vinegar, and lay it as a pap unto it : the scarified place must also be washed twice a day with Vinegar, and then to anoint this salve following over it : Take *Assa fetida*, Nettle seed, and Hartwort roots, of each half an ounce. Verdigrease one quarter of an ounce, temper it with vinegar to the thicknesse of Hony, and anoint therewith the whole disease, and the places about it. And to the end that these ulcers may not corrode any further, then take Verdigrease, Allom, & Hony, of each a like quantity, & use it as is before said. The selfsame taketh away all bad flesh, and sustaineth the new flesh. But in case that through these foresaid things the rotting ceased not, but daily did

did corrode more and more, and the stench increased, then shall you strew thereon this powder ensuing, to wit, powdered Hartwort and Gals, of each a little quantity. Or take Dragagant and Copperas, tempered together with vinegar, and ifso be that this foresaid do not profit, then are the edges, yea the whole accident to be cauterised with corrosives or hot irons: then take the roots of Celendine, unslackt lime, Copperas, Myrrhe, Hartwort and Vardigrease, of each a like quantity, tempered with the juyce of Plantain, or powdered Orpiment alone tempered with the foresaid juyce. When as then the corrosives have done their work, and the crustes or flakes be yet hard, then must they be anointed with fresh butter until they do fall away of themselves, and afterwards those things to be used which are wont to ingender skin and flesh.

The other sort of these ulcers is *Herpes miliaris*, whereof we have admonished before. Some do call it, *Formica*, that is, the Ant. This ulcer is also of sundry natures, and that according to the nature of the humour, whereof it is caused. It is also comprehended in three sorts or species: the one, which runneth hither and thither, which is caused of a subtile moisture, and is also quickly consumed: the second, that creepeth forward hither and thither, which is very hurtful: the third is of a grosse and hot *Cholera*, which entrencheth somewhat deeper into the flesh, and is mixed with some *Phlegma*, and thence cometh the *Formica miliaris*, which is hotter and harder to be cured. Out of all these foresaid reasons be the signs apparant, and before sufficiently rehearsed and discovered.

Now for to remedy this accident, is this the briefest way; that first of all be prescribed to the patient a good order of dyet, like as is done in the Agues. For purging is he to use four Dates, Cassy, *Epithymum* with Rubarb, steeped in Endive water, or whay of milk. If it be *Herpes miliaris*, then take *Diatribith*. Further, you are to take Gals, Pomgranat pils, and fine Bolus, of each a like quantity; afterwards temper it with Rosewater and a little Vinegar, and then anoint it thereon with a feather.

Item, take the heads of salted fish, rost them in an earthen pot upon the fire, until they be almost burnt, and then mix them with strong wine, spread it upon the disease; or take sheeps wool, and fry it until it be black, then pound it, and temper as much Rosewater amongst it until it be thick, and anoint therewith the foresaid accident clean over, twice or thrice a day, and then lay a white or blew cloth upon it. There be yet divers other sorts of impostumes and ulcers, which be of the same nature, differing in names and causes; but because we do comprehend them amongst the forementioned, therefore will we omit them, and especially because they may all be cured and holpen with these foresaid remedies.

Of the hard Tumour Scirrhus. §. 4.

BEfore we come to the third corroding ulcer, namely, the Canker; we must first of all admonish of this tumour, which the learned do call *Scirrhus*, of some *Scirrosis*, whereof we have also made mention before in the third part, the twelfth Chapter and the fifth §. and that by reason that this *Scirrhus* hath great alliance with the *Scirrhus* of the Liver. This *Scirrhus* is of two sorts, and both those are of the unnatural tumours of the body, whereof one is so hard, that it yeeldeth not at any hand; yea it is without pain and feeling, which is also accompted for incurable. This swelling is of colour like lead or ashes, and is caused onely through Melancholy, the which is (as it were) dregs of all humours. The second hath but a little sense, and also some pain; for it proceedeth out of *Melancholia* and *Phlegma*, which be tempered together, and is of colour like to the other. The same may also be cured, but not easily, as before we have sufficiently written in the first Chapter, and 11. §. This foresaid hardnesse may be well caused of some former impostume, which is not well cleansed or healed: whereas the corruption remaining doth clod and harden. The difference between this *Scirrhus* and the Canker is, that in the compasse of the Canker, there is heat, beating, and opening of the veins: whereof there is none with this *Scirrhus*: for that *Scirrhus* is without heat, without pain, and without any sense or feeling, and also incurable. But for as much as this *Scirrhus*, doth appear as well in other places of the body, to wit, in the liver, milt, and stomach, &c. and that we have written sufficiently in sundry places thereof, therefore it is not needful for to discourse here any further of it, but to proceed with the Canker.

Of the Canker. §. 5.

THis corroding ulcer, which is taken to be a kind of Fistel, hath her name of the Sea Crab, which men call in Latine *Cancer*, which the Italians call *Granzo*, and the Grecians *Carcinoma*, not onely for that it creepeth hither and thither, but also like as *Galeus* witnesseth, for that many times this Canker hath been seen, and especially in womens breasts, in all sorts like unto the Sea Crab; for the veins do reach into the Canker (being filled with black blood) no otherwise, but as they were the feet of the Sea Crab. This Canker is in the beginning very easie to be healed: but if it grow old, and hath rooted in too long, then hath it never been seen that the same could be healed without incision. The cause of this Canker is a superfluity of melancholick humours. Other do suppose that it is caused of melancholick humours which be burnt by *Cholera*, or be partly tempered therewith: whereof the Physitians do make two kinds of tumors; the one being a melancholick and hard swelling, without any ulcer, and with a little pain, as before (in the discourse of *Scirrhus*) we have shewed. The other sort is a corroding ulcer, as we have before declared. The signs of a beginning Canker be these: the same beginneth first as a small beane, round, and dark of colour, being tempered with green and black colours, and appearing with some heat and pain: it remaineth also immoveable in the same place where it beginneth: but herein hath the Canker a difference with the *Scirrhus*, viz. that the Canker is caused of burnt Melancholick being tempered with burnt *Cholera*: and the right *Scirrhus* of a thick melancholick humour tempered with *Phlegma*. Secondly, the Canker causeth also great pain and beating, whereof *Scirrhus* is free. Thirdly, the Canker hath black and not red veins about it, as the *Scirrhus* or the *Plegmone* hath. Fourthly, the Canker beginneth first to grow of it self: to the contrary, *Scirrhus* doth alwayes come after some impostume. Fifthly, the Canker is very sensible, and the *Scirrhus* without any sense or feeling at all.

For this hard Canker, which is not yet exulcerated, be these rules ensuing ordained: First the Patient is to beware of all meat which ingendereth burnt *Cholera*, of all spices, and of all things which do heat the body. Secondly, he is to eat no meat, but that which maketh good blood. Thirdly, if at the first and in the beginning of the Canker he lay thereto all that which is necessary for it, then may the Canker be holpen; but the old Canker can be cured by no manner of means without incision. Fourthly, necessity requireth in this sickness, that the body is to be opened with the decocted *Epithymo*, which is also very meet for the lengthening of life, although that it cannot yeeld perfect health. Fifthly, in the beginning is the Median to be opened. Sixtly, when a woman that is under fiftie yeeres of age, hath the Canker, and hath not her termes, then must it be indeavoured that she get the same. Seventhly, if it be a man, then is he to open the Pyles. Eightly, it doth not help to purge once or twice, but the same is to be done oftentimes; for that the humors which cause this disease are not easily taken away. Ninthly, by this foresaid order, and through all means which be possible, you are to endeavour, that the hard Canker be not opened.

We must also ordain an order of dyet. First, regard must be had, that the Patient have his dwelling in a temperate ayr, which is somewhat warm and moyst. Also, he is to take heed of all hot meats that may inflame the blood, and whereof heavy thick blood might ingender; as Coleworts, Lentils, Beef, Milk, Hares, Geese, salted or smoaked flesh, Beans, Pease, hot spices, Onions, Garlick, Leeks, Mustard, Cresses, Radish, and such like. Also the Patient must beware of doing any kind of labour in the Sun, or of overheating of himself by any means, and of drinking strong grosse wine. But to the contrary, he must endeavor himself for to eat and drink none other thing but good hail meal, as Pullets, Hens, Lamb, Mutton, and Partridges: he may also eat all kind of River fish, which have scales. Item, Parsley, Burrage, Purslain, Lettice, Pompeons, and such like, be also not forbidden him: fresh sodden Eggs, Oaten pap, and Barley pap is also very good for him. His drink must be cleer white Wine, which shall be alwaies somewhat watered.

In fine, his whole government must be moistening and cooling; and if so be that there be any heat with it, then may he eat and drink Buttermilk. And like as the first rule giveth to understand, the Median is in the beginning to be opened and to let out as much blood as the ability of the Patient can suffer: and further to observe all things that the former rules do teach.

We have not here to tell of any other remedies, because that we have already written, in four places of the Canker, viz. in the first Part, the eight Chapter, and 5. §. Item, in the second Part, the third Chapter and 10. §. of the Canker of the breasts. Likewise also in the third Part, the 10. Chapter, and 12. §. of the Canker of the Arsegut. Also in the third Part, the 19. Chapter, and 13. §. of the Canker of the Matrix: In all which places one may most plentifully see by what means these diseases are to be remedied. Nevertheless, all that which followeth hereafter is very commodious to be used, viz. the plaister *Gratia Dei*. But before you use this plaister, some do advise, that round about the Canker should be well and deep scarified, or to set Leaches about it, and to wash the scarified place three or four times with a sharp lee, wherein Lentils be decocted, and afterwards to fill the ulcer with flat plegents, which be anointed with the salve of Egypt. But you shall understand that the foresaid salve, like as also powdered Agrimony, or the juice thereof, (which be much commended for this disease) cause the good flesh to separate from the bad.

Take Lupine meal, Linseed meal, and Barley meal, of each 4. ounces, the juice of Wormwood, and Salt, of each half an ounce, Sope and Lee, of each a little; seeth them then together to pap. Item, take powdered Allom, and the powder of Earth-worms, of each one ounce. Or take fresh Earth-worms, pownd them with the Allom, and so lay them upon the disease.

Item, take Wine lees, and Allom, of each a like quantity, and so lay it upon the Canker, and chiefly upon the disease *Herpes*.

For this is also meet the salve of Roses, which is discovered before in the Introduction. Likewise also the salve of *Tutin*, which is called *Diapampholigos*; or this following, Take Litharge of gold, and Ceruse, of each a like quantity, put them together in a leaden mortar with oyl of Camomil, and Rose water, and rub it so long until it be as thick as salve: this is as meet for the hidden and secret Canker, as for the Canker exulcerated. This ensuing doth also withstand the Canker that it grow no further, whether it be exulcerated or not: Take sealed Earth, fine Bolus, and Ceruse, of each a like quantity: temper it with the juice of Lettice, or with the juice of Housleek, and then stir it well together in a leaden mortar as before, and spread it on the Canker. The muscilage of Fleawort is also very good being tempered amongst it. The oyl of Sulphur, the oyl of Juniper, whether it be distilled of the wood, or of the berries, tempered together, or each apart, be very good for the Canker.

This powder following is also used to be strewed on this disease: Take burnt bones of a sound man, Cinquefoil, the roots of *Mandragora* and Orpiment, of each one quarter of an ounce, make a powder thereof, and bestrew therewith the open canker: The Orpiment is very venomous and sharp; notwithstanding it is commended above all other for the Woolf, the Fistula, Canker, and in the Ulcer *Herpes exedens*, if one know providently to use it. This Orpiment was wont to be tempered with the juice of Plantain, or with the juice of Nightshade, and to make a cloth wet in it, and with the powder of the same to bestrew the ulcer, and then afterwards to lay the wet cloth upon it. But when you will use this Orpiment, then anoint the Canker round about with fine Bolus, which is mixed with the juice of Nightshade, for to free the place from any inflammation. If so be that the sore be thereby distempered and swollen up with heat, then lay one day or twain the foresaid cooling herbs upon it, and the pain will assuage therewith.

If you wil know whether the root of the Canker be taken away, that is to be known hereby, viz. if it stink no more, and if there begin any flesh to grow, like as is wont to happen in all other ulcers when they grow full of flesh, and be covered with the skin. It is a great abuse that some suppose, that there is to be laid upon the Canker of necessity the flesh of Hens, Capons, &c. the which the Canker should eat up, and should lessen the malady.

There is also used in the exulcerated Canker *Mercurius Precipitatus*, for that it is not so strong as the Orpiment. But the foresaid washing with Vinegar, Lee, and plaisters, is much more surer and rather used. Item, take the roots of *Verbascum*, and Dock roots, of each half an ounce, the dried ordure of a sound man one ounce; make thereof a powder, and use that as the former. Or make a powder of Cheruil, temper it with Hony and lay it thereon, it healeth much. The water of *Carduus Benedictus* should have a great vertue against this disease.

For the heat and inflammation of the Ulcers. §. 6.

First, for this inflammation may those things serve, which before in the first Chapter and 12. §. are ordained against the Rose. In like manner also all that which presently hereafter against the burning of fire and water shall be described, and especially this ensuing: Take oyl of Eggs, and oyl of Roses, of each one ounce, Vinegar half an ounce, black Hellebore ten grains: this being well tempered together, it is especial good for all inflammations of all ulcers.

Other more: Take Woolblade, pownd it very small and temper it with Vinegar, then lay it upon the heat: Or steep Quince kernels in water and anoint the heat with the muscilage.

Take Corn Roses, and Water Lillies, of each a like quantity, beat them and lay them thereon; if you cannot get them, then take their water. For this is also good, the leaves of the Mulberry tree: likewise also Poppy leaves decocted in rain water.

In like manner also broad Plantain, and *Bursa Pastoris* laid thereon after the same order. The herb *Carduus Benedictus* decocted and laid thereon, is also good: the juyce of Sloes spread upon the heat, doth take away the inflammation. But if so be that the inflammation hath gotten the upper hand already, then is this following very good: Take strong water one ounce, and put therein one quarter of an ounce of Quicksilver, and let it stand so certain hours together; afterwards take a feather and anoint therewith the disease once or twice a day, then shall the Canker begin outwardly, and in other places more to separate, till that the foul burnt flesh will fall out: afterwards use the salve *Apostolorum*, or the salve of Egypt with flat pledgents therein, and that twice a day; afterwards lay some of the plaisters upon it which be described against the wild fire.

Item, for the cooling of this burning, take the oyl of Eldern flowers six ounces, the oyl of S. Johns wort one ounce, oyl of Turpentine half an ounce, let them so mixed the space of certain dayes, stand in the Sun, and then keep it until the time of need.

There be many more sundry things which be very requisite for this, especially in the treatise of the plague, therefore we will not rehearse them at this present.

The third Chapter.

Of the Pox, and of the lamenesse which is caused thereby.



This sicknesse and infection of the whole body of man, is placed by good reason next to the above mentioned ulcers, because they exceed all other ulcers, except the before said in badnesse: the which now adaies when I did write this, hath been known about the space of threescore and ten years, and from the time that King Charles of France, 1494. did besiege the City of Neapoli; so that this disease until this present day is yet therefore called the French Pox, and in Latine *Morbus Gallicus*. But the same sicknesse was known long before in Spain, whither long before it had been brought out of the Indies, and out of the New found lands, like as also until this time it is called by some *Scabies Hispanica*: so that before that any one could cure this disease, people were burnt, launched, and cauterized most miserably, and rather spoyled then healed; but daily experience brought by little and little more help and amendment for it. And like as the Quicksilver and such like means were not so sure, there hath been found out at last the use of *Guaiacum*.

Now concerning the remedies of this disease, I will first of all prescribe a processe of the ancient Physitians (the which in those daies was found good) and is as yet not utterly to be rejected, and afterward alledge three of the most famous Physitians for this sicknesse, whereunto we notwithstanding shall at the last adde certain good things more; whereof each may chuse which one thinketh him to be most meet, and according to that the disease doth require.

An order and cure of the ancient Physicians. §. 1.

AS soon as a body can perceive that he is infected with this disease, then is he to keep himself warm, to sweat much in hot bathes, to use cupping, to be let blood twice: afterwards he is to remain in a close chamber, and to let himself be twice a day anointed with this salve over all his joynts, and then to sweat upon it the space of two hours: and because that every one cannot abide to sweat, then must heed be had to the strength of the Patient, to the end he fall not thereby in any swooning.

Purging is also needful for this Patient, which may be done as hereafter followeth: Take white Turbith half an ounce, Ginger one quarter of an ounce, Galangal, and Mastick, Cloves, and Cardamom, of each half a drach. *Hermodytyli*, *Diagridion*, and Sene leaves, of each half an ounce, Sugar three ounces: take one drachme thereof, or one drach. and a half at once, and fast five hours after it. They write that this powder may boldly be given, and that it may be used also in other sicknesses. It is nevertheless very strong, especially if one take one drachme and a half thereof: but in mine opinion two scruples is sufficient in weak men, and a drachme sufficient in a strong body for to purge sufficiently.

The foresaid ancient Physicians do also advise, that one must take one quarter of an ounce of prepared black Hellebore, (viz. a strong body) steeped in Goats milk, and strained, and then drunken, for that it cleanseth and healeth the Poxe; it is very good, but for strong persons it is strong enough.

For as much then as these foresaid medicines be very strong, therefore can I not omit to add certain things of the later Physicians unto that of the ancient, and to teach a safer mean, which all they which needs must use Quicksilver, should observe. For this you have first in the third Part, the 11. Chapter and 20. §. the manner to make the infusion of Sene leaves, and how the same should be drunken with some kind of sirupes. These potions may one drink 3. or 4. times, every day once early in the morning: and afterwards (as the ancient Physicians do advise) the Patient is to purge with pills *De Fumo terra* one drachme, this is the common dose of them, but it may be augmented or diminished, according to the ability of the Patient. You may also steep Fumitory in Goats milk, or let them seeth together, and drink thereof in the morning and evening: or you may drink the water of Fumitory alone, for the Fumitory doth cleanse the blood marvellous much.

When as now the Patient is well purged, then is this salve ensuing to be prepared: Take Frankincense one ounce, Ceruse one ounce and a half, Litharge of gold two ounces, Dragons blood one quarter of an ounce, pound them all together, and sift it through a Sieve; afterwards take 16. ounces of molten Barrows grease, and so pour it as hot as it is upon cold water, and so let it stand: this being done, then temper therein one quarter of an ounce of Quicksilver, so long until you can see it no more. Some do kill the Quicksilver in Turpentine, or vinegar of Roses, but it is needlesse: now then how this salve is to be used, that have we shewed at the first. They divide the salve in four, five, or six parts, and they spend in the inunction every day one part, according to the ability of the person. But because that after this inunction the mouth will be sore, they do use for it Allom, and Barly water, and let the Patient wash his mouth therewith: Or they take a pinte of Wine, and half as much Vinegar, half an ounce of Allom, two Spoonfuls of Hony, and temper them together. With this do they gargarise the mouth when the tongue is excoriated, to wit, with a rag which is tyed to a stick, which hath been described in the first Part, the first Chapter, and 3. §.

Before times the sick persons which were infected with this disease, were wont to be more plagued with lameness, and for that do they use this bath following; Take refuse of iron, make them glowing hot, and then cast them into a closed tub, afterwards take Camomil, Marjoram, and Thyme, seeth them, and make with both the vapours a bath; then dry off the sweat with warm clothes, continue this the space of eight dayes together, or so long, till that you be whole, at each time, the space of an hour.

Item, take small powdered Frankincense, temper it with two ounces of *Aqua vite*, stirre it oftentimes about, and then anoint therewith the members which be lame. If so be that the Patient have any ulcer, then take four ounces of Barrows grease, Quicksilver one ounce and a half, salt Lard, Dogs grease, Bears grease, and Badgers grease, of each three quarters

quarters of an ounce, temper them all together. But note, that you must use the salt Lard in no other salves, but when you have old ulcers in hand.

For the foresaid old ulcers is this powder following to be used: Take Salt, and white Argal, of each a like quantity, burn them together in hot ashes.

Also stinking ulcers be made wet with this ensuing: Take half an ounce of *Mercurii Sublimati*, Allom three quarters of an ounce, Ceruse one ounce, bruise all together very small upon a small Marble stone, put a pinte of vinegar unto it, and make a cloth wet therein, and therewith wash the ulcer. Take *Mercurius Sublimatus* half an ounce, *Aqua vite* twelve ounces, then anoint the ulcers with it: this is very strong.

Of the lameness, and of the extenuation of the members, hath been spoken before in the fourth part, the seventh Chapter and 2. §. for the lamed member of the Pox. This is in fine the means whereby the ancient Physicians were wont to heal the Pox.

How to decoct Guaiacum. §. 2.

BEfore that we come to the curing of the Pox which is used in our time, which happeneth for the most part by the decoction of *Guaiac.* called *Lignum Guaiacum*, and *Lignum sanctum*, we will first of all teach how this dyet drink is to be decocted and prepared of *Guaiac.* as followeth hereafter.

First, take small filed or shaven *Guaiac.* 16. ounces, *Steckas*, field Cypres, rinds of the same beaten small 12. ounces, *Carduus Benedictus*, S. Johns wort, yellow Lillies and Betony, of each one handful, first put the wood and the powdered rindes in a leaden earthen pot, and then pour thereon seven quarts of water: let them stand in steep together the space of a whole night, being stopp tight too: afterwards set the pot to seeth easily, when the fourth part is consumed add the herbs unto them, then put two quarts of Wine unto it, cover the pot close, and let them cool. The rindes, wood, and herbs, are to be dried, and well kept for to have the same used again another time, as shall hereafter be taught.

The second manner: Take rindes of *Guaiacum* eight ounces; *Guaiacum* four ounces, powdered small together, Well water five quarts, let them stand and steep together about the space of 24. hours, then seeth it all together until about the third part be wasted. Take it afterwards from the fire closed very tight, and let it stand so as steep the space of twelve hours; strain it thorow a cloth, and wring it well out, afterwards pour unto it as much white Wine (which is not sweet) as the potion is, then cast two ounces of *Hermoadactilis* into it, and keep this potion as before.

The third sort: Take four quarts of Renish wine, and eight ounces of grated *Guaiac.* powdered rindes four ounces, Betonie, and powdered Licorice, of each one ounce, then let it stand as steep the space of 24. hours, and afterwards seeth it to the half: strain the portion through a cloth, and drink thereof morning and evening the space of fourty dayes, each time four or five ounces.

The fourth potion: Take three quarts of Wine, rasped *Guaiac.* eight ounces, powdered rindes four ounces, Licorice two ounces; let them seeth well together, and afterwards pour 4. quarts of Wine upon it, and let it seeth again until the fourth part be wasted.

These be now the most usual manners to make this decoction, yet may the same be altered according to the importance of the sicknesse, and according to the strength of the Patient: now followeth here what order the Physicians now adaies do observe in healing the Pox.

Another manner to heal the Pox. §. 3.

BEfore the Patient begin to drink, he ought first to be purged, for which the Cassie is most meet: also he is to be let blood. But especially this is the most fittest mean: Take Sene leaves, Polypodie roots, and Currans, of each three quarters of an ounce, seeth them all together in six ounces of Fennel water until the third part be wasted. In this decoction are you to steep the space of a whole night *Rubarb* and *Agaricus*, of each one drachme: afterwards wring it out, and put unto it one ounce of the hony of Roses, whereof you are at least every morning to take one draught 3. dayes together, and afterwards to observe this order following.

The next day after the taking of these potions, must he in the morning betimes drink four ounces of the decoction of *Guaiac.* as is taught before in the second §. and that as

warm as he may abide it : then is he to sleep or rest one hour. He is to drink so much again and rest, and do this the third time. But after the third draught, he is to arise, and shall according to the old custome break his fast, and that of such meates which be light of digesture. His drink that he is to drink on day times, is thus to be prepared.

Take the wood and the rinds whereof the first drink hath been decocted, and then pour water and wine unto it (as is said) and let them seeth together until the fourth part be consumed, and this must be his daily drink, but this may be altered diversly, according to the quality of the cause.

Against the evening he is to drink of the first potion a good draught very warm, and an hour afterwards he is to go to supper, and so continue this until the fift day : but the sixt day is he to take the potion with Rubarb. The seventh day he shall take none other but a spoonful of this composition following : Take small powdered *Guaiaac* one ounce, Mace half an ounce, hony of Roses two ounces, temper them together. The eight day he is to begin again as before, to drink of the first decoction, and so continue the space of ten dayes together, unlesse it be found good to augment and increase it. The eighteenth day is he to take again the infusion of Rubarb, and the two dayes following : Then is he to use none other thing but Hony tempered with the powder of *Guaiaac*. Afterwards he is every day three hours after every meale tide to take three ounces of this potion following.

Take Juniper berries and Bayberries, of each two ounces, Mustard seed half an ounce, pownd them all grosse, and seeth them in four pints of water unto the half.

As long as one doth use these things, he must keep himself out of the ayre, and remaine in a warm chamber, for that thereby the matter of the Pox is expelled outwards towards the skin : and when you find that it breaketh out, then is he to wash himself with these things following : Take a quart of Vinegar, Allum, and Verdigrease, of each one ounce, eight well brayed whites of Eggs ; pownd all that is to be pownded, and then wash him with this Vinegar when he hath thus washed him therewith, and especially where there be any scales, then are they to be let dry, and the scales will fall off of themselves. Thus fareth it with this second cure, which is very safe, without any defect of the inward or outward parts, by which meanes there be a great number cured.

And as we have said, his meat must be light of digesture, viz. young flesh, eggs, and all that is drest therewith : also all other things which make good blood : but Milk, Cheese, Fruit, and such like be very highly forbidden in this disease. For this may also be used the golden water, which standeth described amongst other in the last part, whether it be drunken, or anointed outwardly upon it. So is also Treacle highly recommended for the same.

The third cure of the Pox. §. 4.

THis cure ensuing have I tryed my self in a woman which had used many sundry cures, and could not be holpen ; but by this meanes following she grew to be so healthy, that I knew her twelve yeares after alwayes in very good health, without any hinderance by the same disease. First of all in this disease (like as in all other such like) the Patient is to be purged, and that according to the ability of the person and strength of nature. Further, in eating and drinking he is to order himself like a woman in Childbed.

After the purgation, he is to take a good warm draught of the first and strongest decoction, which is before described. Having taken the same, then is he to be covered warm, to the end he may sweat well, even so much as his power may well permit. The sweat is to be dryed well with warm clothes ; and it were very good that the clothes wherewith he hath been once dryed should be washed every time, and that he put on a clean shirt every morning ; for if the Patient keep him warm and clean, then may the potion have her operation the better.

At meales, and throughout the whole day may he use this potion following : Take boyled rinds and *Guaiaac* ; lay them to steep as before, and seeth them. This may also be done even to the third time, and then to mix all the three decoctions together. When one hath about two quarts of the very strongest decoction, then must he set again to steep with fresh *Guaiaac* and rinds, to the end that one may betimes have more drink in a readinesse. If so be that the Patient have any outward sore or scabbednesse, then is he to wash the same with the dregs of this potion, or lay it upon it with a cloth : and if so be that the sore be somewhat deep, then be pledgents to be laid into it, which be made wet in the dregs of this decoction.

This

This is so to be done in the morning after sweating, and in the evening one hour before supper:

And if so be that these pledgents were baked therein, like as it happeneth also, then are they to be wetted with a little of the warm potion, and then to lay fresh to it again.

The clothes wherewith his sores be once drest, are not to be used again without washing. Now when as these sores be almost healed, and the flesh would grow too proud, there is then a fine powder to be powdered of the rinds, and to be strewed oftentimes thereon: and also to be letten lye upon it, until that there fall off dry scals; this powder dryeth much with all pain. But if so be that it be a rich person, that had need of the use of this potion, then is he to take of the best Rhenish wine, for that it is more penetrating then any other, and also not too hot.

Of the fourth cure of the Pox. §. 5.

IT is first here to be noted, that in all these medicines ensuing, no proper or due rules are prescribed, for that they be not set down by one Physitian onely, but gathered together out of sundry mens works, according as the cause requireth; wherefore every one is (as he thinketh best) to chuse that which liketh him best. And for that cause be all these remedies ensuing ordained most for them which could not be healed by the former decoction.

First, it is needful that the Patient above all things, and before he use any syrup or purgation, do take one ounce of well washt Turpentine, with a little fresh broth, or water of Fumitory made warm: for this prepareth the way for all other Physick, to penetrate the tetter through the whole body. So that it hath been found before times, that thereby the working of the medicine hath been perceived even to the great toe.

Whereby it may be known, what a power Turpentine hath to open the way for Physick. This Turpentine is also given with the decoction, or with Malmsey, and it may also be made much stronger.

Take Turpentine as much as you will, and put it in a glasse: afterwards set it in the warm Sun, and temper a little Sugar from day to day amongst it, then stir it well about. This is especial good for the head, for the breast, for the paine of the belly, for the gravel, and for the laxation of the body.

And to come again to our purpose: This syrup following is especial good for the Pox: Take Sene leaves, *Epithymum*, yellow Mirobalans, Sebestes, Licorice and *Rapontica*, of each half an ounce, field Cypres three drach. Polipody roots, Fumitory or the juice thereof, Hops or their juyce, of each 12. ounces, flowers of Burrage, of Violets, and Comin of each three drachmes, cut all that is to be cut, and let it seeth together in 5. quarts of wine, until about a quart remain: afterwards take of this decoction a pint, and temper therewith the syrup of Fumitory, and of Hops, of each two ounces, *Oxymel* of Squills one ounce and a half, syrup of Violets one ounce, good Sugar as much as you please: then take thereof three ounces at once, and that with Endive water.

You have also take this decoction with the infusions of Sene leaves, or water of Fumitory certain dayes together, augmenting or diminishing the same, according as you would have it for to purge; this being done, you are to purge with Cassie or any other thing, according to the quality of the cause foresaid.

You may also in the third Part, 14. chapter, and §. 5. many kinds of things which be all good for the Pox.

Of the letting of blood we have also spoken before, which also doth much good in this sicknesse, because that the bad blood is thereby diminished.

But therein is no certain order to be given, but you are to order your self therein according to the quality of the cause and ability of the person; But it is alwayes especial good that the Hemorrhoides be opened: for if they bleed not too much, then do they preserve one from the Pox and Leprosie, as we have taught in the 10. chapter, in the beginning of the §. 5.

Before that now the inunction or *Stricado* be used, it is first exceeding needful that one foment the joynts, and that he take for it Calamus, Marjoram, Garden Mints, Horehound, Bayberries, Southernwood, and Dock roots, of each one M. cut it all together, and seeth it in well water until about the third part be consumed; with this decoction before and in the anointing, foment the members which are to be anointed, and

afterwards with warm clothes dry up the sweat, and then anoint them; this is to be pursued, as long as the anointing endureth, which is commonly four or five dayes, and until the pain doth come in the teeth, the mouth, and the flesh of the teeth excoriateth, and the phlegme doth excessively begin to issue and run, then is the inunction to be stayed. For this be many kind of salves prepared, and chiefly this following; Take Barrowes grease six ounces, Quicksilver killed with the juice of Sage three ounces, black Sope three quarters of an ounce, Argal beaten small one ounce: make a salve thereof, and stir it together in a mortar the space of half a day, that it may be very well tempered together.

This salve ensuing is very much used at *Augusta*; Take fresh Butter half an ounce, Barrowes grease two ounces, Treacle and Mithridate, of each one quarter of an ounce, mortified Quicksilver one ounce and a half, prepared Litharge of gold and Salt, of each one drachme and a half, oyl of Foxes, and good *Aqua vite*, of each one quarter of an ounce, Saffron five grains, afterwards temper them all together: This salve is called *Unguentum Mercuriale*, and is by reason of the Treacle and the Mithridate much safer then any other salve.

Item take Barrowes grease one ounce and a half, Turpentine and Quicksilver, of each half an ounce, powdered Bayberries one drachme and a half, oyl of Juniper one drachme, oyl of *Euphorbium*, and bruised Cinoper, of each one quarter of an ounce; temper it together. Item, take Barrowes grease 4. ounces, Quicksilver two ounces and a half; seeth it all together in sufficient Vinegar, and put unto it the ashes of Beechen wood 2. ounces, oyl of Bay one ounce and a half, Mastick one ounce, Frankincense one ounce and 3. quarters; temper them all together so long, until that the salve be blewish: and then anoint therewith the Patient but once a day, for that the salve is strong.

Note also, that in case if any body be anointed too much with Quicksilver, then is the juyce of the great Pimpernel to be given him to drink, wherewith some be holpen, in whom the Quicksilver was seen to lye in the veins.

And because there appear sundry accidents through the inunction, viz. Ach of the teeth and gums, rawnesse and swelling of the throat, excessive flabbering, weaknesse of nature, binding of the body, and such like, therein one must be provident.

First, the pain of the gums is to be remedied with the juice of Wormwood, wherein whites of Eggs be brayed; to wit, if one wash the teeth and the flesh of the teeth with it, and cleanse the throat also with it. It helpeth likewise for this to cleanse the mouth oftentimes with sheeps milk.

Secondly, take Rose water, and Honey of Roses, or other clear Hony tempered with Whay.

Thirdly, this ensuing is much commended; Take the juice of Laurel, and cleanse therewith the mouth. Each one may try this that will.

Some do advise, that the mouth must be cleansed with cold water, or with the juyce of Nightshade, for that thereby will the flux of the mouth be stoppt.

Fourthly, chew Linseed, or the roots of Woolblade.

Fifthly, this disease is to be eased with a kind of fomenting of the members, which have been anointed before with warm water, wherein Rosemary and Sage is decocted.

Sixthly, it is needful, that the Patient live very soberly, and do use good strong broths, and other forcible things, and that all his meats and drinks be also mixed with all that which doth strengthen and fortifie the heart.

Seventhly, there is to be used for this, Conserve of Roses, of Buglosse, of Burrage, *Manna Christi*, with Pearls, and such like things that strengthen the heart.

Eightly, there is a common Clister to be set with Hen-broth, Sugar, yolks of Eggs, and with Salt, thereby to resist all accidents and obstructions of the body; and in great weaknesse of nature, is he to use Sugar of Violets.

Ninthly, prepare this salve: Take Gum, Bears grease, and Oyl of Roses, of each a like quantity: temper them together with a little oyl of Balsam; then is the Patient to anoint therewith his face, both the temples of the head, and his hands: for thereby shall he get again his natural colour.

Now to prevent those foresaid accidents, give the Patient one ounce and a quarter of Cassie, to wit, after the fourth inunction. And when he beginneth to flabber, then hold again from anointing, until two dayes afterwards; then purge him again after the third or fourth *Strigado*.

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When you do prevent the matter in that manner, then will the putrifaction of the mouth not be so hurtful.

For the sore and foul gums is this following very good: wash the mouth oftentimes with Vinegar, wherein some Allom is molten. In the evening and morning be the teeth to be anointed with the salve of Egypt: but beware of swallowing the same salve down. For the rotting or putrifying of the gums, read in the first Part, the 13. Chapter, and 7. §. what is written there against the foul Gums.

Item, take Hony of Roses and the juyce of Mulberries, of each one ounce, Plantain water 8. ounces, Allom one quarter of an ounce, then temper them together, and use it to the washing of the mouth. You may also set boxing cups upon the shoulders.

For the Pox that have continued long. §. 6.

IF so be that this sicknesse be so stale or old, that it be not well to be holpen, then give the Patient a Pill with Quicksilver, which is killed with the juyce of Limons, and with as much Rubarb, viz. of each about one scruple; if the pain be very great, then temper therewith *Opium*, and Saffron, of each two grains. This is to be done alwaies about the second day, when he goeth to bed, or that he let himself be anointed the space of eight daies, where otherwise he ought to be anointed the space of three or four daies. But alwaies after the fourth inunction is the Patient to be purged, and to omit the same day the inunction, and afterwards to go on with the inunction unto the end of the same eight daies, and when the eight daies be compleat and ended, then is he to drink the decoction of *Guaiac.* made after the common manner. When as the third part of this decoction is spent, then put unto it two ounces of *Rapontica*, Turbith half an ounce, *Cardus Benedictus* half a M. *Agaricus* half an ounce, Sene leaves half a M. the rinds of *Guaiac.* four ounces, good strong Wine one quart, then let so much thereof seeth away as there is wine put unto it.

If so be that this will purge too strong, then give him rather the potion of Sene leaves, which is described in the third Part, the 11. Chapter, and 20. §. every second day. These pills also ensuing may be used for purging: Take *Rapontica*, Rubarb, Manna and Aloe, of each one drachme, Ginger and *Spica* of Indi, of each six grains; temper them all together with the sirup of Fumitory, and make six pills of one drach. weight, and take thereof every evening twain. The pills *Aggregativa*, and *de Lapide Lazuli* are also good for this purpose.

If there be great pain with it. §. 7.

IF now there be great pain with it, then take Frankincense, Litharge of Gold, Argal, Mastick, Ceruse and Allom, of each one quarter of an ounce, oyl of Bay and *Aqua viva*, of each one ounce, Barrows greafe five ounces, mortified Quicksilver one ounce and a half, then temper them together unto a salve. This Salve doth mellow all cores, and cleanseth all ulcers.

Item, take Sallad oyl, the oyl of Foxes, or oyl of Costus six ounces, and seeth therein one drach. of Quicksilver; the same flyeth away, but the force of the Quicksilver remaineth still. This oyl swageth all pain of the Pox marvellously.

Or take the spirit of Wine, which is four times distilled, six ounces, Quicksilver which is mortified in Copperas water, one ounce and a half, yellow Saunders three quarters of an ounce, Allom two drach, *Lignum Aloes* one drach, *Muscus* eight grains, *Ambra* five grains, steep all these things together in the spirit of Wine, and make a cloth wet therewith, and wash all the places, where the pain is: Or make a cloth wet, and lay the same upon it, and especially upon all the joynts.

Another. Take oyl of Roses four ounces, washit Earthworms and Turpentine, of each half an ounce, Salt two drach. let it seeth well together, and so lay a cloth dipped in it, upon all the joynts: you may also temper the oyl of Foxes amongst it, and then it is not only good for the sinews, but also especially for all pain of the Pox.

Of the Byles in the Pox. §. 8.

IF there appear any blisters or byles in this sicknesse upon any, then annoint the same three times a day with a salve which is before described in the first Chapter, and

and twelfth §. beginning thus:— Take small powdered Litharge of Gold, &c. But the expert Physicians for the Pocks do deem that there is nothing better for the Byles of the Pocks than unbleached Lime tempered with black Sope, for that this openeth the skin, and thereby will the pain also be taken away.

You have also in the fourth part, the sixth Chapter, and second §. in the description of *Sciatica*, two very good and safe salves made of Hollibock roots, and Elecampane roots, for to mollifie all hard nodes or knots. The gray plaister *Diachylon* may also be used very well for it.

But in case that the same be so hard, and so irremediable, that they must be opened by a potential cautery; we will put a meet Chirurgion in trust with the same, yet we will here teach the making of a corrosive to be used at need.

Take Vine sticks, burn them to ashes, and ashes of Beechen wood, of each a like quantity, powre sufficient water upon it, and then let it run four times through a bag. Of this lye take three quarts, and put unto it blew willow ashes, unbleached Lime, ashes of the Vine and of the Beech tree, of each half a pound: let this stand for the space of 8. daies in a wooden vessel, stirring it about every day 3. or 4. times; afterwards filter it so long until it be very clear. This Lee are you then to see the in an iron pan upon a good fire, so long till it be sodden thick enough. Now for to know whether it be enough, stick a quill into it, and if the feathers do fall off, then take the pan from the fire, and hold it on one side, to the end it may run all together, and may be hard. It is also here to be marked, that when as in seething it beginneth to make bladders, or bubbles (like as pap is wont to do) then is it a sign that it is sufficiently decocted, and then cast it on a board, and cut it parcelwise. When it is through cold and waxen hard, then keep it in a glasse stopp'd very close and tight, in a dry place.

Another: Take unbleached Lime, Vine ashes, Willow ashes, Argal, and burnt Salpeter, of each a like quantity, pound it all small, and put it in new a pot: afterwards pour sharp Lee upon it, and so let it stand three daies space, but stir it oftentimes about: filter this Lee so often that it be very clear, at the last see the it and keep it as before.

For all open sores in the Pocks. §. 9.

Take Ceruse as much as you please, and Sallad oyl as much as is needful, and a little Vinegar and Rosewater, bruise them together upon a rubbing stone, anoint therewith the running sores of the Pocks, and other.

Item; take oyl of Roses, Saltpeter, and peeled Almonds, of each a like quantity, Camphire a little, then rub it altogether as before.

For this may you also according to the importance of the cause temper small bruised Tatty, for that this healeth marvellous well all sores, and especially those which do stand about the throat: but if it be feared that they eat too deep inwards, then are they to be anointed before and after meat.

For the scales and other spots. §. 10.

Take oyl of *Camelina*, and Oyl of sweet Almonds of each four ounces, Butter and marrow of Oxe bones, of each three ounces, the grease of Geese and of Ducks, of each one ounce, white Wax two ounces, make a salve thereof. This salve hath a marvellous vertue in mollifying all scales, impostumes, and other scirrhoties which proceed of melancholy, and all hardned sinews. Will you then have this salve to assuage the pain more? then temper the brayed yolks of three eggs amongst it, and one drach. of Saffron. If you then desire to have it pierce more stronger, then take *Bdellium* and *Ammoniacum*, of each one ounce: dissolve them in Vinegar, and put them amongst it; then see the them until that all the moisture be consumed, and stir it together one amongst another.

Now for to heal all cicatrices, marks and spots, use this ensuing: Take a pound of Sulphur, beat the same grosse, and see the it with water in a covered pot; but look to it, that there go no vapour out of it: afterwards hold the member over it, and receive the vapour thereof: afterwards anoint it with sweet Butter. You shall also find good things for this in the description of burning.

The fourth Chapter.

Of the Leprosie.



AL famous Physitians do esteeme no disease upon earth to be more terrible and hurtful than the right Leprosie: for this maledy doth so vehemently infect the body, that it not onely enfeebleth all the members of the whole body, but spoileth and putrifieth also the same on all sides, that the members will fall parcelwise from the body: and it taketh away utterly his whole natural essence, for that his nose will be crooked, broad, and faine down, his lips great, thick, and swollen, and his ears sharp; so that these people besides that they be disdained and despised of all the world, as if they were the filthiest creatures on earth, they must live and dye in misery. And to the end that we might partly learn to know the misery which is caused through the Leprosie, these are the most common signs; the falling out of the hair of the beard and the eyebrows, hoarse speech, a short, heavy, and stinking breath, great continual thirst, hardning and swelling of the spleen, unnatural heat of the Liver and of the Kidneys, wherewith is commonly gravel also: the Patient wil be vexed with terrible dreams, and wil be much plagued (as it is commonly said) with the night Mare. He wil also be vexed with much wind of the belly, and with great binding. Also the fingers and toes do rankle and swell, the nails do sliuer and cleave, and spoil, that at last they do fall out. Wheresoever they have any opennesse, there runneth out alwaies a black, loathsome and stinking matter. Otherwise they have over the whole body a hot, irksome and itching scabbednesse with blisters and scales, which for the most part do appear in the throat and in the nostrils, whereby they do take away the breath from the Patient. He getteth thick cornels or knobs on the skin of the thighes, legs and feet, which do get a numbnesse, whereby the natural colour is altered into a dead black and blew colour. The eyes do also get another form or fashion, whereby their lively sight is darkened.

These be now (like as is said, and shall yet be said) the most common signs of the Leprosie, especially of that which the learned do call *Elephantiasis*; whereby all the foresaid signs do shew themselves not all at one time, but alwaies in a good part of them. It hapneth also well, that otherwhiles but one member onely, or some of the body is infected with this disease, and not the whole body.

We will also discover somewhat here of the causes of this sicknesse. It may be caused of a bad air, as in time of the plague, by conversing or dwelling besides Lepers, or by much speech with them; for that through their venomous breath may one be easily infected. And this is such a disease, whereby the one is not onely infected of the other, but the children also do inherit the same from their parents; so that whether the man or the woman be infected with it, the other will soon take it also. This miserable sicknesse is wont also to be caused of great anger, long sorrow, fear, and faintheartednesse, whereby much melancholy blood is ingendred, and then out of it the Leprosie. Item, of the long use of melancholick meats, as Pease, Beans, &c. old cheese, Goats flesh, Bears flesh, Foxes, Asses, and measelly Swines flesh, all old salt flesh, grosse fish, milk and fish eaten together, and such like things more. Item, through too-hot a Liver, whereby the blood is burnt. The Leprosie divided by the learned into four parts, and each species of the same called after a certain beast, for that it hath a little likeness to the nature of the same beast: whereof the 1. is *Leonina*, of the Lions, the 2. *Tyria*, of the venomous snake *Tyro*: the 3. *Alopecia*, of the Fox: the 4. *Elephantiasis*, of the Elephant.

The first species hath her name of the Lion, for that they that be therewith infected, be raging mad, as otherwhiles the Lions be. This species is caused through an overheated and burnt blood, whereby they also get a deformity of the face, which is horrible to look upon: they do cry out, and beat their bodies so vehemently that their own skin doth thereby harden: they be also so hungry and thirsty that they cannot be satisfied: they are also deprived altogether of sleep, until that at last they be very mad and distraught.

Concerning the second sort, it is well known throughout all the world, that the Snakes do at a certain time renew themselves, strippe off their skinn from them, and

do get a new : the which also hapneth in this sort of Leprosie, otherwhiles 10. or 12. times a year, so that their skin goeth off with great heat and sharp pain, out of which runneth a subtil matter which infecteth the parts round about it : and this not onely therefore, but also for that this kind of Leprosie doth infect and hurt all other people dwelling by. This Leprosie is also contagious, that all whatsoever he spoileth doth stink none otherwise than do the holes of these sorts of Snakes *Tyri*.

The third species which is called after the Fox : it is very well known that this beast is subtil and ravenous, also frequenteth unknown and secret holes : also commonly twice a year cometh to cast his hair, and at last consumeth utterly.

This species of Leprosie is also of this nature, that the Patient can by no means be perswaded for to use any counsel, but feareth alwaies that he shall be extenuated. At the first have we admonished, that the parties beard and the hair of his eyelids will fall out : the same hapneth in this also, for that because his meat and drink can alter into no natural nourishment, therefore will not onely the nourishment of the hair be taken away, but also the sustenance of the whole body, whereby the Patient must extenuate and consume.

The fourth species receiveth her name of the Elephant : the cause of this Leprosie cometh through the use of all bad and melancholick meats, the which cannot sustain a body, nor ingender sound flesh, but do rather spoil and destroy the same. In like manner do they also clean change the natural colour of the body, and make the same a dark gray, like as is the colour of the Elephant. Other are of opinion that this name proceedeth of a lothsome sight, for that this disease hath a lothsome sight. In like manner also for the altering of the voyce, which seemeth like to the voice of an Elephant, with other more such like things. But for that at the first in all such leproous people the head oftentimes and the whole body do swell so, that one may say very well that he is like to an Elephant : their face is sometime so terrible to look upon, that one should be affrighted of the same, as of a terrible beast ; for that their face, fingers and toes be full of sores, and those so great as a Nutmeg or Bean, and of the colour of a Mulberry, which is not as yet thoroughly ripe. When as these come to impostumate, then do they yield (as is said) a stinking matter : the eyelids do also swell sometimes so thick as a finger, afterwards they do split and cleave. But this is not all, for they do hurt also the mouth, the throat, and the nose so wonderfully that the Patient can hardly get his breath, and do alter afterwards commonly into the canker, and into all such peril, that he cometh to stifie thereby. The ears be also commonly full of sores and scales, and be also sometimes eaten up that they fall off, yea they do so eat inward that they make the Patient utterly deaf. The arteries and other veins of the neck will be apparantly filled full of thick and clotted blood, whereby the voice will be hoarse, and ulcers and blisters do appear in the joynts with a great hardnesse of the spleen, and is almost a general numbnesse of all the members, so that they cannot use them. Lastly (which is most of all to be wondred at) this sicknesse doth commonly cause the great rupture *Buris*, whereof we have written in the third part, the first Chapter, and 8.

Out of these four species of Leprosie may each expert man well guesse, that the first species is caused through a burnt cholerick melancholy : the second species out of a phlegmatick melancholy : the third out of melancholy which is mixed with blood : and the fourth of a burnt melancholick matter : therefore this last kind of Leprosie is much worse than any of the rest. This may suffice of the nature and causes of the Leprosie. Now we will come to the Physical means which may be used against it.

For this above all are these rules to be observed.

First, although the Leprosie hath setled her root, yet letting of blood is good, but very little, like as also no strong purgations be good ; for when this sicknesse is confirmed, then is the matter without the veins and in the outward members, out of which it is not to be expelled.

Secondly, this sicknesse is not to be driven away, but onely at the first through the purging of the melancholick, and other bad humours.

Thirdly, I take that there be much spoiled blood instant, then is a vein to be opened, whether it be in the arm or upon the hand. But if there be not much blood instant, then is letting of blood to be omitted.

Fourthly, both the veins of the throat (whereof we have written in the Introduction) are to be opened in great hoarsnesse, and that especially if one be afraid of stinging.

Fifthly,

Fifthly, there be in the beginning no strong medicines (especially Hellebore) to be given, for that this matter is not to be purged, but it is rather to be put in practise with mild things which do purge melancholy.

Sixthly, each one that is infected with this disease shall beware of venery. Seventhly, neither bathes nor salves are to be used before and until that the patient be duly purged, for the grosse matter doth obstruct the pores.

Eighthly, the flesh of the Snake of *Tyrus*, and all things wherein the same shall be tempered, are very meet for leprous people, and advised to be used by all learned men.

For the Leprosie.

Take of my Lixivium mentioned in the 1. Part, 1. Chapter, and 4. §. make it hot and wash the Leprous party therewith very hot; do so for 2. or 3. dayes 3. times every day.

Then take my yellow salve made of Hony, Wax, and Rosin, Turpentine and hogs lard, and anoint the leprous parts with it as hot as may be suffered, & let it lye thick upon the sores, then cover it with clean white paper and bind it and sow it up with cloth that the papers move not; let it so remain 3. dayes, then dresse it again, and in 2. or 3. dressings you shall have fair skin, and the leprous scurfe will be gone.

And purge the party with Sene, and Anniseed decocted in small ale sod to the half.

Or purge with Confectio Hamech.

This is my own experiment which I have proved several times with good successe.

Of means and medicines against the Leprosie. §. 1.

The famous Physitian *Galenus* doth write thus; the Leprosie is an alteration of natural warmth, which appeareth with terrible and itching sores. And yet in another place he doth admonish that (in the beginning of *Elephantiasis*) he hath healed it through letting of blood, and through strong purging of melancholy: therefore must these sicknesses at the first (and as soon as they can be perceived) be remedied; for which one is to imitate this proceffe ensuing: and although the same be more inclined to the healing of *Elephantiasis* then to any of the other kinds, neverthelesse the same is meet to heal all Species of Leprosies.

An order of Dyet. §. 2.

FOR as much as melancholy is of a dry and cold nature, therefore must (to the contrary) warm and moist things be used for to mitigate the matter according as the humour is weighty, mean, little, and venomous.

First, then concerning the aire, the patient is to keep himself in a meetly warm and moist aire, and that especially about rocks that are lying towards the East, the South, or towards the North, and also about so springing fountains. But if the wind cometh to blow over some odoriferous trees or flowers, then is it the better: but if one cannot get such an aire, and that the year be very hot, then sprinkle the chamber with fresh water wherein Violets, Waterlillies and Lettice be decocted. Also lay these Trociskes insuing upon hot coales, therewith for to fume the chamber: Take Violets and waterlillies, of each one ounce, the seeds of Lettice, of Endive, and of small Endive, of each half an ounce, the seeds of Mellons, of Pompeons, of Gourds and of Cucumbers, all together peeled, of each one drachme and a half, Starch half an ounce, Camphire one drach. make Trociskes thereof with the juyce of Lettice, each about half an ounce in weight. When the same be dried, then pownd them to powder, and let the patient therewith fume his dwelling, viz. in the morning, at noon, and in the evening.

Although now his dwellings were sitnated towards the North, and towards cold winds, yet is this fumigation very requisite for him, but the leaves of Apple trees, or sweet Pomgranats or of Almonds, or such like decocted amongst them are to be put unto it: also all his linnen, and especially his shirts are to be washed with the same water. In like manner also are his clothes to be fumed.

Further, this bag ensuing is to be prepared for to smel unto it.

Take

Take sealed earth and fine Bolus, of each one quarter of an ounce, the flowers of Burage, of Buglosse, of Basil, of each one drachme and a half, Violets and Waterlillies, of each one quarter of an ounce, Camphire half a scruple, wild Vine leaves, Broom flowers, and Lettice seed, of each three quarters of an ounce, pownd each alone, temper each alone, temper them very well one amongst another, and then bind it in a fine cloth. He must also beware of all such clothes as do wring the head and the breast too hard, or be too narrow. The hands and the feet are in sommer with linnen, and in winter with good warm sheeps pelts to be kept warm, and also the head preserved from all cold.

Concerning his meat, it should be very good that all his bread were kneaded with water of Purslain, of Lettice, of Endive, or with some such like waters, a little salted, but meetly baked, and not eaten before it be two dayes old. All his flesh must be light for to be digested, as namely, Pullets, field fowles, fat Ducks, Partridges, Pheasants, Finches, wood Pigeons, and such like. Amongst all other flesh is good for him the flesh of young Goats, Lambs, Calves, young swine, of young Muttons, Harts; and especially of young Conies, young house Doves and Hares, shall he not eat, because that the melancholike humours by them are ingendred. All river fish which is not slimy, is very good for him rather sodden then roasted. All fruit that is sweet, as Cherries, Cresses, Hasel nuts, Almonds, Muscadel grapes, and other sweet grapes, shall not onely be permitted, but much rather be advised for to use them. In like manner fresh Figs, and water drunken upon it, Peaches, sweet Apples, and sweet Pomgranats are very good in this sicknesse: but all sour fruit is to be forborn, for that vinegar and all whatsoever is sour doth harm much the melancholike person. Walnuts, Chestnuts, Quinces, Servises, and such must he forbear. The decoction of red and white Pease, and these green herbs, viz. Spinage Lettice, Beets, Endive and Purslain be very good for him, and especially if some Fennel be chopt amongst them. Item, ripe Melons, because they cool and moisten, are not ill for him. Milk is also for this sicknesse not discommended, all hot Spice, as Pepper, Cinamom, Galangal and Ginger are hurtful unto him, for that the matter thereby is the more burnt. But for to prevent the consumption, this powder following is to be prepared: Take Saffron one drachme, Cinamom two drachmes, Mace three drachmes, the seed of Violets, of waterlillies, of Sorrel, and of Endive, red and white Coral, red and white Saunders, of each one drachme, pownd each alone, and temper them together.

Item, he may also use Hens grease, Ducks grease, Calves suet, Mutton suet, if it be not much salted, for all these suets be much better in this sicknesse then butter. Leeks, Garlicke, Sives and Radishes are to be refrained, or at leastwise used very seldom. In like manner also salted fish, salted flesh, and such like. The stomach, the liver, the heart, and chiefly the spleen of what beasts soever they be, he is not to eat, howbeit the brains of beasts being sodden are not ill.

As concerning his drink, he is to beware drinking of all kind of red thick wine, and also of all white wine which is strong, and ascendeth or climeth into the head, but a milde, white, and sweet Wine which is not strong. And if this kind of wine cannot be had, then is his wine to be tempered with good well water or fountain water. When it is cold weather, then may he use Hony water, which from twenty quarts of water and one quart of Hony is decocted unto the fourth Part. When the Grapes be ripe in the forepart of winter, then is alwayes this wine following to be prepared: take one hundred quarts and an half, or two hundred quarts of sweet Must, and steep therein twelve ounces of green small Endive, cut very small, Elecampane roots eighteen ounces, the seed of Dock and of Sorrel, of each one ounce, then put it all together in wine, and let the wine stand over a year and be very clear. If the wine be now too strong, then temper in their drinking good well water with it, or let it see the together. Of this wine is he to drink all the whole winter even to the end of March: but from the moneth of March until the end of the moneth of September, then take Must and fountain water, of each one hundred quarts, Liverwort, water Cresses and Garden leaves, of each six ounces, green Citron leaves 12. ounces, cut them very small, and let it see the all together. When this potion is cleansed, then drink it as before.

The patient is also to see to it that he eat not without hunger, nor drink without thirst, and especially if his stomach be not well framed; To the contrary, he is not to fast any longer then till he feeleth that the meat in his stomach be clean spent. Many dishes or messes be not good for him, but all spoon meats that are thin are very meet for him. He is to beware of all dry meats: He is also to hold him sober in drinking, that the meat come not

not to swim in the stomach. If so be he find after meat that his meat doe trouble him, then is he to take this following to parbreak it out again: Take three ounces of water wherein Radishes be decocted, white Sugar and Hony, of each half an ounce, *Sal gemma* three grains, Comin five grains, Vinegar two ounces, temper them together and drink it luke-warm. But in case that the vomiting will not yet follow after it, then thrust your finger or a feather in your throat as deep as you can, which is made fat with oyl. If it will not yet be, then must it be looked to, that the meat come not to rot in the stomach, and there ingender an Ague of it, which is to be done with this potion following: Take fresh prepared Cassly which is prepared with water of Violets one ounce, water wherein the herb Mercury hath been decocted three ounces, then make them warm together, and drink it at one good draught.

Of sleeping and Waking. §. 4.

They that be burthened with this disease, ought to sleep the space of eight hours at the least, and to go to bed one hour after meat, and to turn oftentimes about from one side to the other. The head is to lye very high, and to sleep half sitting. When it is cold weather, then is he to cover his whole body, and especially his head very warm. Reasonable exercise is very good for him, if so be that he can exercise himself. His head must he let be oftentimes and softly rubbed. Last of all he is to beware of all motions of the mind, as from anger, sorrow, and such like; for that these things do augment the burning of the melancholy.

Let this suffice to be spoken of the order of diet, whereof we shall hereafter discourse more at large; and teach also how this matter might be diminished and expelled.

Of letting of Blood. §. 4.

VVE have before expressed in the general rules how that letting blood in the confirmed Leprosie may not avail, except it be seen that the patient be very full of blood: for which, setting of boxes is also very commodious, whether it be in the neck, the shoulders, the thighs, or upon the calves, and upon other places more according to the importance of the cause. But if so be that the Leprosie be not rooted, then is first the letting of blood to be used, and that for an unburthening of the noisom matter.

But if now the patient be very plethorick, and the veins be full of blood, then must one open the patients Median in the left arm, and let out three or four ounces of blood. Or if there appear such fulnesse of blood about the liver, then is the liver vein to be opened in the right arm. But if there be any fulnesse in the veins about the head, then is the head vein to be opened, and that upon the hand about the great thomb. This letting of blood is in the beginning of the Leprosie, one of the most principallest medicines and means, because that the burning blood can through no more commodious way be expelled.

After letting blood (or if it be not esteemed needful) do all learned commend the potion of *Epithymus*; whereof there be three sorts in the first part, the twelfth Chapter, and eight §. is described, whereof the patient shall take in the morning betimes 4. or 6. ounces very warm, and then to sleep one hour upon it, for it is a very mild laxative, and afterwards he is to fast six hours after it. But if you desire a weaker potion, then take fresh roots of Polipody, powdered Sene leaves, *Thymus* and *Epithymus*, of each one drachme *Mirobalani Indi* one quarter of an ounce, Whay five ounces, Annis, Cinamom, wild yellow Rape seed and Mace, of each half a scruple, and beat it small, and steep it the space of twenty four hours in warm whay, afterwards wring it out, and so give it to drink.

Item, take the Confection of Sene leaves 3. quarters of an ounce, and tompea it with whay of Goats milk: this is a safe and elected medicine. This following is somewhat stronger: Take Sene leaves one drach. Indy salt, prepared Azur stone, and fine Bolus, of each two greins, then give it warm with three ounces of the water of Hops. Or take two ounce of the juyce of the leaves of Polipody, temper it with one ounce of good wine unto a potion. If you will have this more pleasant, then take the distilled water which is distilled out of the leaves and roots of Polipody.

Had you rather take pills? then let these following be prepared; Take Polipody, *Thymus* and *Epithymus*, of each five grains, prepared Azur stone, and fine Bolus, of each half a scruple, Annis, Mace and Ginger, of each two grains, Indy salt three grains, then

make

make thereof 7. or 9. pills, and that with the juyce of Roses for to be taken at one time. After this may one bring together many purging things, but these before said be sufficient for a pattern and example.

This clister may be made thus: Take Burrage, Buglosse, the uttermost of the *Agaricus*, Elecampane roots, and fresh Polipody, of each one handful, then seeth them all together in sufficient water unto the half, then take thereof twelve or sixteen ounces for a clister, without any other addition.

Another: Take of this foresaid decoction 12. ounces, Butter half an ounce, then temper them all together: or take good sweet Wine wherein Mallows and Violet leaves have been decocted 4. ounces, confection of Sene leaves and Cassly, of each half an ounce, Indy salt one scruple, temper them well together, and then set it very warm as a clister. Here followeth a stronger: Take Coloquint *Mirobalani Indi*, *Emblaci*, *Epishymus*, *Thymus*, Fumitory, and Sene leaves of each one handful, seeth all together in sufficient water even to the half, and use them without any other addition for a clister. There may also be taken six ounces of the decoction wherein an Hedghog is boyled, and putting thereto 4. ounces of the oyle of Violets, Indy salt one drachme, confection of *Hamech* three quarters of an ounce, and temper this together unto a clister.

But this following is the mildest, and notwithstanding the most commodious: Take whay of Goates milk 12. or 16. ounces, Cassie one ounce, and set it warm.

If it be seen that the matter do annoy more the head then any other member, then is this laxative potion to be used: Take the confection of *Diafena* and *Hamech*, of each three drachmes, the decocted or distilled water of Betony, water of Violets, or of the Savin tree, of each one ounce and a half, temper it all together.

If so be that the brest be most of all infected, then take *Agaricus* one drachme and a half, *Mirobalani Indi* one quarter of an ounce, fresh Polipody, and the husks of the Sene leaves, of each one drachme, Fennel water, and water of Hyssop, of each two ounces: make it warm, and steep the rest the space of 24. hours in it: afterwards drink it warm in the morning early.

Or if so be that these melancholick humours do bruise the Liver most of all, and the rest of the intrailles, then is this following to be used: Take Annis, *Spica*, Violet seed, *Cuscuta* seed, Sorrel seed and Mastick, of each half a drachme, Roses, and the leaves of the wild Vine, of each four scruples, seeth them all together in six ounces of water even to the half: Take of this decoction and temper therein of the confection *ad melancholiam Avicenna*.

These be now the things whereby all such noysome humours may be diminished. First it is to be considered how the grosse melancholick blood might be drawn from the vital parts to the outside: for this is very good after the use of the former purgation that the Patient do forcibly stir and exercise himself, viz. to go afoot, and to clime up to the mountaines, whereby natural heat might be provoked, and the matter consumed.

Secondly, it is very good that he be rubbed from the neck along the back bone downwards, and from the shoulders to the hands, and from the thighs to the feet with hot clothes until the skin be very red.

Thirdly, he shall bathe in this bath following morning and evening: Take fresh or dry Fumitory twelve ounces, the Elecampane leaves, Violet leaves, and small Hou-sleek, of each six ounces, Camomil, Melilot, and *Spica Romana*, of each eight ounces, seeth them together in so much water as is needful: in this shall the Patient bathe, and be softly rubbed.

Fourthly, prepare this salve following: Take oyl of *Sesamum* six ounces, Camomil, Dill seed, Burrage flowers, and Fumitory, of each one drachme, flowers of Elecampane, and Dock seed, of each one drachme and a half: pownd them all small, steep them and seeth them all together in the foresaid oyl unto the half: afterwards anoint therewith the body twice or thrice a day, and especially the whole back bone, and also all other parts which are infected.

There is also used for this hot and blistering herbs, viz. pownded, wherewith the members may be rubbed, whereby the bad humours be drawn outward toward the skin: these herbs be Marjoram, Pennyroyal, wild Thyme, Nepe and Crowfoot, which have an especial power for to draw out the melancholike humours towards the skin, changing them into water, through the blisters which appear after this cha-fing.

Some do use *Cantharides*, but they are too strong, for they expel urine very violently, yea that the blood followeth with it, and do excoriate the conduits of the urine if the same be used at any one time in many places.

For this is also good boxing cups set on the outward members, and the skin picked. If so be that there be any other soreneffe or impostumation with it, then have you before in the 2. §. how the Patient is to parbrake, the which is very meet for this.

But in these cases there is nothing better then to open the hemorrhoides, which may be effected by the rubbing of fig-leaves, or by the rubbing with the leaves of Comfrey; also with rubbing with an hairen cloth which is steeped in an Ox gall.

There may also a small boxing cup be set upon the fundament, and when as the Arse-gut doth appear and come forth, then may the veins which do as then appear be opened with a lancet, and to let them bleed so long, until that the thick and grosse blood do alter into clear and thin blood. This is also to be done four times a year, for it is very commodious.

For to expel the matter of this sickness by urine. §. 5.

Afterwards it is also very meet, that this noysome matter be driven out thorough the urine, for which you are to use one ounce or more of the potion of *Epithymo*, or of the water wherein *Epithymus* is decocted, whereof the Patient is in the morning and also at afternoon to drink, for that it driveth out a black and melancholike urine.

Or take in the morning early one ounce of the juyce of Smallage. Item, take 3. ounces of the juyce of Pease, or the decoction wherein pease be boyled.

There is also Azure stone sodden in the water of Miller, and take thereof 3. ounces: Take *Indi Spica* one quarter of an ounce, *Mirobalani Indi* three drachmes, seeth them in nine ounces of Fennel water even to the half, afterwards strain it through a cloth, and wring it out hard, and then drink it.

The flowers of Broom be also taken for this, Madder, Valerian and Mew, of each one handful, let them seeth altogether in eighteen ounces of water unto the half, and then drink thereof four or five ounces with powdered Licorice and Gromel seed, of each half a drachme tempered therewith.

Wherewith the Mouth and other parts are to be washed. §. 6.

Take the decoction of Linseed four ounces, and *Oxymel Compositum* two ounces; temper them well together, and wash the mouth oftentimes with it alwaies twice before supper, and two hours before dinner. You may also after the same manner chew Swines bread and spit it out again; or instead thereof chew *Agaricus*, which is more forcible and more safe.

Item, prepare this gargarisme ensuing; Take *Mirobalani Indi*, Violets, Burrage flowers, and Buglosse flowers, of each one drach. the roots of Polipody one quarter of an ounce, *Indi Salt* one drachme, the Husks of Sene one quarter of an ounce: seeth them all together in twelve ounces of water even to the half, and use it warm alwayes one hour before noon, and an hour before supper; to wit, ten or twelve times together. This ensuing is also much commended for the Leprosie, if it be often washed therewith in the beginning: Take Myrrhe and *Sarcocolla*, of each three drachmes, Ireos, roots of Fumitory, of Mew, and Hartwort, of each 3. quarters of an ounce, black Hellebore two ounces, the seeds of Mallows, of Hollihocks, of Fumitory, and the leaves of Elecampane, of each three handfuls, cut them and stamp them together, afterwards let them seeth in two quarts of water unto three pints.

In like manner there is also much commended for this the golden water, if that one do take a little and oftentimes thereof, and do anoint the Leprosie therewith. The oyl of Tiles is also much commended in the beginning of the Leprosie.

But because the most principal cure of this Leprosie consisteth in consuming of the melancholike matter of this sickness, and that the blood must be well cleansed; therefore will we to that end describe certain good things, beginning first with the least.

Whereby the blood in the Leprosie shall be cleansed. §. 7.

Take the water of Hops, and of Fumitory, of each one ounce and a half, temper them together, and give it in the Summer cold, and in the Winter warm.

Item, Take the Whay of Goats milk, or of Sheeps milk, and drink thereof in the morning like as is said before. This following is also more forcible: Take four ounces of Cheese whay made of sheeps milk, and the juyce of Fumitory, temper them all together, and so drink it warm. These three things have an especial property with the breast, with the liver, and with the stomach, and do consume all burnt humours of the same.

Item, Take the sirup of *Epithymo* one ounce and a half, the water of Elecampane, of Sorrel, and of small Endive, of each one ounce and a half, temper them together, and drink it certain dayes together: the same expelleth the grosse matter. This following is also meet for the same; take *Syrupum de Thymo*, *Acetosum compositum*, *de Byzantiis*, of each half an ounce, water of Smallage and of Fumitory, of each one ounce and a half, and use them as before.

This ensuing is especial good for the melancholy which is caused through burnt blood, and where it may evidently be seen, that heat of the Liver, of the breast, and of the head is with it: Take the seeds of Melons, of Cucumbers, of Pompeons, and of Gourds, of each three drachmes, flowers of Violets, of Burrage, Buglosse, and of small Endive, the seed of Sorrel, of small Endive, and of Waterlillies, of each one handful and a half; Fumitory flowers, Elecampane roots, red and white Saunders, burnt Ivory, red and white Corral, of each one drachme, the juyce of sweet apples six and thirty ounces, fresh Mallows, Endive, Sorrel, Hops, Purslain, and Lettice, of each three handfuls, Dock leaves, Elecampane roots, *Bistorta*, Swines bread, and Gentian, of each one handful, wild Vine leaves, small Housleek and Liverwort, of each three handfuls; seeth this all together (except the juyce of Apples) in four quarts of water unto the half, afterwards wring it out hard and strain it: this being done, then put to this decoction the juyce of Apples, and three ounces of sharp Vinegar, white Sugar six and thirty ounces, then seeth them all together (alwaies skimming) by a mild fire, until that about the third part be wasted, whereof you are to keep the one half, and the other half are you to seeth to a sirup; for that of the first is every day to be taken five ounces, and of that which is sodden to a sirup two ounces, with water of Agrimony, and Fumitory: to wit, of each one ounce and a half. This hath done marvels, but it must be continually used the space of six weeks or two moneths.

This sirupe (as also all other) is alwaies to be taken when the meat is digested in the stomach, and afterwards to sleep an hour or twain, and then without doing any great labour, to fast five hours after it. In Summer it is to be taken cold, and in Winter luke-warm.

For to consume the remanent matter. §. 8.

Vhen you do perceive that this matter is much diminished, then give the Patient during the space of a moneth, alwaies early in the morning one drachme of powdered Nep with Sheeps Whay, for it is a safe remedy.

In like manner you may give unto this Patient some dayes together one ounce of the juyce of Marsh Mints or of white water Mints, and that especially in the beginning of this sicknesse.

The Powder of burnt Hedgehogs flesh hath an especial power for to consume this matter, if that one take the weight of a drach. oftentimes with Whay, or give him oftentimes half a drachme of Treacle with decoctions of Hedghogs flesh. These be now sufficient and sure things chosen out of divers others.

If so be that there remain any bad matter in the joynts, then must the same (if one will have perfect health) be also consumed, to the end that thereby (the same there remaining) the whole body be not infected again. For which these two bathes are to be used at the first: take Marjoram 12. ounces, Bayberries, the seeds of Licebane and Mustard seed, of each six ounces, Sulphur vive 4. ounces, the Earth called *Sinopida* two ounces; then seeth them all together in much water unto the half, then bathe therewith the space of five or six dayes twice a day. When the Patient cometh out of the bath, then is the whole body

to be anointed with Treacle, and the same to be rubbed in well. Afterwards he is to go to bed, and to sweat well upon it; and although he could not sweat well at the first, yet give him after bathing half a drachme of the Treacle *Diateffaron*, with a little water of Violets, and then cover him close.

When he hath thus bathed, then is he to use this bath following: Take Fenegreek, and the seeds of white *Sesamum*, of each twelve ounces, the roots of Lillies six ounces: then let them seeth together to a bath as before, yet in bathing is the body to be rubbed with black Sope, and then to lye abed as is said.

When as now the matter is sufficiently prepared through bathing, and drawn towards the skin, then doth the cause require that it might be consumed, whereto stronger medicines be necessary, like as this ensuing may be prepared: Take Verdigrease, Orpiment, Copperas, and white *Cadmia*, of each six ounces, unsleckt Lime twelve ounces, the roots of Crowfoot eighteen ounces, Allom four ounces, Sal-armoniack eight ounces, pownd them all together, and then distil them in a helme, as strong water is wont to be made, and anoint therewith all scales and blisters every where.

The third day are you to anoint them with this following; Take one ounce and a half of Starch, and washed litharge of gold two ounces, unsleckt lime one drachme and a half, Dragons blood half an ounce, Vinegar as much as is needful for to temper together, afterwards temper them together in a leaden mortar.

Other do use this following: Take the swet foot of a chimney two ounces, litharge of gold one ounce, Frankincense half an ounce, Mastick five drachmes, oyl of Juniper, and oyl of Wheat, of each four ounces, yellow Wax two ounces, pownd all small that be to be pownded, and then temper therewith two ounces of the oyl of Violets, afterwards put unto it the gold litharge, the Mastick, and Frankincense, and at last a little Vinegar, yet stirring it alwayes about. Other do temper amongst it six ounces of the juyce of Cuccopit roots.

What is to be used for the Scales, §. 9.

IF that there be any scales upon any sores, then are they to be anointed with this salve following: Take the oyl of *Sesamum*, Asses sewer, of each six ounces, the yolk of an egg, Camphire half a drachme, then temper them all together with sufficient whites of eggs, it is also good against all heat of the joynts, it healeth and causeth the flesh to ingender.

If so be that these foresaid scales will not fall off of themselves, then do some take them off with Rafors, even to the root, yet not altogether at one time, but one before, and another afterwards. The blood do they stanch with pownded litharge of gold. They do make also a salve with fresh Hares blood, or with a young mans blood, which is very meet for this.

The anointing with this salve is to be done but once in three dayes, and then to wash the party with some water wherein Bran is decocted. You have also more at large of these things in the Chapter where the Pox be discoursed of.

When as after all this the matter proceedeth well the space of two or three moneths, then is one not to foreflow purging in the mean whiles, but to take good heed to these two things ensuing.

First, to the stopping of the nose, which maketh an unseemly speech, and for to let that, make a long taint of Cotton, anoint it with the salve of Citron (which one findeth commonly ready at the Apothecaries) strew thereon small pownded litharge of gold, or Hartwort, or in the stead thereof take the confection of *Aurea Alexandrina*.

Further, you are to spout in the nose some luke-warm Wine, amongst which a little Vinegar of Squils is tempered.

Secondly, because that the hair of the eyelids fallen out do give a great deformity, therefore it is to be looked to, that the same be made to grow again, whereof you may read in the sixt Chapter and 8. §.

But this ensuing is especially commended in the deformity; to wit, that the eyebrows be rubbed until they be red, and then are Leaches to be set upon it: and when as they be fallen off, then have this salve following prepared: Take fresh Venus hair, and *Laudanum*, of each a like quantity, seeth the same in oyl of Bayberries, and a little Wine, afterwards wring them out, and therewith anoint the eyebrowes, and all other infected places.

If so be that there appear any new matter, or any new impostume, then must one begin to bathe with the last foresaid decoction, and in like manner also to anoint with the foresaid things, for that in such lingering sicknesses, must the remedies so oftentimes be reiterated as the diseases make return.

For to strengthen the Heart, the Liver, and the Braines in the Leprosie. §. 10.

BEcause that by the foresaid parts and other more this Leprosie taketh her beginning, therefore are the same to be strengthened: for which this following is very good; to wit, the confection of *Latiscans Almanforis*, whereof give every day (half an hour before noon) one quarter of an ounce with Endive water, the water of Water Lillies, or with water of Agrimony.

Secondly, the great Treacle is very forcible, for it strengtheneth the natural heat and the vital spirits, that it may the more mightily withstand all venome, if one take half a drach. thereof with any distilled water.

Item, take the confection *Diambra*, *Diamoschu*, and *Manus Christi* with Pearls, likewise half a drachme of *Lignum Aloes*, tempered with two ounces of water of Water Lillies, and drunk in the evening when one goeth to bed.

There is also highly commended to take oftentimes one scruple of Pearles with one ounce of Basil water.

What concerneth the Skin. §. 11.

WHen as the skin through great unnatural heat is annoyed and hurt, which may be perceived by the corroding and by the sharp matter, then is the same place to be anointed with the juyce of Lettice, of Purslain, of Water Lillies, and also with unripe Salad oyl; but if it be caused through cold, that thereby the natural heat be extinguished, then is there no better thing then to bathe the place with strong red Wine warmed.

But if the disease of the skin do not import any thing, then is it better that it be bathed with a mild Lee, with Nep, or garden Mints; and if this corroding do increase, then use this precious salve ensuing: Take litharge of Gold and Ceruse, of each two ounces, oyl of Roses two ounces and a half, the juyce of Rue four ounces, Starch as much as sufficeth, then stir it the space of certain hours in a leaden mortar, at last temper one quarter of an ounce of small bruised Camphire amongst it.

Of the actual and potential cauterie. §. 12.

THese actual and potential cauteries are both of them commended by the Physitians in the extreamest need, to wit, upon the head, and in the neck, and in more other places, but because it may not be effected without danger of some other parts (like as also they themselves do acknowledge) therefore we will not write any ampler thereof at this present.

If any one be so hardly assailed of the Leprosie, that he be no otherwise to be holpen but by cauterization, he may take the advice of those men that have experience in it. And because that all which we have hitherto written is more meet for the *Elephantiasis*, (like as we have declared at first) notwithstanding it is also good for all species of the Leprosie, therefore followeth hereafter all that which is commodious for all species of this sickness.

What is requisite for every sort of Leprosie. §. 13.

FOR this, hath Treacle the highest commendation: in like sort the confection of *Hiera* and Hedghogs flesh (whereof we have admonished before) whether it be roasted, fried, or sodden. Also the flesh of the venomous Snake *Tyrus* is commended by *Galen* and other famous Physitians more. But because that we (God be praised) have not this Snake here in this Realm, it is not needful for to write much thereof, but to speak rather of those things that are to be gotten in this countrey, and may give ease, as the powder of burnt Hares one drachme and a half, with four ounces of wine drunk three dayes together. Take in like manner as much powder of Squils, or the juyce of the same, with the syrup of Squils, and then temper half a drachme more or lesse of *Assa foetida*, with Hony amongst

amongst it. Item, take powdered Comin five drachmes, with clarified Hony.

There may also be more written, yea a whole book full of the Leprosie, and how that every accident of the same is at the beginning to be eased; but if so be that the foresaid remedies will help the sick person, then be the accidents the easier to be holpen: for which we have also in many places written much of the foresaid diseases, which altogether may and ought to be used for this, and therewith we will conclude.

Of the bad Ulcer Cacoete. §. 14.

FOR a conclusion of these corrodings, impostumes, and ulcers, we will also briefly write of those which the Grecians do call *Cacoete*, which is a species of the Canker, and so venomous, that it continueth with a body all his life time: for notwithstanding all the counsel which may be done for it, yet is it all in vain, and it doth remain incurable, and moreover (like as is said) is very long continuing: yet do some commend this ensuing for some especial thing.

Take *Soldonella* half a drachme, powdred Rubarb two scruples, give the same to drink oftentimes with white Wine: when this is taken, then give to the Patient the next day afterward the sirup of Wormwood, and of Cicorie, with Rubarb, of each one ounce: and so continue every other day. Afterwards anoint the place of the disease with oyl of Roses, or oyl of sweet Almonds.

The fifth Chapter.

Of outward infection and woundings of the Skin.

IN the beginning of this fifth Part we have before declared many things whereby the skin is infected and annoyed within. Now doth our method require, that we should write somewhat of the outward accidents of the skin, which be hurtful to the same, and also to the flesh underneath it, and we will also begin with the least, which is of burning or scalding.

Of burning or scalding with fire, hot water, and of burning with Gunpowder. §. 1.

IF there be any burnt with fire or scalded with hot water, then have the things or medicines whereby both these are to be cooled and healed, small difference: but concerning the burning with Gunpowder, of that we will write after another manner.

Of the burning of fire, or scalding with hot water, there cometh at the first an excessive pain, and divers blisters whereout water doth run.

Secondly, if one will heal these sores, then is there first to be spread thereon a pap of the powder of Saunders, with Rose water, and tempered with a little Camphire, or with the water of Nightshade.

Or temper fine Bolus with Vinegar, with Rosewater, and with water of Nightshade: these things are to be laid upon it so long, until the pain be almost gone. For this may also be used the salve of Poplar, mixed with the white of an egge. And if so be that the blisters do not break of themselves, then are they to be opened with a needle, to the end that the flesh next underneath be not harmed thereby.

This is now a necessary and common manner of doing, viz. at the first: but what is meet to have more done in it, that shall hereafter follow.

And because that such kind of diseases may be rather healed with salves then otherwise, therefore will we first of all begin with them.

These things following are to be used immediatly after the burning, and until the pain be at the extreamest: Take oyl of Roses and unripe Sallad oyl, of each three ounces, white Wax, washed Litharge of gold, and Ceruse, of each one ounce, Starch 3. quarters of an ounce; melt the oyl and the Wax together, and then powr it hot upon cold water: afterwards wash it three times, and that with Nightshade water: at last temper the other things amongst it. But if you will have it more drying, then may you mix powdered Cypres nuts amongst it, as many as you please.

Item, take Butter, or Swines grease, eight ounces : let it be hot, and pour it upon cold water : afterwards let it be stiff again, and then put it into a dish : stir it well about, and pour of the water unto it until it be through white : at last stir one ounce and a half of Peter oyl in it, and therewith anoint the burning.

But if so be that the burning be two or three dayes old, then take of the foresaid salve, and spread it upon linnen as a plaister, and lay it six or seven times a day upon it according to the importance of the burning, for that how much the oftener it is refreshed, so much the better and sooner is the same also to be healed.

If so be that the burning be great and deep, then do not bind it tight to the end the heat may passe out the better.

Item, take Butter wherein an egge is baked and burnt, pour it upon cold water : when it is stiff, then wash the same eight times with cold water, and at the last twice with Vinegar : now take two ounces and a half of this Butter, put thereto the whites of two eggs well brayed, Linseed oyl half an ounce, then anoint it on the burning.

Commonly the oyl of Roses is good for burning being tempered with salt, Linseed oyl, Inke, and *Oxyration*.

Item, take oyl of Roses one ounce, three yolks of eggs, mix them well together : you may also add four or five graines of Saffron unto it.

Another. Take oyl of Roses three ounces, *Bolus* one drachme, make it very hot ; afterwards dip a cloth in it, and lay it thereon as hot as the Patient can abide it. But if the pain be abating, then is there a salve to be chosen of this Lime ensuing : Take unselect Lime, pour water upon it, but thrust not the hand into it, but stir it well about with a spoone until that it scum ; afterwards strike it off with a feather, and temper it with Sallad oyl : at last anoint it on the burning ; the same is very highly commended.

Or take unselect Lime, and with Sallad oyl make a salve of it as thick as a pap, and anoint therewith.

Item, take oyl of Roses two ounces, unripe Sallad oyl one ounce and a half, white Wax half an ounce, let it seeth a little all together ; afterwards pour it upon cold water, and wash it therewith. This being done, temper small bruised Ceruse amongst it three quarters of an ounce, Frankincense and *Sarcocolla*, of each one drachme, prepared Lime half an ounce, Saffron half a scruple, washed litharge of gold, three quarters of an ounce, then temper them all together.

This following is a well approved salve for burning : take quick Lime which is flaked with good wine, let the lime dry well and put in as much Linseed oyl until it be as it were a dough : afterwards anoint the burning with it, and then lay none other upon it.

But if so be that it wax dry and hard, then spread more upon it and take it not off, for that the burning will be suddenly whole, and when it is healed, then falleth it away it self. This is thus by some to be assured : neverthelesse it is perillous not to looke to it in long time, for that there might some other thing stick unto it.

For this is also fit, the oyl of Saint Johns wort alone or tempered with washed lime, and so spread upon the burning, for it cooleth marvellous much. Item, take of oile Roses three ounces, white Frankincense one ounce, Ceruse three ounces, the whites of three eggs, Camphir one drachme, make thereof a salve.

Another. Take oyl of Olives four ounces, powdered Frankincense half an ounce, the innermost rinds of Eldern, one quarter of an ounce : seeth them all together with a little Vinegar, until that the Vinegar be throughly wasted, then strain it through a cloth and use it as before.

Item : take old candle tallow, Goates suet, and Linseed oyl, of each a like quantity : let them melt together, and put thereto the whites of Hens dung, as much of the one as of the other things ; let it seeth well together, and then strain it through a cloth, afterwards lay it upon the burnt place, and let it lie thereon a day or twaine ; then wash it off with luke-warm water, and lay again a fresh plaister upon it.

For this is also good all the white salves which are described in the fourth part, the ninth chapter, and 1. §. Item, yet another salve which is to be found in the first Part, the seventh chapter, and 17. §. This salve following is also very good for all sorts of burning ; Take oyl of Roses two ounces, the yolks of six eggs stamped well together, and temper some Saffron amongst it, afterwards spread it on a cloth and lay it upon the burning ; it healeth very speedily.

Another.

Another. Seeth Mustard seed in the cream of milk, then pownd it to pap and wring it through a cloth, afterward anoint therewith the burning. After the same manner is Linseed also to be sodden, strained and used.

Or take Oaten meal, boyl it in Cream, and use it as the rest: this is especial good for scalding with hot water.

Item, take the juyce of Rapes or of Onions, each apart or mixed together, and anoint the burning oftentimes with it, and lay the leaves of the Cherry tree upon it.

Take the juyce of an Onion, and oyl of the kernels of Apricocks half an ounce, temper them together. The sirup of *Oxycraton* doth cool much the burning. Ink tempered with the water of *Carduus Benedictus* is much commended for this; if one make a cloth wet therein and lay upon it.

Item, the leaves of Water Lillies laid upon the burning do cool and also heal. Of the inflammation and heat of the ulcers which is caused within; you have heard before in the second Chapter, and sixth §.

Of burning with Gun-powder. §. 2.

IF any have a shotten pellet cut out of his body, then is this oyl following to be laid upon it: Take oyl of Eldern flowers 12. ounces, oyl of S. Johns wort one ounce, Turpentine half an ounce; temper these together, and set them certain daies in the Sun: this hath a marvellous efficacie and vertue.

Another. Take oyl of Roses, Nightshade water, Rose water, water of Lillies, and oyl of Saint Johns wort, of each a like quantity, and wash therewith the Wound oftentimes.

Item, for to cool the inflammation; take the water of Nightshade and of Saint Johns wort, of each eight ounces, Allom half an ounce, Ceruse, Litharge of silver, and Verdigrase, of each one drachme, pownd them all small together, and temper them well together, and then lay it as warm upon it as may be suffered three or four times together.

Or take Linseed Oyl, unbleckt Lime, fine Bolus, and Rie meal, of each a like quantity, stir them well together, then spread them on the burning: it draweth out the heat and the powder.

Item, take good Hony eight ounces, let it seeth and be well scummed, then put thereto half as much sharp Vinegar of Roses, and seeth it all together until it be brown: afterwards put a spoonful of beaten Allom unto it, and keep it well; for the elder it is, so much the better it is.

There is also prepared for this two kinds of Lee; the one which is made of quick Lime, and laid upon it with a wet cloth; the other is, if one temper strong lee, with Sallad oyl, and lay it thereon: this lee is very good for all heat, whether it be through burning with Gunpowder, or otherwise for all inflammation which doth appear outwardly.

For all scalles of burning. §. 3.

TAke Ceruse one ounce and a half, Camphire half a drachme, Rose water three quarters of an ounce, Starch half an ounce; bruise it, and temper it well together in a mortar with the white of an Egge unto a thin salve; spread it thereon and round about the scalles, and they will dry and fall off.

Before in the third Chapter and 10. §. you have yet more other fit remedies for it.

The sixth Chapter.

For to draw Splinters and Thorns out of the Skin.



If that any Splinter or Thorn do stick in the skin, then must one look to pull out the same immediatly; otherwise it must ranckle out with great pain.

Thus for to remedy this; Take Oxe suet, Wax and Rosin, of each a like quantity, *Pirola*, Beets, Lovage, Lady mantle, and Sanicle, according to the quantity of the former; pownd them together; and wring out the juyce; afterwards put it amongst the molten Wax, Rosin, and suet, and then boyl it until all the juyce be wasted, and

there become a salve of it.

Another. Take two parts of Sallad oyl, and one part of Rosin, or Turpentine, and as much Wax, let it melt together, and stir it well until it be cold.

For this is also good, the plaister *Apostolicon* and *Gratia Dei*, that are described before.

Item, the juyce of Barberries tempered with Barley meal, is also good for it. *Srifs de Thure* draweth out the Arrowes, like as before is shewed.

The roots of Beets, of Polipody, decocted with their leaves and laid thereon, draw also much.

If so be that any body in spinning get a shive in their finger, then take picked Plantain leaves, wring out the juyce, and lay it upon it, it will quickly draw out the shive that sticketh in the hand, and heal it.

The seventh Chapter.

Of Wounds and all that concerneth them.



Amongst all outward accidents which harm the skin and the parts adjacent, are the wounds also to be accounted: for which you have before (in the common description of plecters) certain rules which be also necessary for all wounds, and may be applied unto them: therefore they are to be added here.

In all wounds (whereof soever they be caused, whether it be of pricking, cutting, shooting, or falling) the Chirurgion must first look that he cause the blood to be franched: but if that be not performed, then doth the Patients strength and power wear away, and at last his life also. Therefore will we first of all write and discourse thereof.

For to franch blood. S. 1.

Take Gum of Arabia, and Dragagant, of each one drachme, red Coral, Bloodstone, burnt Ivorie and Camphire, of each half a drachme, make this powder with water of Plantain unto a dough, and lay it upon the wounds. Some do also temper it with Bole-armoniack and Momy, which is not amisse.

Item, take Frankincense, Mastick, and small cut Hares hair, of each a like quantity; make a soft salve thereof with the white of an Egge, and lay it upon the bleeding.

Or take Dragons blood, unsleckt Lime and Frankincense, of each a like quantity: this are you to use if there be any great vein perished: but if the great veins be hurt the long way, then use burnt Copperas with it.

Item, take the white of an Egg, fine Bolus, Dragons blood, Bloodstone, and Frankincense, of each a like quantity; make a plaister of it, and then spread it upon Tow, and so lay it upon the wound.

Or stamp Peach kernels, and make a plaister of it with the white of an egg.

Item, take yellow Rose seed, pownd it to powder, and temper Vinegar therewith unto

to a pap, and so lay it upon the bleeding wound, it will stop it:

Resolve Coperas in Vinegar, and set it certain daies in the hot sun; or let it see the, afterwards wet a cloth therein, and so lay it upon it.

The parings of Parchment boyled in Lime, and laid upon it, are also very forcible so to stanch blood. Burn a hat to ashes and strew it into the wound.

Dried Swines dung powned to powder, doth also stanch blood.

Item, take Egshels, and lay it so long in strong Vinegar to steep, until that they be very soft, and then let them be hard again; afterwards pownd them small, and use them as the other.

Mans hair also burnt, and beaten to powder, staunceth much the bleeding at the nose, and all other manner of bleeding.

The juice of Shepherds purse stancheth and cooleth all hot blood. In May are you to take Comfrey with the leaves, and shred it small; this being done; distil it like other water, and drop in the wound.

The same do the Chirurgions ascribe to Maiden milk, which is in the first part, the first Chapter and 1. §. described.

Item, for to stanch the blood at the nose, hold upon the forehead a cold flint stone, bloodstone, Calcedony or Carnoyl stones, or put in his hand the roots of Corn Roses: a man is to hang his privities in strong Vinegar, or a cloth wet therein and laid thereon, the bleeding will cease immediatly.

For to stanch the blood you may also look into these places following, as of the bleeding of the Eares in the first part, the 9. Chapter, and 4. §. of the bleeding of the gums, in the first part, the 17. Chapter, and 7. §.

Item, of spetting of blood, in the second Part, first Chapter and 11. Section to stanch the bleeding of the Hemorrhoides, in the third Part, the 9. Chapter, and 4. Section, of pissing blood, in the third Part, the 16. Chapter, and 11. Section, and of womens terms in the third Part, the 19. Chapter, and 3. §.

Of the clotted blood in the body. §. 2.

IF so be that a wounded man, or one that hath taken a fall, hapned to bleed inward, then are all means to be sought to expel the same with all speed; for otherwise it must inwardly corrupt and putrefie, whereby very perillous agues and other deadly diseases might ingender, whereof in the second Part, the first Chapter, and 17. §. (of the spetting blood) is sufficiently written. The common people do advise, that in this disease one is to drink his own urine, whereby the clotted blood should be expelled. The same doth also the wine of Harts tongue, and all other vulneral potions which hereafter shall be described.

This plaister following is much commended: Take Goats Milk and Hony, as much as you please, let it be very warm together, and stir fine Bolus therein until it be a salve, and bind that upon it, whereby the congealed and clotted blood will be expelled.

Of the stitching of wounds. §. 3.

THis stitching of the wounds is committed to the Chirurgions charge, according to the importance of the cause: but I will add this onely unto it, and speak of those things that do heal the wounds together without stitching.

Take Mastick and Dragons blood, of each one quarter of an ounce, Frankincense one drachme, Mill dust and Bean meal, of each one ounce and a half; make them all to powder, and temper them with the brayed whites of Egges and Rose water unto a pap. Afterwards spread it upon two long clouts which be somewhat strong, and that are as long as the wound is, and lay one upon each side of the wound, upon the whole flesh: this being dry, then sew the wound so close together, as you please, the needle not going through the skinne, but through the clouts onely. The golden salve (is also much commended) called *Unguentum Aureum Mesue*, which is made thus.

Item, take yellow Wax three ounces, Sallad oyl twelve ounces, Turpentine one ounce, Rosin and Colosonie of each one quarter of an ounce, Frankincense and Mastick of each half an ounce, Saffron half a drachme, let Wax, Turpentine, and oyl melt

melt together, and afterwards put the Rosin unto it : and when it beginneth to be cold, then temper amongst it the Mastick, Frankincense, and Saffron : this joyneth the the wounds together, and healeth them. In the first Part, the seventh Chapter and tenth Section, there have you a water described, beginning thus. Take Litharge of Silver, &c. which is very much renowned for this purpose. In like sort M. Tristrams water, and other golden waters, with four kinds of Balms which are to be found in the last Part.

of fresh wounds. §. 4.

THese forementioned things be verily the chiefeft, which may be used without any delay for all fresh wounds. When as now the blood is staunched, and all finished that is needful to be done, then are these things ensuing commended highly. First, M. Tristrams water is thought meet to heal all fresh wounds, which may also be done with all golden waters, whether it be that one take them inward, or lay them outwardly upon them. The oyl of Tyles should not onely heal, but also preserve the wounds from all putrified flesh ; this is also ascribed to the oyl of Linnen. The oyl of S. Johns wort is also much commended, and the oyl of Roses ; for that they have an astringent vertue and efficacy. Likewise the oyl of Spike, and oyl of Lead. It is also streightly commanded, that all new wounds shall be washed with Wormwood or with Rosemary : for that both these keep the fresh wounds clean, and far from all putrification, and are also healing.

But if any one be but a little wounded, so that it be not needful to go to a Chirurgion with it, then use this salve following. Take Turpentine which is 3. times washed in Wine, and stir the yolk of an egg amongst it, Barly meal one quarter of an ounce, Saffron five grains ; temper them together. This salve is good for all pain, although it be also in a sinewie part ; it maketh flesh speedily to grow. It is also not unlike to *Unguento Mundificativo*. This plaister following will heal the wound in twenty dayes, without matter and without pain. Take Wax half an ounce, white Coral three drach. *Colosonia* and Momy, of each seven drachmes, Myrrhe two drachmes, Camphire, Loadstone, of each half a drachme, oyl of Eggs as much as is needful for to mix amongst all the rest.

This salve is thus to be used, if any one be cut or thrust, and if this plaister be laid upon it within twenty four hours, then shall the wound within twenty dayes without any corruption or any other addition be healed. If so be that then it be a thrust that goeth quite through, then is one to have four plaisters in a readinesse, and to lay two upon it before noon, and two at afternoon, without putting any thing else unto it. But if so be that it be but a wound, then are two enough : to the end that there remain no clotted blood within, is this powder following to be given to the Patient ; take Momy one quarter of an ounce, fine Bolus and Dragons blood, of each one drachme, give thereof to the Patient evening and morning, the quantity of an Hasel nut.

Many kinds of vulneral potions. §. 5.

EVery Chirurgion will shew his cunning in this ; for each one hath a several potion which he keepeth as a *secretum secretorum*. Also it is indeed of great importance, when as the inward parts be perished, or if there be any blood inwardly congealed, it can in no better way be holpen then by this means : wherefore we have here rehearsed certain of these vulneral potions, whereof Chirurgions do much esteem. Take wild Beets (which is *Pirola*) with their roots one M. *Consolida saracenica*, the roots 2. M. Mugwort without roots four M. and powre thereto one quart of Wine in a new leaden pot ; then stop it tight, to the end there flye no vapor out : afterwards let it seeth together by a small fire, until about the third part be consumed, drink thereof morning and evening, according as the disease is great, and according as the body is hot or cold, take strong or small Wine. But in winter when the herbs be dry, then take one ounce of Mugwort, *Consolida saracenica* half an ounce, wilde Beets two drach. and seethe it as before in a quart of Wine : this is an approved potion for ulcers, wounds, and all other diseases, being used inwardly, and also outwardly. This plaister following is also to be used with it : Take clarified hony eight ounces, Wheat flour two ounces, Linseed oyl three ounces, fine Bolus one ounce and a half, then make thereof

thereof a plaister, and lay it thereon. Item, Take *Consolida faracenicæ* with yellow flowers, Mugwort, wild Beets and Lady-mantle, of each one M. see the all together in a quart of Wine, whether it be Malmsey, or any other good Wine. This potion hath been approved oftentimes, and was found very good.

Another: Take wild Beets, wilde Tansie, Sanicle, and Agrimony, being all gathered at a full Moon, dried in the ayre, and then stamped to powder; when as you will use thereof, then take an earthen pot which will hold a quart of moysture, and put therein of this foresaid powder, as much as you can gripe at two or three times between your two fingers, and according as the wound requireth: afterwards pour unto it a pint of wine, and cover the pot very tight with a slice of bread, then let it stand the space of a good hour in a warm place until it be cold, and give thereof to the wounded person twice a day. You may also strew of this powder in the wounds. Yet another; Take *Consolida faracenicæ*, Agrimony, wild Tansie, Mugwort, Cicory, Southernwood, and wild Beets, of each a like quantity, dry the herbs in the shadow and stamp them to powder: afterwards take a quart of Wine, and put thereto an ounce of this powder, then see the in hot water, until the breadth of three or four fingers be consumed: afterwards put thereto a spoonful of *Asarabacca* powdered small, and give thereof to the Patient when he goeth to bed three or four ounces at one time. Another; Take Sanicle, Avence, Agrimony, Buglosse, Vervein, Cicory flowers, *Consolida faracenicæ*, Betony, Hysop, Sage, Mugwort, wild Tansie, wild Beets, and S. Johns wort, of each a like quantity: see the them all together in wine, and give the Patient thereof twice a day, at each time three or four spoonfuls.

Item, take *Consolida faracenicæ*, Agrimony, Sanicle, wild Tansie, Plantain, and Beets, of each a like quantity, let it see the together in Wine, and give thereof warm. Divers such like potions are described in the third Part, the third Chapter of the fractures of bones.

Of the plaisters for thrusts and wounds. §. 6.

First, to write of the Plaisters for thrusts, there be many kinds prepared for it, as hereafter followeth: Take Wax one ounce and a half, Colofony and Momy, of each two ounces, Frankincense one ounce, Camphire one ounce and a quarter, bruise it small, and afterwards melt the Wax and the Colofony, temper then the rest amongst it, and work it well together, anointing the hands well with oyl of Eggs. Another, which is approved: Take Turpentine four ounces, Colofony and Rosin, of each two ounces, white *Cadmia* 3. 1. Loadstone, 3. 1. Frankincense, 3. 2. Mastick and Momy, ana. 3. 3. Juniper oyl one quarter of an ounce, oyl of Eggs and Camphire, ana. 3. 3. dissolve the Gum in Wine or Vinegar, and strain it through a cloth into a pan, afterwards let it see the together, then put thereto the *Cadmia* and Ceruse: when it hath sodden well, then put the Loadstone unto it, and let it wale once again: afterwards add the Frankincense, Mastick, and the Mummy unto it. This being done, let it see the a little more, and when it is waxen lukewarm, then put the Camphire well bruised unto it, and then work it further well together unto a plaister.

Item, take Wax, Rosin, Turpentine, oyl of Eggs, and Sallad oyl of each four ounces, oyl of Roses one ounce, see the it all together unto a plaister, and then at last put unto it one drachme of Camphire: but if it be too hard, make it softer with oyl of Roses.

Another: Take Wax and Colofony, of each one ounce, Momy one quarter of an ounce, Frankincense, Myrre, and Mastick, of each half an ounce, white Coral three drachmes, Loadstone one drachme, white *Cadmia* one quarter of an ounce, Dragons blood one drach. Camphire one ounce, make thereof a plaister. For this, is also very good the plaister of Master *Flakenstone*, which is described in the second Chapter and the 1. Section.

Item, take Wax two ounces, Turpentine, and Gummi *Heloni*, of each one ounce, Dragons blood, and Hartworth, of each half an ounce, Gummi *Ammoniacum* one ounce, Ceruse one ounce and a half, Frankincense, Momy, Mastick, and Juniper-berries, of each one ounce, Allome one ounce and a half, make a plaister thereof.

Another; Take Wax four ounces, Momy, Colofony, Mastick, and Frankincense of each one quarter of an ounce, white Coral three drachmes, Camphire half an ounce, oyl

of Eggs one ounce, melt the oyl with the Wax upon a mild fire, and then let it be somewhat cold, afterwards temper all the other things (beaten very small) amongst it. This being done, let it seeth softly, stirring it round about, at last temper the Camphir with four spoonfuls of the oyl of Juniper amongst it.

Item, take oyl of Roses and Wax of each four ounces, Deer suet two ounces, Frankincense and Myrrh, of each half an ounce, Galbanum, Mastick, and Turpentine, of each half an ounce, make a plaister of it. This ensuing is not onely good for wounds, but also for all ulcers: Take Turpentine and Wax, of each four ounces, Mastick two ounces, Rose leaves, 16 ounces, brown Betony, the greater Pimpernel, spiked Plantain, Nightshade, Divels bit, Vervein, and Storks bill, of each eight ounces, add a quart of wine unto it, seeth first therein the Roses alone: this being done, pour it through a cloth and wring out the juyce well: afterwards take the other herbs, and put them also into a kettle, with two quarts of Wine, afterwards let them seeth together even to the half, then wring it well out, and let the decoction be very hot that the Wax may melt in it, then put the Rose wine with the Mastick also unto it, then seeth it to a plaister, and work it very strongly with the hands, but you must first anoint them with Butter. This foresaid plaister is not onely good for wounds, but also for all ulcers. Also you have in the first Chapter, and 15. S. many things which are also very meet for to cure the wounds.

The Chirurgions have yet a black plaister in use, which is made thus: Take Frankincense half an ounce, Momy half an ounce, Colofonie three quarters of an ounce, oyl of Eggs half an ounce, Camphir one drachme, white Wax three drachmes: melt the Wax and the oyl of eggs with the pownded Colofony, and then temper the other things pownded amongst it. If it be too hard, add a little Turpentine unto it.

Item, take clarified Hony eight ounces, fine meal two ounces, Linseed oyl three ounces, fine Bolus one ounce and a half, make a plaister thereof, and lay it upon the wounds: for this is also requisite the plaister *Gratia Dei.*

Vulneral Salves. S. 7.

There be also many kinds of Vulneral Salves prepared, amongst which this ensuing is one of the principallest, which is called *Unguentum Fuscum*, and is made thus: Take oyl of Violets nine ounces, Wax two ounces, Colofony one ounce, plume Allom three quarters of an ounce, Pitch, *Sagapenum*, and *Gummi Arabicum*, of each one ounce, Mastick, Galbanum, *Ammoniacum*, *Bellinum*, *Opopanax*, Frankincense and Turpentine, of each three quarters of an ounce, the oyl of Violets and Wax are you to melt and to let it seeth thoroughly: afterwards temper the Pitch and the Colofony with the dissolved gums amongst it, and when it beginneth to be cold, then mix the rest with it. This salve is somewhat attractive, cleansing, and also healing.

This ensuing is said to heale all wounds: Take Turpentine three ounces, Wax seven drachmes, oyl of Camomil, and oyl of Roses, of each one ounce and a quarter, Frankincense and Mastick, of each one ounce, Myrrh and Rosin, of each half an ounce, good red Wine and Vinegar of each three quarters of an ounce: let the gum be steeped the space of 24. hours in the Vinegar and Wine, afterwards melt it upon the fire with the Wax and oyl, then let them seeth until the wine be almost all wasted, when it beginneth to be cold, then temper the rest amongst it, and work this salve with your hands, yet the same being first anointed with the oyl of Mastick.

This salve cleanseth all wounds, it causeth the flesh to grow, and healeth also very much. Another, which is also very good.

Take Lovage, *Bistorta*, Sage, Plantain, Yarrow, Elecampane leaves, wilde Tanisie, Sanicle, Cinkquefoyl, wild Beets, Mallowses, Betony, Agrimony, Vervein, and *Consolida Sarracenic*, of each a like quantity: shred all these herbs, and then put sufficient sweet Butter unto it: Afterwards stamp all these herbs together, and let them so stand certain dayes.

This being done, make it afterwards warm, and presse it out hard and then let it seeth so long together until the juice of all the herbs be consumed, then put unto it Oxe suet, Harts suet, Bucks suet, the marrow of an Oxe, Wax, Rosin, and Turpentine, of each a like quantity, according to the quantity of the Butter and afterwards

wards melt them all together: when it beginneth to be cold; then put unto it Frankincense, Myrrhe, Fennegreek meal, Allom, Verdigrease, and Mastick being beaten small all together, then stir it much together. Another which is briefer; take Oxe suet, Harts suet, Wax, Turpentine, Hony, Lovage, Violets, Betony, Agrimony, and wild Tansie, of each as much as you please, stamp the herbs and wring out the juyce, afterwards see the it in the suets until it be as thick as a salve: Item, take Rue, Sulphur, *Chamaleon niger*, of each a like quantity, and Oxe suet, as much as will suffice for to make a salve.

For to draw matter out of the Wounds. §. 8.

Take Wax one ounce and a half, Rosin three quarters of an ounce, Harts suet one ounce, Turpentine and Sallad oyl, as much as is needful for to make a salve or plaister; or take clarified Hony, and Turpentine washed with wine, of each half an ounce, oyl of Roses two ounces, let it seethe together until it be thick. This cleanseth the wounds of all kind of matter, and withstandeth all affluxions. But if there be any heat with it, then take in stead of common Hony, Hony of Roses, but temper not the same with it, until the other be first boyled.

Of the Taints. §. 9.

If you think that the wounds will heal too soon, then cut a dry root of Gentian for a taint as big as you please, and use the same in stead of a taint; for when the same waxeth moist, then doth it swell, and holdeth open the wounds as long as you please, and it is wholesome of itself. Anoint also the taint with the same *Apostolorum*, or *Egyptiacum*, which be both very meet to keep open all wounds and ulcers, and also to cleanse them.

For foul flesh. §. 10.

Now these two be contrary; of the first mentioned salve the plaister *Gratia Dei* letteth no foul flesh grow in the wound; so also doth the oyl of Tyles. Item, take burnt Allom, and fine Bolus, of each a like quantity, and strew it therein. Or take Verdigrease, and Trochiskes de *Chelidonia*, of each a like quantity; make powder thereof and strew it therein. For this is also very meet, burnt Harts bones two parts, Salt one part, and use them as before. Take the juyce of *Narcissus*, of Plantain, and garden Mints, and the juyce of Rue; all these juyces or those that you can get may you take and use. Item, burn Birchen rinds to powder, and temper it with burnt Allom, or use each alone. If so be that then there grow any worms in the wounds, then temper the juyce of Rue with vinegar and drop it therein.

To stanch the Synovia. §. 11.

Take the white of an Egg and put a little Saffron amongst it, afterwarward beat them wet together with a piece of pownded Allom the bignesse of a Hasel nut, and lay it upon the place whence the *Synovia* issueth.

Another, Take the white of an Egg, and mingle therewith Allom, and Salt, of each one drachme beaten small, and then use it as the other.

Item, burn Lentils to powder and strew it therein; afterwards take Turpentine and Sallad oyl, let them heat together, and then mix therein the burnt Lentils unto a salve or plaister; or take Hempseed, pownd it until it yeeld oyl, afterwards lay it in a fine cloth over the diseafe and bind it unto it. Item, take the water of the greater Pimpernel and drop it therein. Item, take Strawberry leaves, and apply them unto the place. Or take the fruit of Roses, dry them, stamp them to powder and strew it therein.

When a wounded member is lamed. §. 12.

For this do the Chirurgions use this ensuing: Take Cow dung and Goats dung, make a plaister of it with the oyl of Earthworms, and so lay it warm unto it: by this means do the shrunken sinews wax loose. But look in the fourth part the seventh Chapter, and second

second §. what is written of the lamenesse and extenuation of the members. The like also in the 3. Chapter of the Pox, where you shall find good direction of this matter.

To cause the flesh to grow in wounds. §. 13.

THe Grecians and the Physitians do call the things which cause the flesh to grow *Sarcotica*, which be for the most part dry in the first degree: for if they be overmuch drying, then will they not onely dry the humours which do fall into the wounds, but the blood also, and the whole substance of the part. This salve following is very requisite for it: Take Hony six ounces, see the and scum the same until it be a little thick; afterwards temper therein Myrrhe, *Sarcocolla*, and Aloe, of each one drachme and a half, pound all together to powder.

Item, take the Lytharge of Silver, refuse of Iron, Centory, Aloe, Frankincense, and Mastick, of each a like quantity, make a subtil powder of it. For this is also meet the plaister *Album coctum*, *Triapharmacum*, and *Apostolicon*, which all together ingender flesh, and are prescribed for the same intent. For this also be these plaisters following to be used, viz. *Emplastrum griseum*, or *de lapide Calaminari*, which is thus made; Take prepared *Calaminari* half an ounce, Lytharge of gold one ounce, Cerusse one quarter of an 3. Turp half a drachme, Mastick one drachme and a half, Myrrhe one drachme, Camphire two scruples, make thereof a plaister; if it be too hard, put more Turpentine unto it: this plaister dryeth, causeth flesh to grow, healeth and cicatrifeth all wounds. The other; Take prepared *Calaminari* four ounces, Mastick, Frankincense, and Dragagant of each one drachme, the Lytharge of silver half an ounce, Wax three quarters of an ounce, Rosin half an ounce, prepared Turp two scruples, and oyl of Roses as much as is needful, this is somewhat weaker then the other. The salve of Turp, *Diapampholigos*, is very meet for this use, so is also the salve *Apostolorum*.

Of that which causeth the Skin to grow. §. 14.

AT last if you perceive that the flesh is grown so high, that there wanteth onely cicatrification, then are things to be used which have an astringent vertue, and which do dry exceedingly without corrosion. For which be most fit all the salves of lime which be described in the fifth Chapter, and first §. In like manner also the five white salves which be discovered in the ninth Chapter, and first §. and the last mentioned *Diapampholigos*. This powder following is exceeding good for it: Take Lytharge of silver, burnt Allom, washed Lime, burnt Lead, Gals and Pomgranat peels, of each a like quantity, strew it upon the wound; for this also it is very fit that the wounds be washed with Wormwood wine, or Rosemary wine. Concerning the wounds of the head we have written somewhat in the description of the scull in the first part, the fourth Chapond in *Saggenia*.

The eight Chapter

Of the Cicatrices and spots of the Skin.

WHen there hath been any body wounded, or hath had some other exulceration healed, then will there remain on the same place some cicatrice or mark. For as hath been admonished at the first, the skin doth never more heal of it self, but there must grow a new skin. Also it happeneth otherwhiles, that new-born children do bring spots into the world. And because that the same are placed in the face they do make a great deformity, therefore we will also discourse of them.

Amongst the Grecians be those spots that be called *Leuca*, and by the Latinists *Vitiliginis*, which be white spots of the body. Item, there be also black spots of the Leprosie. Of the spots which appear in the face we have written in the first part, the 5. Chap. and first §. which remedies may also be used over the whole body. But because there be so many kind of sorts, we are to write the more at large of them.

Of the moles or marks that children are born withall. §. 1.

IT hapneth also many times, that new-born children do bring with them into the world certain spots or moles, which are caused by some frightening, strange lusts, and such like, which women (being with Child) may get, as by experience hath oftentimes been seen. Chew in the morning fasting Mustard seed, and anoint therewith the spots, do this oftentimes, then will the spots wear away: but look diligently unto it, that it come not into the child's eyes; also breath not into his eyes.

There come also otherwhiles certain markes and other red spots of the skin, for which, the *Basilica* is first to be opened, and afterwards some cooling sirupes, and other cooling potions, but we will write and discouse severally thereof.

Of red spots through heat. §. 2.

OF these spots we have before admonished in the first Chapter, and 4. §. that all that may be used for it which is ordained for the Rose, or *Erisipelas*. But if so be that this be caused through some uncleanness of blood (as it commonly hapneth) and that notwithstanding there be no special heat instant, then can no better thing be used for it then the sirupe of Fumitory, and all that may be made of that herb; for that herb hath an especial vertue to cleanse the blood, and to take the itch of the skin. Afterwards are you to use this salve following: Take unsleckt lime, and prepared *Tuty*, of each one drachme, oyl of Saint Johns wort two ounces, and a little Wax, then temper them all together. Or take Camphire, and bruise it with an Almond, then temper the same with Rosewater, and anoint the spots therewith. Take oyl of Eggs as much as you please, and temper amongst it a good part of bruised litharge of silver, then anoint therewith the spots; this driveth them away how lothsome soever they be.

For this is also very fit the oyl of Juniper, and the oyl of bitter Almonds, and of each alike, or each apart. Also you may use for this maidens milk, *Lac virginis*, which is described in the first part, the fifth Chap. and 1. §. Item, take Hellebore two ounces, stamp it to pap, and put thereto as much of the juyce of Agrimony, and a little Rosewater, then rub the spots with it. Or litharge of silver, take burnt Allom, burnt Lead, washed Lime, Gals, and Pomgranat blossoms, of each one drachme, and make a powder thereof.

Of spots which come by falls. §. 3.

BEfore in the first Chap. and 6. §. is a salve described, beginning thus: Take the caul of Goats, &c. which is especially good for all spots, and very safe.

Of spots by stripes or falls. §. 4.

FOR this, you have in the first part, the fifth Chapter and 5. §. two good remedies, without which, you may use these ensuing, which may be rather used upon the whole body then in the face, because that Orpiment is somewhat venomous; Take the juyce of Marjoram gentle two ounces, Orpiment half a drachme, oyl of Camomil one ounce, make a salve thereof. Item, take Wormwood three handfuls, *Asarabacca*, and Plantin, of each two handfuls, Salpeter, and wild yellow Rape seed, of each three drachmes, Comin, and Sulphire vive powdered small, of each three drachmes, Saffron one drach. two well brayed yolks of Eggs; make a plaister of it with the juyce of *Solidago media*, until it be decocted hard enough. But if the foresaid spots be without heat, then are to be used for it all kinds of fat of beasts, and of all fowles, or the plaister *Diachilon* molten amongst it, and so used. Item, take fresh Butter, and the decoction of Mallows; temper the Gals of Capons with the white of an Egg, and use it as the other. In the fourth part, the 7. Chapter, and 3. §. is a salve beginning thus: Take Sage, and Mallows, &c. which also is very good for all kind of spots.

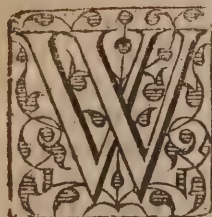
These things following be also much commended, as the oyl of bitter Almonds, of Juniper, Citrons salve, the fatnesse of an Asses neck, and M. Tristrams water.

And

And to conclude, we will describe a strong salve, which taketh away all spots, and softneth all hard swellings, and doth also consume the same. Take the roots of wild Cucumbers, the roots of white Behen, the litharge of gold, and Argal, of each one drachme and a half, *Sagapenum*, and Pigeons dung of each one scruple, oyl of *Sasamum* three ounces, oyl of Juniper, and oyl of wheat, of each two ounces and a half, white wax one ounce and a half, seethe them together in four ounces of the juyce of Orenge, until all the juyce be spent: take afterwards the white of an Egg, small bruised Camphire one drachme, Vinegar 12. ounces, wash the rest with it, after that all is well tempered together; and afterwards use this salve.

The ninth Chapter.

Of inward things which spread themselves over all the body.



WE have taught before of all outward accidents, which outwardly do infect the skin: but now will we write of those things and parts which are spread within through the whole body, which hold the same together, underprop it, and sustain the body upright; these are the bones, veins, and arteries, with the blood that is in them, and all that concerneth them; how the same is to be clenched, and when it runneth overmuch, how it shall be stopped; how it shall be letten out, and his naturall heat cooled. There shall also be discoursed of the sweat, as a superfluity of all humours. Afterwards we shall discourse of the sinews, of the tendons and ligaments.

Item, of the flesh, and chiefly of that which we do call the muscles. For as much as wearisomnesse, fatnesse, leannessse, sleep, pain, *Phlegma*, or slime, with many other cold diseases, as well as the blood, *Cholera* and *Melancholia*, may be dispersed in the whole body, and that the blood hath no certain place in the body, as the *Cholera* in the bladder of the gall, and *Melancholia* in the milt: (of which two hath been written in other places) therefore we must not pretermitt to write of the nature of *Phlegma*, and must first begin with the bones.

Of the bones. §. 1.

THE bones of the whole body be (as it were) the foundation and stay of the body, and also the hardest parts which be in it. These are ingendred of the heat of the body, which drieth the moisture, and hardneth the bones. *Plato* supposeth that their beginning is of the marrow, which should be so dried away, and hardned through heat: wherefore *Empedocles* doth ascribe the most part of them to *Vulcan*, that is, the fire. By nature they be dry, earthly, cold, hard, without blood, and also without feeling. They do get their beginning of the uppermost part of the back bone, which stretcheth it self even to the thighes. They be also hard knit together, and bounden through the sinews & ligaments, that there is not one amongst 248. (or as *Albertus* reckoneth, amongst 276.) that are in mans body, the which is not fastened to another bone. When these bones be broken, then do they not grow together again in the own substance, but by a certain liquor, which the Grecians do call *Poros*, the which hardneth there so sore, that therewith the whole fracture groweth together again. But whensoever that these bones do break, or get any other disease, then look what we have written thereof in the fourth part, the ninth Chapter, and second §.

Of Napta. §. 2.

IT hapneth also sometimes that in certain places of the body such a matter is gathered, that doth so harden and grow out of some bone, that it seemeth to be a right bone, which in Latine is called *Napta*, and although this ought to be cured by Chirurgery, we will nevertheless ordain this for it: Take Frankincense one ounce, Mastick five drach. Cerusse three quarters of an ounce, quicksilver half an ounce; temper them all together with four ounces of Swines grease, and rub therewith the *Napta*, at the fire very hard, not regarding what pain soever it doth.

The

The tenth Chapter.

Of three kinds of Veins in general.



He Veins are described by *Galen* in this manner: The Veins (saith he) are a sort of the blood, tempered and mixed of blood and natural spirits, moist and warm, with great sensibility. And under this name are comprehended three sorts; to wit, blood veins (called by the Latinists *Vena*) Arteries and pulse veins, *Arterie*, or *Vena pulsatiles*, for that they beat continually.

Secondly, the nature of these veins is warm and moist; what difference there is between both these sorts of veins, besides the beating, that shall appear in this description following; the Anatomists do account 365. veins in a mans body.

Thirdly, there be sinews, which be also comprehended under the name of veins; which have no fellowship at all with the blood veins, but only that they do lye spread over all the body, whereof in case that one lose her motion and feeling, then will forthwith the whole body, or some part of it (according to the quality of the disease) be without might, and and deprived of all motion.

Of the blood veins.

Now for to describe these three sorts of veins, we will first of all admonish of the blood veins, which are called of the Physicians and Anatomists *Quiera*, which are still veins, and that by reason they be naturally quiet and without motion; for when they be moved, that is done by some outward cause.

Albertus and *Aristoteles* would maintain and defend against *Galenus*, that these veins did take their off-spring from the heart: But according to the opinion of *Galen* and *Hippocrates*, have they their beginning in the Liver, which question we will leave to the Anatomists to be decided. But we will shew here in brief what hath moved *Hippocrates* to ascribe the beginning of these veins unto the Liver, viz. for that in all creatures (which have blood) there is no greater vein then the Liver vein, which appeareth none otherwise but as the body of a tree, which is thickest beneath in the ground, and at his beginning, and besides his root stretching forth wide and abroad, and the branches above do spread themselves again in many sprigs or twigs. And thus it is also with the arteries, wherefore the foresaid authors have also affirmed, that the Liver is none other thing but like to a root and fountain of all other veins, so that she doth impart her blood first of all to the heart, as to the most noble part of the body. This is now sufficiently spoken in general of the blood veins, whereof we will speak and discourse more at large hereafter.

Of the Arteries.

Hereof *Galen* writeth thus; the Arteries are vessels of the thin and clean blood, wherein are more natural spirits or ayr, more heat, dryth, and feeling, then in the blood veins, which remain alwaies panting and beating.

They have their off-spring of the left concavity of the heart, and the first branch a little off from his root is parted in twain, whereof the one part goeth upwards, and the other downwards, where (in both places) the foresaid blood-veins are spread abroad, with divers small veins, so that there be few arteries without veins. This altogether is most diligently described by *Aristotle*, *Galen*, *Albert*, and also of *Walter Riif*, and at last with lively figures it is apparant to the eyes.

These arteries or pulse veins be by nature (as is said) much hotter, dryer, thicker, sensibler, and harder, then the blood veins: Partly like unto the nature of the sinews; they also receive some blood, but it is subtiler and fairer then the blood of the veins; they be also much more replenished with vital spirits then the veins, which is also a cause of their continual panting and moving, which happeneth so forcibly, that the same is outwardly felt over the whole body, and especially on the hands, feet, temples of the head, and on other places more may be seen and felt. All Physicians may deeme thereby,

whether the nature be strong or feeble, and all according as the pulse beateth swift, slow, hard, soft, steddye, or very trembling.

The ancient Physitians have been of opinion, that both these sorts of veins, and especially the arteries (if they be cut or chopt off) could not be consolidated again, yea that the heart veins be utterly incurable. But *Galenus* acknowledgeth utterly that the same could hardly be effected in men that be old, but in young people otherwise. Of women and young children doth he admonish that one should not be discouraged; for that he had (saith he) healed enough himself that were wounded after this manner. For this be also before many good remedies in the second part, the fift Chapter, and 18. §. if a vein be broken in the breast or any other place, which may also be used inwardly and outwardly for this purpose.

In like manner you may also use for it this confection insuing; Take Henbane seed, and white Poppy seeds of each one ounce and a quarter, Sealed earth, and red Coral, of each five drachmes, old conserve of Roses, the older the better, four ounces; temper all together, and take thereof morning and evening each time half a drachme and no more; this is very good and also forcible for all kinds of bleeding. When as now the veins do swell be it of whatsoever cause it will, then anoint them with Treacle or Mithridate.

moderated (which is to be used) Of the Blood. §. 3.

IT is sufficiently known that mans body is joyned together of four kinds of humours or complexions: to wit, of blood, *Cholera*, *Melancholia*, and *Phlegma*: but amongst these is the blood one of the best, partly, for that it is the matter of the vital spirits, wherein life it self hath his being, or for that it is to be compared with the beginning of life, because it is by nature warm, and moyst: or because it hath more vertue to nourish and to sustaine, then any of the other humours.

In fine it is such a Jewel of nature, that if the same be taken away then death doth ensue.

Cholera and *Melancholia* have their proper places or residencies in the body, wherein they do gather themselves, as we have of late declared, from which places they do also shew their power in the ingendring of sicknesses.

But the blood and *Phlegma* are so divided into two parts of the body, that one cannot so soone open the skin in any place, but immediately the blood doth issue forth, and that the veins be the vessels and habitation of the blood, hath been declared before: without the which there can also be no blood found, except in the least concavity of the heart. Whereof *Albertus* hath been of none other opinion, but that the veins do begin there, and not in the liver.

The nature of the blood is hot and moyst: yea so hot, that in the whole body there is nothing hotter: and to the contrary nothing colder then the *Phlegma*.

Therefore this hot and moyst blood is given to all living creatures, not onely for a nourishment of all members of the body, but also to maintaine them by their natural warmth, and no otherwise. For example, good wood is laid upon the fire for to warm a whole chamber with it; in like sort also, as the fire is abated and his burning taken away, if the same be overcharged with too much wood, or if the wood be too moyst; also if the wood be pluckt away, or too little laid upon it: so is it with the heat of the heart, that if the same be too much, or too little; likewise overcold, unmeasurable hot, or is too feeble. When the heart shall feele these kinds of diseases then will all the other members of the body be partakers thereof.

It is also the opinion and censure of all learned that the blood is the most principal meanes in the mothers body, whereby the heart as the chief part of the body, hath his beginning.

Concerning his nature and property, then is this not a small miracle of nature, that it hath no feeling of it self; neverthelesse it is cause of the same and of life also. And it is found by daily experience, that if there run much blood from any creature, that thereby come swoonings, yea the life it self runneth out with the blood.

Neither is the blood alike in all men, nor in all members; it getteth also through age many kinds of nature. In children it is thin and watrish, in youth hot and sharp, in men at the fullest and best of all, and all these foresaid very much and abundant.

In age there is but a little, thick and black, and clotting very suddenly as well inwardly as outwardly upon the body.

In like manner it is also sure, that how fatter a body is, so much the lesser blood hath he, for that is through the fatnesse consumed, as is seene, that all fat hath no blood in it. Contrarily, how much the leaner, so much the blacker is the blood. Besides these is also womens blood much grosser and blacker then mens blood, and women have also lesse blood in the outward then in the inward parts.

Moreover, there is no creature fuller of blood amongst all them that have received life; then women, wherefore nature doth unburthen them every moneth of all their superfluities of the blood, and they are lesse subject then men unto all sicknesses which proceed of blood.

Albeit it happeneth (yet seldome) that they bleed at the nose, or by the Hemorrhoids, then do they quickly find, that they have their terms the lesse.

Secondly, the blood also in the Heart, Lights, and arteries, is much subtiler then that in the veins: The grosse blood is drawn away by the flesh, whereby the foresaid blood is more subtiler, thin and scummy. The upright good blood, which is without any disease, is light red, sweet in tast, and not too thick, and in that estate it may be sustained and augmented by good meat and drink, if one take abundantly thereof: but to the contrary, it will be diminished through want of those things. The blood doth especially increase by good strong wine moderately drunken, it maketh the same also faire and fresh, and especially the wine which is thick red, for that wine behoveth not to be much digested.

In fine, according to that the food is good or bad, thereafter is the blood qualified: for the fatter it is ingendred from this proper nature, so much the blacker it is. If the same spoyle through abundance, then will in the broken veins be knots called *Varices*; whereof we have written in the first chapter and seventeenth §. of the 5. Part: or it will be expelled through the bleeding at the nose, or through the Hemorrhoids: also it is oftentimes altered in impostumations and corruptions. What diseases are caused of the corruption of the blood, that shall hereafter be taught and declared.

Amongst all living creatures is the blood of man the most subtiler: as to the contrary; the Asses blood the most grosse. So long as it doth remain in the body, it doth keep his warm and moist nature: but as soon as it is out, then doth it thicken, yet one mans blood more then another, whence afterwards you may separate the little hairens or *Fibra*. The blood of a Steer is so hard, that being drunken it is a deadly poyson.

Contrariwise, certain beasts blood doth not thicken at all, viz. Hares blood, Conies blood, Harts and Hinds blood, the blood of Roes, of Swine, of Goates, and such like more. The Philosophers opinion is, that all grosse thick blood doth give strength, subtiler and thin blood, wittinesse, little blood, feare, and very little wit.

But for conclusion, this ensuing is a marvellous property of the blood, that nature hath placed such power therein, that the countenance of a man is altered in the twinkling of an eye, as happeneth in great anger, shamefastnesse and such, through the course of blood.

Contrarily, if the same depart from the face, it sheweth feare and fright. And in these alterations of the palenesse and rednesse, doth keep such a difference, that thereby may be adjudged and known, how the heart and mind of man is disposed within.

Whereby the blood may be cleansed. §. 4.

Albeit that we have taught enough for all sicknesses, which be caused through the uncleannesse of the blood, by what meanes the blood may be cleansed, yet can it not but be necessary to discover certain things here which be meet for the same. And first, what things they be: the confected Nutmegs are especially commended for this, because they make very good and haile blood. Neverthelesse it is not advised, that they which be of hot nature should use the same, unless it be very seldome.

We have also declared in other places, that there is nothing that cleanseth the blood more then Fumitory, and all that is made of Fumitory, as conserve, syrup, juyce, water, and especially if the same be decocted in Whay of Goates milk.

Rosemary is highly commended for it. In the first part, the second chapter, and first §. is a powder described, beginning thus; Take Sene leaves which is also marvellous good for this purpose. Concerning the drink, we have told before that there is nothing better then good red wine.

Amongst

Amongst herb-wines, the Burrage Wine, Wine of Buglosse and of *Tamariscus* is commended: for this may you look also into these places ensuing, where there be divers and sundry things described, whereby the blood may be cleansed, as in the third Part, the 11. Chapter, and sixt §. Item, in the fifth Part of the ulcers and of scabbednesse, which be commonly caused of unclean blood, as also of the Pox and the Leprosie, hereafter shall be spoken of it in the description of *Phlegma*.

How the abundant bleeding is to be stanchd. §. 5.

Also there is nothing to be written of this abundant bleeding, but onely to alledge certain places where divers and sundry remedies are set down for to stanch blood withal, as in the first Part, the 8. Chapter, and 7 §. Item, in the first Part, the 9. Chapter, and 5 §. Also in the first Part, the 13. Chapter, and 7 §. Item, in the second Part, the fifth Chapter, and seventeenth §. Item, in the third Part, the eight Chapter, and 4 §. Yet again in the third Part, the 11. Chapter, and 16 §. Item, more in the third Part, the 14. Chapter, and 11 §.

And if so be that this bleeding come upon women in childbed too fast, then look for it in the conclusion of the third part, and before in the seventh Chapter, where certain precious vulneral potions are described, in which places there may good means be found, according to the importance of the bleeding.

How to let out superfluous blood. §. 6.

It is no lesse needful in many men to take away the superfluous blood, whereby nature is overcharged, and many sicknesses caused, then in others to increase it, and this happeneth most conveniently through letting of blood, through application of boxing cups, or through fastning of leeches.

Of the letting of blood we have spoken at large in the Introduction, and also written of the sixteen veins of the body which are wont to be opened, and likewise in what sicknesses each of them is to be opened, whereby each one that readeth it, shall find a good direction.

The second means whereby this noisome blood may be taken away, are the cups, whereof we have discoursed at large in the foresaid Introduction. Also in like sort of the setting on of the Leeches, thither do we direct the Reader, and so conclude this Chapter.

The eleventh Chapter.

Of the natural warmth of mans body.

BEcause we have now written of the veins, and also how the same do spread themselves throughout the whole body, and other things concerning this, therefore we will admonish of the natural heat, which with the blood is imparted unto all parts of the body, for that the blood and the natural heat be so linked one with another and befriended, that one cannot continue without the other, but death must presently ensue: Yea there is also none other thing that giveth shape in the beginning to all living bodies, and afterwards causeth them to increase to the hour of death, but this natural heat which is born with us.

This is the only cause of all working: and it is known, that all that groweth and increaseth, yea also all herbs and plants must have their nourishment thereby, and each according to the right property of his nature which giveth to each thing according to his need, both moysture and drouth: but how were it possible that the same may be concocted and altered for the sustenance and increase of mans body, if there be no natural warmth with it? This natural warmth doth maintain all health, and consumeth all bad humors, it consumeth also meat and drink, whereby all inward parts do receive their power and strength, and also are made apt to do all things whereto they were created.

The

The hardned skin will be mellowed and made thin through this natural heat, all wounds and ulcers be brought to natural matter, it swageth the pain, it looseth and softneth all contracted sinewes. Item, this natural heat is that which causeth the wounded head to heale, and freeth it from all his heavy accidents, dryeth the moysture of the same, expelleth all corrupted bones, and taketh away the venom of all corroding ulcers. This naturall warmth doth warm all frozen members, it helpeth all diseases of the Matrix and privities, &c. The same natural heat doth heale all broken bones. But how may that be better seen then by daily examples, which we have daily before our eyes, and as it appeareth in old folks; for it is seen that how much the natural heat abateth in them, so much the weaker and the more incurable do they wax of all diseases: and most manifestly in the dying, where it is cleerely seen, that how much the more the natural heat doth abate, so much the nearer is death at hand. Therefore must heed alwayes be taken that it be kept in his natural being: for if so be that the same bee too great or too small in any body, then can follow none other but heavy sicknesses, and at length death it self. The like may be seen in the Palsey, and in the Plague. Therefore we will here discover certain things which sustain this natural heat, and do increase and strengthen the same, and afterwards shew what is to be used against unnatural heat. First, there be certain Spiced Wines, Claret Wines, Hypocras Wines, and such like commended for it; but they must be used with providence, to the end that according to the quality of nature and of the age they may be prepared, that they heat not overmuch: for that the right nature of wine is, that it being moderately drunken, doth preserve and sustain the natural warmth, and strengtheneth the powers of men. The same doth also Elecampane Wine, and confected Nutmegs used morning and evening after meate. The conserve of Rosemary doth warm all those which be half dead. But what need is it to write so largely thereof, seeing there is no sickness, which cometh through cold described in all this book, wherein hath not been taught how this weak natural heat, might be holpen: Hereafter also shall be spoken of the *Phlegma*, and by that meanes also of cold, and what is to be done for these cold diseases where further advertisement may be sought for.

Of Unnatural heat. §. 1.

IN all hot diseases which have been discovered hitherto, be meanes every where declared, wherewith this unnatural heat might be quenched and flaked. But we will here not onely alledge the passages where the same is taught, but also declare what may be meet for it. For this are sundry things described, as the cooling salve *Galen*, the salve of Roses, the salve of Saunders, and the Pomade. For this is also good the Poplar salve, all which you may mix as you please, or use each alone.

In like manner these oyles following, as of Poppy heads, of Roses, of Violets, and of water Lillies, which do coole more then the oyl of Roses, or oyl of Violets. For an outward application, take the water of Corne Roses, and of Nightshade of each two ounces, sealed earth, and fine *Bolus*. of each one drachme, Camphir ten graines, temper them all together and lay it upon the forehead, or where the heat is.

One may use inwardly the conserve of Buglosse, of Burrage, of water Lillies, of Violets, of Cicorie, of red and white Roses, confected Cherries, and conserve of Barberries.

Item, confected roots of Cicorie, Framboys, confected Peaches (which one may use in all hot sicknesses) and Prunes that be confected. Item, fresh Cassie is very necessary in all unnatural and sharp heat.

The sower Dates do coole and purge very mildly, and they do also quench the thirst. The simple things be Lettice, Endive, Cicorie, and bread that is steeped in cold water, Fishes, Limons, Oranges, Pompeons, Melons, sweet Wine, Peares, Apples and Cherries, &c.

These foresaid things are not only to be used in hot sicknesses but also to take them moderately being in health in hot times. There is also a syrup made of the juyce of Oranges, of sower Pomgranates, of white Roses, and of Sorrel, the which do coole much in the time of the Plague, and in all pestilential sicknesses, which do inflame the heart and the stomach.

The syrup of Roses laxative doth especially coole all heat of Agues: Likewise also the syrup of Verjuyce, of Violets, of Endive, and Vinegar.

In like manner also *Oxycraton*, *Oxyfacchara*, Julep of Roses, and of Violets: the Honey of Roses hath a meetly cooling nature, therefore the same may also be used in hot Agues.

When the Patient desireth to drink in great heat, then be some of these foresaid sirupes to be tempered amongst it, for which the sirupe of Violets, of Burrage, and of Roses, be the most principal, if the same be tempered with Well water, or any cooling potion. The same doth also fresh Well water alone.

Item, Barly water, or Henbroth dressed with Endive, watred wine, Henbroth with Sugar and Barly, and the water of Larks spur drunken three or four times a day; these beforesaid do take away the unnatural heat, whether it be in the Plague, or in any other hot agues.

Take water of Larks spur and of Buglosse, of each two ounces, Cicorie water one ounce, drink twice thereof morning and evening: it strengtheneth and cooleth also the heart in all hot things.

Take a handful of Raisins, stamp them to pap, and pour upon it eight ounces of water of Buglosse, Cinamom one drachme, then wring it through a cloth, and afterwards take it, or give it to drink with Almond milk.

But if so be that some unnatural heat do assail you without any special sicknesse, then is this ensuing to be used for it: Take a black Cockrel of a year old, chop it alive one part from another, take the Liver, and stamp it very warm in a mortar, then temper with it womans milk of one that giveth suck to a boy, afterwards wring it together through a cloth, and give thereof to the over-heated body two or three spoonfuls. Some do commend this very highly, and it may be tried without peril.

Item, the juyce of green Nutshells be very good against all accidents which may be caused of heat.

The twelfth Chapter.

Of the Sweat in general.



After the description of unnatural heat, we are to write somewhat also of the sweat (which is contained in the corrupted blood) and pierceth through the whole body. The same is thus briefly described of *Galen*: Sweat is a cleansing and an excessive moisture which is mixed with the blood as the Whay is with the milk. Other do expound it more at large. The sweat (say they) is a moisture, which is caused of the vapours of the body, which spreadeth it out to the uttermost parts of the body, and penetrateth out through the skin, whereby the blood is unburthened of much uncleannesse, whereof there be two sorts, the one natural, which in great sicknesses is a good sign or *Crisis*, which kind of sweat doth break out also upon men through great labour, or in Sommer time, and is a wholesome and healing sweat, which bringeth great ease and lightening with it. The other kind of sweat is unnatural and also hurtful, as is seen in them which suffer great pain, or that lye a dying: therefore it is not unjustly said (as also the truth is,) that sweat is a sign of all the moistnesse which reigneth in the body. For when as the sweat breaketh forth excessively, then is it a sign of great abundance of subtile moistures, and of the strength of the expulsive vertue. Like as to the contrary, a little sweat giveth knowledge of the toughnesse and thicknesse of the same, or debility of the expulsive power. If so be that the sweat be red, then is it a sign that the blood hath the mastery: but if so be that the sweat be yellow, then hath *Cholera* the preheminnence; or if it be white, *Phlegma*; and if it be blackish, *Melancholia*. And if so be that the sweat stink, then must the blood also in the veins whence the said sweat cometh, stink also. Item, these differences may be perceived by the tongue, that when one will prove his sweat, and the same be sweet, then is it a sign that the blood reigneth; and if bitter, then *Cholera*, &c.

The causes of the sweat be over-hot ayr, great labour, warm weather, bathing, to go too hot clothed, and a moist body. But commonly it is caused through great rioting which is lately committed: the first cause will be taken away, if one beware of labour, and tarry out of warm ayr, &c. The second through purging; but the sweat may come of

of whatsoever cause that it will, it is alwayes very profitable for a moyst body, and healthful; therefore is the same to be required in many sundry perillous diseases, viz. in franticknesse, *Phrenitide*, in which the sweat is especially very meet if the same be excessively expelled.

The Physitians which be very expert have taken through the sweat no small signification of life or of death, and especially in those dayes which they call *Criticos*, which be these ensuing, that do yeeld also a good prognostication of health. The 3. 5. 7. 9. 11. 14. 20. 21. 24. 27. 30. 31. 34. and 40. the other which cometh between these foresaid dayes do signifie to the contrary a long continuing sicknesse. This sweating is also every where common with all Agues, and especially in all hot Agues, but after a severall or different manner; for if the sweat be cold, and that it be onely about the head, in the face, and in the neck, then it is a very bad sign; if it come with a sharp Ague, then is it a sign of death, or cometh it with a mild Ague, then doth it signifie a lingring sicknesse; by which it also signifyeth that where the sweat doth break out, there the disease and the sicknesse is. Moreover we will add this unto it, that when the blood is unmeasurable moyst, thence springeth alwayes a very greivous sicknesse, for that thereby it will be waterish (like as the Whay of milk) retaining neverthelesse the red colour, whereby it cometh also that a body sweateth blood otherwhiles.

For sweating be also these rules ensuing prescribed. First the sweat is not to be moved before, and ere that the matter be purged whence that this is provoked, and so long as the Patient feeleth ease thereby, and be not over much weakned. Secondly in consuming maladies, as *Hedica* and *Phthisis* sweating is not meet. Thirdly, if the sweating get so much the mastery, that a body is thereby weakned, then is the sweating to be caused to cease by uncovering or taking away the coverings. Or doth it come through over much heat: then is the Patient to live soberly, and fast. But if so be that it do come through repletion of the body, then is the same moysture or humour which causeth the sweat to be purged. Afterwards is the body to be anointed with this salve following: Take Roses one ounce, red Saunders, blossomes of Pomgranates, Galles, and Mirtle leaves, of each half an ounce: seeth all together in four and twenty ounces of water until the third part be spent: afterwards strain it through a cloth, and put unto it six ounces of the oyl of Roses, and then let it seeth so long until all the water be consumed, afterwards strain it through a cloth.

With this salve is the Patient especially to anoint the side and the breast. He is also to drink oftentimes Julep of Roses, and of Violets, and to moysten the breast sometimes and the sides with cold water, and also to sleep alone, but upon no bed which is filled with feathers, and that but light covered.

This sweating causeth also sometimes swooning which is not without danger. This Patient is not to be bounden, rubbed, nor to keep in his breath, like as is done to others which fall into a swooning by some other cause: for that the foresaid things do drive out more matter and sweat out of the body. For this also is wine to be eschewed, for that it expelleth also sweat: but the face is to be sprinkled with Rosewater, and with well water. The Patient must also refrain from over hot labour, and not to cover himself too much. He must set his bed in a cold place, and hang the same with cold odoriferous things, as Roses, Saunders, Camphir, Quinces, Waterhillies, and such like.

Whereby the sweat is provoked. S. 1.

AT the first are the pores to be opened, as doth the oyl of Camomil, and of Dill, if one be anointed therewith: or take Pepper, Cinamom, Calamus, *Rapontica*, *Pieretrum*, Rubarb, Costus, Cassie wood, Balsam fruits, Marjoram gentle, and the juyce of white Mints: temper some of these foresaid things together and seeth them with Sal-lad oyl in wine, anoint you there-with, it causeth a man to sweat.

Further, these things following are to be used before one go to bed, therewith to expel the sweat, to wit, half a drachme or a whole drachme of Treacle or Mithridate. Item, take an Onion, and put good Treacle unto it, afterwards rost it soft in hot ashes, and eat a good deale thereof, then lay you in bed to sweat therewith, and afterwards dry your self clean with dry clothes.

For bathing, he is to take the quantity of a nut of conserves of Rosemary, or conserve of Fumitory, both of them do expel sweat: the conserve of Eldern is berries the common peoples phylick for this purpose. Item,

Item, take Rose water, Wormwood water, and Rue water; of each a like quantity, and use thereof every morning a good draught: or take one ounce of Ginger, and seeth it in a pint of red Wine; afterwards strain it without wringing, and then drink five ounces thereof: it causeth also to sweat well, and that especially in quartain Agues. Now to the end to abate the heat, then temper amongst it julep of Violets. *Oxymel compositum* doth also move sweat.

But if one cannot sweat, then take two or three brick stones and make them very hot, and wrap them in a wet cloth, and lay first one, and then another to the feet, under the arm-pits, or the sides of the Patient, or between his legs; then will the vapour cause the Patient to sweat. And if so be that there be a stinking sweat instant, like as the stench of the armpits, whereof we have written in the fourth Part, the first Chapter and 2. §. and in the second Chapter, in the third §. then may one with the foresaid, use this ensuing; Take white Copperas half an ounce, let it boyl so long in a pint of water as one would seeth an egg hard, or somewhat longer, and wash you therewith. Also the sweat will be expelled by anointing with oyl of Quinces, or by taking of Marmalade with spice.

Of the sweat-bath and others. §. 2.

IT is very common that sweat is usually provoked by bathes, which is attempted after divers manners, and must be done for many kinds of maladies, as we have declared in many places; for which now that bathing is noisome and bad, we have also taught here and there, as the same may be looked for in the Table.

The thirteenth Chapter.

Of the Sinews.

IT is a question amongst certain learned men whence the sinews (which the Latinists call *Nervos*) have their beginning: *Aristoteles* was of opinion that they came from the heart, although it cannot be perceived that there-hence any should come: but *Galenus* with his followers do say, that the sinews take their beginning in the brains and the back-bone. And this opinion is not without a foundation and sure ground, because that as soon as the sinews be inflamed with an unnatural heat, the brains thereby are so infected, that commonly these men be distraught of their wits and understanding, yea waxe childish, and as the Physicians name it *Deliri*. *Albertus* doth reckon to be in mans body 77. sinews, as well great as small, hard, soft, and other; and therein do all learned agree, that they be all of a cold nature, yet the one lesse then the other, and also without blood, wherefore some call them the white veins. Amongst these be three principal sorts: the first which we chiefly call *Nervos*, which is sinews; the second, *Tendones*, which be the tendones; the third *Ligamenta*, which be ligaments or binding sinews. The first sort have their beginning in the brains, of both the skins of the brains, and in the backbone, the which *Albertus* calleth the Vicegerent of the brains, for that they be both almost of one nature. These *Nervi* or sinews, the which by the Grecians is as much to say as bending, be by nature a little warmer and also dryer then the veins or any other sinews, they are also more sensible then the arteries, and of such power that they frank and freely impart unto the whole body all motion and feeling.

These foresaid sinews are by nature so placed in the backbone, and his holes, which be 60. in number, and that they be spread over the whole body, giving each part his sense and action; so that each may adjudge what is hurtful for him, or paineth any whit. They do spread themselves abroad over the whole body, to wit, out of the backbone, as it were a spring, which with many sundry spouts or gutters is derived hither and thitherwards, in a pleasant garden, for to moisten the same, and to impart her water unto it: So is also our body naturally nourished with these sinews and all other veins, which (like as is said) receive their beginning out of the brains, and so descend even to the feet beneath. And although this dispersion be so bountifully and pleasantly performed, notwithstanding there come no sinewes into the bones, except the teeth, neither yet in the gristles

gristles nor in the fatnesse, nor in the ligaments (which be knitters of the members or joynts : therefore all these foresaid parts have no feeling or motion neither need they any.

When as now the forsaide sinewes are spread abroad every where in the muscles or lacerts, which (as is said) are instruments whereby we have all our motion, yet in other places, where need requireth, the other sort are, to wit, the tendones. These be of tight compacted substance, easily cut in the length, overtwhart very hardly or scant at all. When as they also (like as is oftentimes admonished) be wounded, then are they healed with great trouble. They can also abide no fire, like as the sinewes do : for whensoever one is wounded or hurt, then doth the same member loose his accustomed action, or will at the least be much weakned. It is also much to be wondered at, to wit, when a sinew is hurt, then there followeth much pain and mishap after it : and being hewed or cut quite asunder, that then the Patient knoweth not of any pain.

The tendones or lacerts be amongst these three sorts of sinewes the most hardest : contrariwise, the ligaments be the most softest, as shall be shewed hereafter. These tendones be also not so sensible as the right sinewes, and be also much bigger.

The third sort of sinewes the Grecians do call *Syndesmos*, the Latinists *Ligamenta*, (which be bonds or knitters) *Albertus* doth call them *Cordae*, that is, Cords : these have no feeling where they hold fast in the muscles or bones, but they bind onely the muscles and bones together.

Let this now suffice of the nature of the sinewes, and they that desire to have ampler direction thereof, let them look into *Aristoteles*, *Galenus*, *Albertus*, and other *Anatomici*, which have written thereof very largely.

Of hurt and wounded sinewes. §. 1.

Commonly the perished sinewes do require such remedies as are wont to be used for the increase of the infeebled warmth, and do dry hard and draw, yet without any corroding and bad property.

The wounds are also to be kept open long, and if so be that they be too narrow, then make them wider, to the end that all bad matter may run out. Besides that, all diligence is to be used for to assuage the pain. If now there be any sinew pricked in letting of blood, or otherwise, then take oyl of Camomil, of Roses, and oyl of S. Johns wort, of each one ounce, three well brayed yolks of eggs and Saffron one scruple, temper them all together, and lay it thereon.

For the Pain. §. 2.

If so be that there be any great pain in the wounded sinewes, then use these salves *Anodyna*, whereby the pain may be assuaged, whereof you may find sufficiently written in the first part, the fourth Chapter and twelfth §. in the second part, the 7. Chapter : in the third part, the sixteenth Chapter and 4. §. also in the third part the 17. chapter and 2. §. This ensuing is also very meet for it : Take oyl of Lillies, one ounce and a half, oyl of Dill and of Camomil of each one ounce, white Wax as much as is needful for to make a salve.

Another *Anodynum* : Take Wallflowers three ounces, oyl of sweet Almonds, and oyl of *Sesamum*, of each one drachme and a half, fresh Butter one ounce, Saffron half a drachme, white Wax one drachme and a half, oyl of Dill, of Camomil, and Ducks grease, of each one quarter of an ounce, one well brayed yolk of an egge, then temper them together unto a salve. For this you have also before in the third chapter and 7. §. a salve, beginning thus, Take oyl of Roses &c. and other things more, which do much assuage the pain.

Item, take the marrow of Calves bones, and very old Sallad oyl, of each four ounces, Earth-wormes washt in wine two ounces, seeth them together in water meetly well, afterwards straine the broth thorow a cloth : it is marvellous good for the sinewes, for that it assuageth all pain, and mollifyeth the sinewes.

These foresaid things be not onely good for paines of the sinewes, which be caused through wounds, but also for all other pain of the sinewes, as this following is also : Take Henbane seed half an ounce, black Poppy seed, one quarter of an ounce, Saffron

one ounce, *Hermodyli* two ounces and a half, small bruised crums of bread four ounces : temper them all together, and so lay this warm upon it, and that thrice in four and twenty hours, afterwards anoint the place with oyl of Foxes, or with any such like oyl, which shall hereafter be discovered : After that strew the powder of Earth-worms upon it ; or temper the powder with Hony, and use it as before. It is also good for all pain of the members, and hardning of the sinews. There may also a plaister be made of the foresaid Earth-worms, and apply it. Cow dung tempered with oyl and layd warm upon it, is also good.

Item, take oyl of Foxes three ounces, Sallad oyl four ounces, Earth-wormes washed in Wine two ounces : let them seeth all together, like as is said before, it strengtheneth marvellous much all bruised sinewes, and warmeth also the same when they be wounded. Oyl of Bricks is good for all pain and all diseases of the sinewes. In like manner the three sorts of Balsam oyl which be described in the last part,

When the sinewes be resolved and limber. §. 3.

Take Turpentine which is many times washed with Rosewater two ounces, powdered Frankincense, and Corns of the same, of each two drachmes and a half, make a salve thereof. This doth also a salve which is made with washed Lime and Sallad oyl, or oyl of Saint Johns wort. Item, there is also good for this all vital waters.

For Sinewes that be shrunk, or for the Cramp of the sinewes. §. 4.

Item, take one ounce of the plaister *Diachilon*, *Ammoniacum* and *Bdellium*, of each one quarter of an ounce, steep these two gums four and twenty hours in Vinegar, and afterwards let them seeth until all the Vinegar be spent, then mix the plaister amongst it, and also five drachmes of Bears grease ; when it is now sufficiently boyled, then work it well together with the hands, the hands being first made wet in Vinegar, this plaister doth mollify and digest.

Or take the seeds of Hollihocks, of Flax, and of Fenegreek, of each two ounces, oyl of Lillies, and of Olives, of each one ounce, Wax as much as is needful for a salve : this salve softeneth all manner of hardnesse of the sinewes and of the joynts, it asswageth the pain, it strengtheneth the extenuated members.

Take the oyl of Behen two ounces, *Ammoniacum*, *Bdellium*, of each two drachmes, Saffron two scruples, white Wax as much as will suffice for a soft oymment : at the last add one ounce of Neates foot oyl unto it.

Item, take oyl of Spikenard, oyl of Saffron, of each six drachmes, Bevercod, *Ammoniacum*, *Sagapenum*, Badgers grease and Bears grease, of each three drachmes, marrow of Oxe bones half an ounce, Wax as much as will suffice, besprinkle them all with Vinegar of Squills.

If you would have it digest and dry stronger, add unto it Pellitory of Spain, Bevercod, *Euphorbium*, and roots of Costus, of each two drach. Saltpeter half a drach. make it all into an oymment : this oymment is good for the Palsey and coldnesse of the sinewes, but especially for the shaking in the fit of an ague. This salve *Dialthea* is very good for the contraction and shortning of the sinewes.

Item, take Camomil flowers, sprigs of the Juniper tree, Sage, Mallowses, Southernwood, and Nettle rootes of each one handful, shred and beat them very small, and put unto them sixteen ounces of fresh Butter, Dogs grease twelve ounces, boyl them together until all the juyce of the herbs be consumed, then strain them, and add unto them molten Wax three ounces, *Ammoniacum*, *Galbanum*, of each one ounce, dissolve the gums in Vinegar, and mix them with the rest : when it beginneth to coole, stir amongst it oyl of Bevercod six drachmes, oyl of Camomil two ounces, oyl of Bayes eight ounces ; lastly, temper them well together. The Apothecaries do call it *Unguentum Nervinum*, but it is not used every where.

Item, take Wax, Pitch, and marrow of Oxe bones, of each one ounce, oyl of Roses two ounces, mix them all together and put unto them the powder of Earth-worms, and so anoint the place agreed with it. As concerning the Cramp (which is nothing else but a contraction and conclusion of the sinewes) hath been spoken in the first part, the 12. Chapter, and 15. §. where also I shewed what might be used for it. And this following

is very meet for the same: Take the juice of broad Plantain, boil it with strong wine, and binde it upon the place where the Cramp is. Item, take the roots of water Lillies, cut them in round slices, and so apply them, it hath been approved oftentimes. When the Cramp cometh in one foot, then bend back one of your toes, or bind it hard with a whipcord: but the best counsel is, to arise presently and walk, and to keep the foot warm. Cramp rings are also worn for it, but I find no great good in them. These oyls following are very commodious for the Cramp, to wit, oyl of Lillies, of Rue, of Wallflowers, and of Turpentine, which is made as followeth. Take Turpentine three pound, put it into a body, make fast the head, and the receiver unloose it very close, distil it in sand or ashes with an easie fire. First, there cometh over a clear water with oyl, next a yellow oyl, lastly, a dark and grosse oyl, keepe each apart, for they are good for all cold griefs, and especially for them of the sinews. There is also good for it the oyl of Tyles, oyl Quinces, which also comforteth the sinews. The oyl of Cammomil is not onely good for the sinews, but also for all the joynts. The oyl of S. Johns wort is especial good for the same. The ridge in the back-bone being anointed with the oyl of Juniper, restoreth motion into all parts. Oyl of Bayes, of bitter Almonds, and of Bevercodd, have an especial vertue to soften the hard and contracted sinews.

Now follow those things which may be used inwardly.

Both the kinds of Treacle, and the Mithridate are marvellous good for the infections of the sinews.

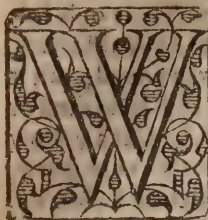
Item, take *Calamus*, flowers of Stechados, of each three ounces, Currans, Fennel roots, Parsley roots, of each one ounce, Centory, Coloquint, *Hermadaetilis*, of each half an ounce, boyl them in a quart of water unto the half, and strain them out hard, then put 12. ounces of Hony unto it, and let them boyl together again until they be reasonable thick, afterwards put unto them fine powder of prepared Agarick one ounce, *Turkish* half an ounce, Ginger and *Diagridion*, of each one drach. and a half, Spike of Indy one drach. make an Electuary of them. This Electuary purgeth all phlegmatick, tough, green, and waterish matter from all the parts of the body both inward and outward. It asswageth all pains of the joynts, sinews, and such like. Give of it at once four or six drach. with the decoction of Ginger, if phlegme do abound. Contrariwise in a cholerick body give it with the water of Succory very warm, and let him fast six hours after it, and before he be set down to dinner, let him drink a good draught of Mead; For the same purpose also serveth the confection of *Diacorum*, and especially the first of them which are described in the last Part. Likewise the conserve of Lavender, of Spike-nard, of Sage and the preserved roots of *Eringus*.

His common drink shall be Mead, or Hony water. Amongst the herbed wines are these commended, the wines of Elecampane roots, Rosemary, Sage, and Wormwood. These wines are all very good for the sinews not onely taken inwardly, but also the infected places chafed and fomented outwardly. Common clisters are sometimes used for to comfort the sinews, whereof there be divers described almost every where, and such as may be used according to the place infected. But a little Coloquint is for the most part added unto them all.

This contraction and induration of the sinews doth in time turn to a perfect lame-nesse, whereof hath been spoken before in the fourth Part, the seventh Chapter, and second §. and after that in this fifth Part, in the second Chapter, of the Pocks, in which places you may find sufficient store of remedies to content your self.

These things following are very hurtful for the sinews, the continual use of strong wines, venery, idlenesse, slothfulnesse, warm water, and especially in them that are wounded in the sinews.

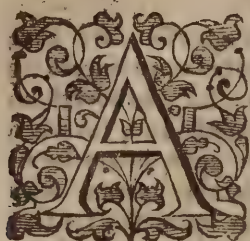
The fourteenth Chapter.

Of the flesh and Muscles or Lacerts.

WE must now speak of the flesh of the body which covereth the bones, veins, sinews, and in fine, all that is comprehended in the skin. First, in respect of those parts which we call Muscles or Lacerts, the flesh in Latin called *Caro*, is very little in quantity; for the number of Muscles is so infinite, that it hath been impossible for the ancient Physitians to name them all. Some did take them to be in number five hundred, *Albertus*, 529. The flesh and Muscles are ingendred of blood, they are warm and moist by nature, and soft in handling, and those that are coldish by nature (without any evident heat) they have much and very soft flesh. That which we call flesh, is placed every where between the muscles, onely differing in this, that the muscles are contained in a thin subtile membrane, to the end that the sinews with their small twigs might the better passe through it, and impart their motion unto the muscles. This flesh is otherwhiles changed into fat, to wit, in fat men, or in them that live delicately; or else sometimes it decreaseth and the muscles also upon divers occasions. They that are very fleshy have also big veins, full of black blood, with great entrails, and a big belly. These persons are especially commanded by all learned Physitians, that they shall not purge themselves in Sommer time.

The other kind of flesh, namely Muscles and Lacerts, are peradventure so called, because they are not unlike to the Evets: for *Lacerta* in Latin is a Lizard or Buet in English. *Aristotle*, *Albertus*, *Galeus*, with divers other have written very curiously of the veins and sinews, and have shewed how they are dispersed and spread over all the body, and how by the Muscles they move and stir every member severally, whereof we need not at this present make any further mention. But to speak of them in brief: the body of the muscles is made of three several kinds of substance, for their beginning and the very head of them is full of sinews. Their middle (which is called the belly of the muscle) is flesh. Their tayl, or the ends of the Muscles is harder and more sinewy then the head, whereof the Tendons are made. In fine, these Muscles do consist of sinews, of flesh, of ligaments, and velms, so that by the multitude of these sinews, are all the parts of the body, moved inward and outward, upwards and downwards, quickly or slowly, too and fro, all as a man will himself. Besides this, they are according to their situations of divers proportions, as long, thick, broad, &c. and so strangely coadunated and conjoyned, that their use may easier be perceived by their motion, than by sight, or by any other means whatsoever, but especially, in the face, in the forehead, and in the lips. These muscles may not be wounded without great danger, for by reason of the sinews which passe through them, by those wounds very great and heavy accidents must needs ensue. But the greatest danger is wounding, hurting or in any way harming them of the back, for then can the Patient neither make water, nor go the stool, nor do any other businesse at all aright. By these means cometh the Cramp, the falling sicknesse. I will not speak of the great misfortune that might follow if the same do putrisie. Because therefore the muscles are very sensible, they do find by overmuch labour, by long walking, by running, and such like, a great debility, wearisomnesse, and pain; so do the sinews also and the Tendons themselves. But it were in vain to shew at this present how all the infirmities that the muscles are subject unto might be remedied, because the same hath been sufficiently spoken of in those places where we have intreated of Ulcers, Wounds, Pocks, Leprosie, and such like.

The 15. Chapter.

Of the fat of mans body.

After the description of the flesh it is very needfull that we write and discourse of the fat in mans body. This fat is a division of the nourishment in the skin and other parts, heaped insensibly and tight together: this insensibleness hath the fat of the blood whence it is ingendred; for that the fat is none other thing, but digested blood, which also is insensible. By nature it is most moist; therefore the fat of all beasts, and also the fat of men is wont to be used for many kind of diseases, as may be seen here and there in this Book: and (as it is said) the fat hath his beginning of the fattest part of the blood, which runneth through the veins towards the skin, and setting it self on the same and on the sinews (both which are dry by nature) for to moisten them. But if it happen to touch the parts that be cold and bloodlesse, then doth it come to congeal, and to wax hard there: therefore that doth most of all happen in cold bodies, viz. in women, and in all such beasts which have kept all winter, and be unmeasurable fat; where to the contrary, all that be hot by nature, wax lean and weak. Amongst all parts of men and beasts there are none that be fatter then the kidneies, and that chiefly on the left kidneies, more then on the right; yet especially in sheep, wherein also the kidneies be otherwhiles so abundantly covered with fat that they cannot make water, but are constrained thereby to dye.

Of the troublesomnesse of Fattnesse. §. 1.

There is no better disposition of the body, as well amongst new born children, as other ancient people, but that a man be meetly fat, not too lean, nor too fat; or if so be that any of both must be, it is alwayes better to be lean then fat; for that if a body be over-burthened with fattnesse, then hapneth it amongst other inconveniences, that a body be alwayes slothful, unfit for labour, and for walking. I say nothing of other diseases and sickneses which fat people be more subject to, then the lean. This excessive fattnes commeth of blood, whereby all the parts of a mans body be fed and sustained: the fat bodies have alwayes narrow veins, and arteries, and therefore also little blood, and fewer vital spirits; so that when they begin to be old, the natural heat is wholly abated and very lightly might be extinguished, or at leastwise spilt and lost. Wherefore *Hippocrates* also saith by good right, that they that be fat by nature, do dye much sooner then they that be lean. But they that are between both by nature (saith he) and afterwards wax fat by their dainty and bountifull diet, they alwayes keep their great veins, although they increase in the flesh and fattnesse, therefore in them is lesse danger, although they be fat, and that their natural heat be corrupted in them. Also the Philosophers do conclude (like as we also daily see before our eyes) that both humane and bruite beasts bodies which are very fat, do remain unfruitful. For they have but little and weak natural seed, because that (as is said) leanness is to be commended far before fattnesse of the body. Therefore must all men which are inclined to be fat, use these things following: Take *Sandaraca* three quarters of an ounce, drink it in the morning with water, and with *Oxymel*.

Item, take the rinds of yellow Mirobalans, (roast them as though that they were half burnt) one quarter of an ounce; stamp them all to a subtile powder, & then give it to drink with Plantain water. Look also into the second part the third Chapter, and 2. §. for the Pills which marvellously hinder fattnesse.

Item, take every morning a crust with vinegar, wherein a little Pepper is tempered; drink it very warm. But if one fear that it might hurt the sinews, then is it to be forborne.

The sixteenth Chapter.

For great Leanness.

He reason why leanness is better for a body then fatness, we have discovered before: nevertheless if the leanness were exceeding much, then is it very dangerous for healthy folks: for it behoveth no great proof that the body waxeth lean, when it wanteth food, for when the meat doth not digest, and is not conveyed to the appropriate members, or when people be overcharged with intolerable labour, with great sorrow, and such like. Likewise do some also fall into great leanness, for that their body is too cold and too dry; other will also be lean, for that the digestive and nutritive vertues, or any of both these be weakened.

Item, this extreame leanness is caused also of the consumption *Phthisis*, whereof we have sufficiently written before, and also in the fourth part, the seventh Chapter, and second §. For this may first be used all that is forbidden in the excessive fatness: neither is counsel to be deferred over long in this disease of leanness; for when as the leanness beginneth to root, then doth the same not onely provoke *Phthisis* which is the consumption; but also other more deadly accidents: so that not onely all the flesh of mans body will be consumed, but also all the vertue and strength.

And what might be used for this falling away, is to be sought for in the two forementioned places, there is especially commended (amongst other outward remedies) the rubbing with the flat of the hand of all outward members. All they that are wont lightly to parbreak, may not be purged in Winter, when this leanness is not caused through some hot Agues, but that the meat received is not by nature conveyed toward his due place; so that (like as it is wont to chance oftentimes) the ordure is cast out of the mouth; then is the patient to use good white wine for his drink, yet tempered with water wherein Fennel seed is decocted. For his meat be Hens, Capons, or rather the broth of them, that is wrung or stamped out of their flesh. This patient is also to foment often his privities and there about, with a sponge dipped in the decoction of these things following: Take Fenegreek seed, and of the white *Sesamum*, of each four ounces, Mallows and Smalage, of each three handfuls, *Bdellium* half a drachme, Comin three drachmes, Caraway, Dillseed, *Ameos*, Fennel, of each half an ounce, field Cipres, Centory, of each half a handful. cut that is to be cut, and stamp the rest, let it see the in sufficient water. You are also to use a warming plaister for the stomach, whereof there be seen in the third part, the eleventh Chapter, and fifth §. and elsewhere described.

This plaister ensuing is also good for it: Take 12. ounces of the broth wherein sheeps suet hath boyled a good while, Sallad oyl and Butter, of each 2. ounces, Saffron 6. grains, Salt one drachme, slight Sugar one ounce and a half; temper it, and set this Clister one hour and a half before supper; at which time he is to use the powder which is described in the third part, the 16. Chapter. and 3. §. beginning thus, Take Annis, Fennel, &c.

The seventeenth Chapter.

Of wearisomnesse.

WE have taught in the description of the Muscles, that the wearinesse of the body is caused through great labour, which weakeneth the sinewes and the Muscles, as daily experience doth teach us: and when a man is weary without this cause, as though one had beaten his members in peeces, then doth it signifie a great imminent disease. The learned do divide this wearisomnesse into many kind of species, as they that come of ulcers, wounds, and such like, which may be apparantly perceived.

This doth come through great coldnesse of the matter, which is very easily to be cured, by warm dwellings, by rubbings, by sweet bathes, and such like; which do warm the members,

members, open the pores, and make the matter in the sinews and muscles subtil. Nature is also to be kept warm with eating and drinking: wherefore every such Patient is to keep himself with good white wine which is not too strong, and to use other things more, which shall seem meet for all cold diseases, whereof we (for a conclusion of this fift Part) shall write immediately hereafter. Now we purpose only to speak of the wearisomnesse which is caused of great labour: for the which there is no better nor safer remedy then rest and sleep. But this following may be used for it; Take Rue as much as you please, temper it well with Sallad oyl, and therewith anoint both the feet; it is very good.

Item, take a little Salt in a cloth, bind it fast together, and dip it in the water, cast it into the fire, let it rost until it be black, and run together; afterwards pownd it and temper it with Vinegar, wet therein a woollen clout, and rub therewith the soles of the feet.

The eighteenth Chapter.

Of Sleep.

IF it be well considered what sleep is, then doth it not bear in vain the high title which is attributed unto it: and because that the sleep doth also oppress the whole body, passeth through each part of the same, and bringeth it to rest, therefore it is by good right placed in that degree. Concerning his title the learned do write as followeth. Sleep is a continuing and a moistening of natural heat, an elected rest of all the members, which doth none otherwise cover and suppress all motions of the mind, then as the ashes do the fire, which by a little stirring or uncovering of it, will immediately burn again. And if so be that this rest which is imparted to the body, be sleep, and is as it were a remedy of labour, then may it well be thought, that they that cannot rest at all do sleep unnaturally, for that it taketh away the wits and all actions of the mind: wherefore sleep is called of *Ovidius*, and *Seneca Tragicus*, a compeller of all mishap, and a rest of the mind, the best part of life, an image of death to come, and Deaths brother. And further, this sleep is a confuser of the true and false visions, a haven of life, a taker away of wearied sight, and with the Poets, the pleasantest amongst all goods, yea the onely giver of tranquillity on earth. For sleep driveth away sorrow, it is the remedy for sorrow and care, it freeth the heart, and bringeth all things to rest. The foresaid sleep is a quickening of the weary and weak members, a strengthener of the labourer. It maketh the King and his Subjects merry, forry, and blessed. And to conclude, it is then so needful for nature, that without sleep this life cannot be upholden. You have before in the first Part, the 12. Chapter and 6. §. also in the 10. §. of the Lethargie; and in the six natural things in the first Part, Chapter 5. and 10. §. all which may serve for this intent. Yet these be the things which provoke sleep, viz. Conserve of Water Lillies, sirup of Poppy heads, which may be used for this purpose: Lettice eaten in the evening for Sallads is also good: The Conserve of Piony stayeth all fantasies and fear by night, which will hinder men of their sleep: Sirupe of Citrons, Wormwood Wine, oyl of Dill, oyl of Poppy heads; and also that which is beaten out of the heads, and the temples of the head anointed therewith, are very meet for it.

THere shall not here be written of *Lethargo*, which is a species of the Palsey, and described in the first Part, the 12. Chapter, and 10. §. but of that sleep which causeth a body to his great hinderance to sleep too much, in some kind of grievous agues, phlegmatick sicknesses, sweating sickness, and such like.

Now for to keep sluggards and sleepers waking, thereto are merry folks fit to company with one, pleasant speech, musick, and play, if the Patient have any desire of it: the rubbing of the arms and legs, with or without footwater, cold water, Hony of Roses holden in the mouth: in like manner also the anointing on the temples of the head with cold water, and the same sprinkled in the face.

The

The nineteenth Chapter.

Of Pain.



WE will not here dispute of the outward pain of the body, or the inward pain of the conscience, whereof the Philosophers and Divines do write. Our book doth only speak of Physicks sicknesses, wherein the pain is such an accident of humane debility, that there cometh not one so small a sickness wherewith there is not otherwhiles some pain, like as may be seen by all the foresaid infirmities: and as is here in particular discoursed of all sicknesses, and to each is attributed his proper remedy for to assuage at least the pain of the same, if it cannot be cured: wherefore we will send the Reader, and every one that hath occasion to take advice therein, to the titles of all diseases that do molest the body with pain.

The twentieth Chapter.

Of Phlegma.



AS we have oftentimes admonished before, that the body of man and the most part of all other living creatures are made and sustained of many kinds of humors, that so long also as the same be equally tempered, do bring health with them; contrariwise, if that one do reign above another, it doth cause a sickness.

Of *Cholera* when it getteth the mastery, then do hot sicknesses grow out of it, as may further be read in the description of the Gall. In like manner also it is taught in the Chapter of the hot stomach, and in other places more.

Of the burnt black blood of *Melancholia* hath been spoken in the first Part, the twelfth Chapter, and eight §. and in the second Part, the fourth Chapter, and 9. §. Item, in the fifth Chapter and 15. §. also in the third Part, the 11. Chapter and 28. §. and in other places more.

Concerning the clean blood, thereof hath been written not long ago in the 10. Chapter and 3. §. so that we by good right may also write of the *Phlegma*, because that the same doth no lesse penetrate the body then the other.

This bodily humour which is called of the Grecians *Phlegma*, and of the Latinists *Pituita*, is a waterish moisture which runneth through the veins of all the body with the blood, whereby the brains, the neck, the members, the sinewes, and other parts (which draw that humour unto them) be nourished, moistned and cooled: wherefore it were not good that the same were wholly expelled by purging.

Also *Phlegma* doth appear by the slime, matter, snore, spittle, and such like that man avoideth.

In fine, all that is cold of nature and moyst (saith *Galenus*) we do call *Phlegma*, it preserveth also his nature in such proportion, that it is no moister nor colder in the body: and although the same be also thoroughly concocted, yet neverthelesse doth it remain alwaies cold, and that not onely in the body, but also when it is driven out of the body with purging medicines; so that it can be warmed by no means.

This cold moistnesse (next to the blood) is the highest esteemed; as it is (because of the forementioned reasons) most needfull to all living creatures.

But this is onely spoken of that kind which the Physicians do call the sweet *Phlegma*, for that it is of sundry natures, viz. thick, thin, and like to molten glasse or gips: that which is tart and sower, is undigested and crude. The salt waterish moisture, or *Phlegma* when it is putrified, then doth it cause sundry sicknesses, as unhealthinesse of the whole body, cold swelling, sluggishnesse, much sleep, and head-ach; and especially where it doth abound greatly, then doth it cause sower belchings of the stomach, the Gout, and diseases of the sinews: all which sheweth that this waterish moisture must be purged; what

what Physick ought then to be used to expel *Phlegma*, is sufficiently declared over the whole book. But for the better satisfaction we will here describe the best of them.

First, there is nothing more fit, then that all men that spend their life in daintinesse and idlenesse (whereby they do gather much waterish humours) might observe such an order of dyet which might be clean contrary to their former life, as you shall find described in the discourse of the sicknesses which be caused through *Phlegma*.

These be the simple things which consume *Phlegma*, viz. Pennyroyal, Marjoram, Nep; Sage, Marjoram gentle, Hyssop, wild Thyme, Rue, Fennel roots, Smallage, Parsly roots, Sperage roots, Pepper, Ginger, Cloves, Maiden hair, Hony, Squils, Vinegar, and most of all whatsoever is warm, and dry by nature. Aloe doth also purge *Phlegma*; Cassie doth by a secret vertue expel it gently; *Agaricus* hath power to drive out all sliminesse, to attenuate the thick, and to open obstructions; the hot Gumme *Euphorbium* is used onely at the greatest need: the juyce of wild Cucumbers *Elaterium* expelleth waterish humours most forcibly; but it cannot well be used without danger above the quantity of four grains. In like manner also the leaves of *Mezerion* four grains, or six at the most.

The seeds of *Palma Christi* do some use to the number of thirty when they be peeled, but it is very much: they do purge the *Phlegma* very well, but with great pain and torments of the Patient, for that they do purge upwards and downwards, and are very hurtful to the stomach.

Now when the *Phlegma* lieth deep in the body and in the joynts, then will it by Coloquint be drawn forth best of all.

The *Mirobalani Chebuli*, *Emblici*, and *Bellirici*, do purge very mildly, and that chiefly from the head and the brains.

The seed of wild Saffron doth expel all moysture, and especially the dropsie, one quarter of an ounce, or 3. drachmes given at one time. Turbith is also especial good for it, but it is seldom used alone, but tempered with other things that hereafter ensue, viz. with Sene leaves, Polipody roots, *Sal gemma*, *Stechas*, *Ireos*, *Behen*, *Hermoadtilyli*, Nettle roots, Ginger, Coleworts broth, Sugar, Hyssop, Agrimony, Pepper, Hartwort, Centory, Helibore, *Piretrum*, burnt Squils, *Sarcesolla*, *Opopanacum*, and *Sagapenum*.

Amongst mixed and compounded things which do expel *Phlegma*, be first these sirups following, as both the sirupes of Vinegar, both the Oxy-mels, and Oxy-mel of Squils, *Oxy-sacchara*, *Hydromel*, *Syrupus de Calamintha*, *de Prassio*, and Sirup of Wormwood: all these do expel *Phlegma* through the urine.

Item, you have more in the second Part, the fifth Chapter, a very good potion for the breast in a dry cough, called *Decoctio Pectoralis*, which doth consume the cold slime. The Confection *Benedicta*, *Hiera Picra*, *Pillula fetida*, *de Euphorbia*, *Cochia*, *sine quibus*, *de Hermoadtilyli majores & minores*: all these do expel and purge. Item, *Diaturbith cum Rhabbarb*, and *Medicamen de Turbith*, and other more.

For a purging potion is this ensuing to be prepared: Take Harts tongue, Agrimony, and Maidenhair, of each one handful, Annis, Fennel seed, *Epithymum*, *Agaricus*, *Cuscuta*, Parsley seed, wild Saffron seed, Turbith, seed of Smallage, and Sene leaves, of each one quarter of an ounce, seeth them together in sufficient water: or take *Mirobalani Chebuli*, and *Emblici*, of each half an ounce, and lay it all together in a warm place to steep: afterwards wring it out, and make three potions thereof: then temper of the foresaid sirup or Oxy-mel therewith one ounce, or one ounce and a half, and take thereof every morning.

There is also prepared for it this laxative confection: Take Cinamom, Cloves, and Nutmegs, of each half a drachme, Mace, Cardamom, and *Lignum Aloes*, of each one scruple, Ginger one drachme, Turbith three quarters of an ounce, *Diagridion* 3. grains, Sugar six ounces, dissolved in the jnice of Quinces, boyl it to the thicknesse of Hony, and then temper the rest amongst it: when it is now almost cold, then take three drachmes thereof, or half an ounce at once; but in hot weather it is not to be used, it purgeth *Phlegma* and *Cholera* marvellously.

These things following be also very good, to wit, conserve of Rosemary, of Sage, confection of Ginger, *Calamus*, and Nutmegs, &c.

Item, Treacle and Mithridate one drachme thereof taken otherwhiles. *Tysane* or Barly pap is also very good.

For drink, is Wine meetly good to be drunken, for that it consumeth slime, and amen-

deth

death all diseases which spring of *Cholera*: the same doth also Betonie Wine, Elecampane Wine, the wine of Avenge, of Hyssop, of Rosemary, of Sage, and of Wormwood, the Claret Wine, and other spiced Wines, whereof shall be spoken more at large in the last Part: likewise also all vital and golden waters, the sower juice of Pomgranates used in meat, or tempered in drink, is very good. In the first Part, the second Chapter, and second §. be two pectoral potions discovered, which be very meet for it.

Now for to use outwardly, you have in the first Part, the second Chapter, and 13. §. a salve of a roasted Goose, which is marvellous piercing, and consumeth the tough slime. The salve of Roses doth also delay all flegmatick defluxions.

Item, oyl of Camomil and oyl of Rue anointed on the outside, or used with Clusters. Thus much be now spoken of the cold *Phlegma*; concerning the hot *Phlegma*, that concerneth the pestilential Agues, and other sicknesses which are caused through heat.

The 21. Chapter.

Of the cold Diseases.



VEN as we have discovered throughly in the discourse of the cold *Phlegma*, what here and there throughout this whole book hath been declared to be fit for this purpose, the same shall also be done in the discourse of divers cold sicknesses, of whatsoever occasion that they may be caused, as of age, of defluxions of the stomach, of the Matrix, of the breast, or howsoever the same might be: first of all therefore we will here teach what might be used for them.

First, there is good for it the conserve of Eyebright, which dryeth the brains. Item, the conserve of Hyssop and of Betony, of Gilloflowers, of Lavender, of Spikenard, of Rosemary, of Marjoram gentle, and of Sage. In like manner also confectioned Ginger, *Calamus*, Elecampane roots, and confectioned roots of the greater Pimpernel.

The confections be also good which be made of the Horse Radish, the Marmalade with spices, both kinds of Treacle, the Mithridate, and confectioned Annis seeds be also good. Rosemary Wine is for this a very forcible and healthy drink. Item, Elecampane Wine, Hyssop and Lavender Wine: and for moistnesse of the head is very meet the Wine of *Asarabacca* roots: moreover, all other spiced Wines, as Hippocras and Claret Wine be much commended for it; and if there were any body which could drink no Wine, he may drink common Meade.

Oyl of *Spica* is much commended, anointed outwardly upon it, against all cold diseases of the brains, of the stomach, of the liver, of the spleen, and of all the intrails. In like manner also these oyles following, viz. of blew Flowerdeluce, of Bevercod, of Bay, of Wallflowers, of Wormwood, and above all others the oyl of Tiles or Bricks.

In fine, all that is before described for the cold *Phlegma*, and in other places for all cold sicknesses, may serve for this intent, and so we will conclude this fifth Part.



The sixth Part of this Book maketh mention of all such sicknesses as are incident to the whole body.



WE have treated of many kinds of sicknesses in these former five Parts of this Book of Physick, all which pinch and pain one certain part of mans body, and also sometimes indeed the whole body, for that nature hath so knit and combined all the members of the body one unto another in unmeasurable shape and uniformity, that as there is any member anguished with pain or any disease, even then all the other members impart therewith: so that whensoever the head, the heart, the stomach, the Liver, or any other suffereth, all the other members (one lesse, another more) must be partakers of this foresaid anguish, and in such measure are all of them grieved according to the quantity of the infirmity. And for as much as the Ague is so spread throughout the whole body, that (as it is commonly said) there is not so small a corner free; yea further (as all famous Physitians witnesse and alledge for an infallible saying and *Axioma*) that there is no disease so small which bringing with it an alteration of nature, that is without the Ague or Fever; therefore will we comprehend them all in this sixth Part; that thereby we may also detect the noisome Plague or Pestilence which is also a spice of an Ague, and also some other, whereof hitherto in our former parts we have not sufficiently declared.

The first Chapter.

Of all manner of Agues in general.



THESE very common and manifest diseases are called of the Greeks *Pyretos*, that is, fiery, and with the Latinists *Febris*, that is, a seething or boyling, and in our vulgar tongue we name this sickness the Ague, that is, a superfluous, hurtful, and unhail heat, that sometimes often, and sometimes more vehement then before cometh again, and returneth. Or an Ague is an unnatural mixture of natural spirits in a hotter and dryer nature then is necessary. And in another place, The heat which diseaseth the whole body, we call the Ague. Again, the Ague is an alteration of natural warmth into a fiery warmth, and therefore is a hot and dry disease. The old Masters or Physitians named all such sicknesses Agues, when any stood and complained of grief without any outward swelling, without the Rose, without anguish, and (to be brief) without any sore outward.

So if there were any that were pained with the stich in the side, with an inflammation of the lungs, and such like, then had they their special names, whereby they account the Ague not to be a particular malady, but incident and casual or *casum*: so that they held opinion none to be right Agues but such where the bad humours in the veins were inflamed, and yet the outward members felt not any painfulnesse.

And these Agues are of so many kinds, that *Hippocrates* in describing them in a manner, forgetteth his old and brief custome of writing; where he saith thus: Some are long,

long, byting, and yet mild: other without biting at all, but coming again; some strong and mighty; other that quickly inflame the body: some continuing at all times, are small and dry; other that bring no manner of belching or vomit with them. Some are full of filthinesse and very il-favoured; other that taketh one with moisture and sweat. In like sort they have many kinds of colours, ruddie, Saffron yellow, and some have very bleak colours.

It is not then a great wonder that the cold with the heat do cease at certain hours; as at one time it continueth, and at another time cometh again the third or fourth day, or twice on the third day; so that otherwhiles it hangeth on a body a whole year, yea sometimes ones whole life long. Any one may decipher the species of Agues as he will, yet neverthelesse in truth there be but three sorts of mingled Agues, and even so they come also through three manner of causes: that is, out of *Cholera*, out of a black and melancholick humour, and out of *Phlegma*. For every one of these hath at the first two kinds of properties, as an intermission, at one time ceasing and remaining still, or continuance at all times induring alike, which are divided into many sorts, and also mingling themselves wit others, according as the matter or humour is much or little, or more or lesse putrified, and also even as the places or parts be enclined whence the Agues grow and spring.

All such unnatural mixtures and *Intemperies*, whereof we in the first Part, in the first Chapter and 1. §. and then afterwards in the second Part, in the beginning of the sixth Chapter, and of the Heart, have briefly written, with those as are needful to be rehearsed again, are eight in particular, whereof the hot and dry mixtures are the most perillous and noysome, which being first kindled in the Heart, and then spread throughout or over all the whole body, are now called the Agues.

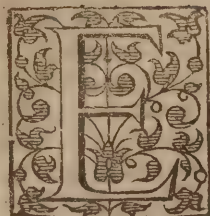
They are also of this nature (especially the Ague of one day) that if one give not the Patient somewhat to eat, then presently they are of more force and power: for hunger (in this Ague) otherwhiles dryeth the Patient so vehemently, that therby (as in other dangerous Agues) he will be so grieved in his head, that he seemeth to be out of his wit. The second *Intemperies* is almost like to the first, specially concerning the Ague, but that it is hot and moist. The third, whereas the moisture or the drouth (be it in what kind of Ague that it will) prevaieth the one over the other, but not superabundantly, or above mean and measure, this is the best. But when this uniformity is overthrown and broken, then is it best for all unnatural mixtures that they be hindred, whereby (as hath been shewed) they come not to last long. Of like nature is that, that with cold and heat keepeth a just mean or temperature: But where the drouth surpasseth the moisture, thereout cometh *Intemperies*. The fourth is a just mean, to wit, containing the equal measure in all that hath been said, yet alwaies inclining a little to the contrariety.

The other four mixtures are alwaies either cold and moist, cold, moist, or dry and cold. For these mixtures of the humours are the very same whence all Agues spring in such a wonderful manner, that it is not possible for the Physitians to discern them, but only Quotidians from the tertians and quartain Agues, whereon depend all other mingled Agues, for that they out of this *Intemperies* do flow as it were out of a fountain, and are to be easily perceived and known. So that Physitians when as such Agues raig, must have special care of these three things; to wit, of the strength of the Patient, the occasion of the Ague, and to know the species of the Ague.

But for the better understanding of all those things, we will briefly declare certain species of Agues, which *Galen* hath collected out of many and divers other Writers, and we will first begin with the very last.

The second Chapter.

Of the one daies Ague, called Ephemera.



Ephemera, of the Greek word is that Ague called, which usually endureth but 24. hours. These species of Agues come onely in the veins, where they enflame the vital spirits, whereof we shall more at large speak hereafter. *Putrida Febres* are Agues where the humours do putrifie in the veins; amongst which are some that do cease a certain time, whereof the chiefeft are the aforesaid three sorts, that is to say, the quotidian, the tertian, and the quartain Agues. The quotidian Ague is bred and ingendred of *Phlegma*, the tertian of *Cholera*, and the quartain of *Melancholia*. *Continua Febris* is an Ague that alwaies without ceasing remaineth continually without intermission. *Causos* of the Greeks, and of the Latinists *Ardens Febris*, is called a burning Ague. This Ague continueth alwaies after one manner, until that through the health or death of the Patient it be ended. It is such an Ague as burneth still after one manner, and is the very hottest of all Agues: it maketh the tongue black and dry, it bringeth great thirst, and desire of cold things. If you will now read more of this unnatural heat, then look in the first Part, the 11. Chapter, and 1. §. where it is in particular described.

Emphysores, that hurteth the mouth through her heat, and maketh it full of blisters, whereof it hath this name given. *Lypiria*, this cooleth the Patients hands and feet, but inwardly the whole body is inflamed, his water and going to the stool stopped and stayed, whereby also cometh thirst and hardening of the tongue; the pulse will be feeble and small, and the natural heat decayeth, and that no otherwise, then as it were altogether extinguished.

Rhodes, that is as much as a Flix or Lax, which happeneth unto one with great vomiting, cold, shaking, thirst, disquietnesse, and feeblenesse of the pulse.

Astringens, that is, astringent or binding, is contrary to the other before mentioned, for that thereby the body will be stopped, the vomiting stayed with a strong pulse, it endureth also long, it wasteth the body and maketh it lean.

Icteriades, that is, mixt with the yellow Jaundies, for it bringeth them with it. This inflameth the Liver, and dryeth the tongue in such manner, that it is terrible to behold: what might be further written hereof, that may you learn in reading over the description of the Yellowes.

The Pestilent Agues do come with great heat and intolerable thirst, the going to stool is with much noise and great stench: also the urine stinketh much: the pulses are so feeble, that one can scant feel them, as shortly shall be written more at large.

Languida Febres, are slothful Agues, that distemper the head, stufte the nostrils, stop the urine, and going to stool.

Phricodes, that is, when as with the shaking there is a great heat attained, the pulse feeble and scarce to be felt: moreover, the belly doth swell, with much rumbling noise, the tongue will be very moist, whereby neverthelesse the Patient will complain much of bitterness and drouth of his mouth.

Quotidiana, is the quotidian Ague, that at a prefixed time either in the day or in the night returneth again.

Tertiana, is the tertian Ague, wherewith the Patient is one day free, and is on the third day vexed therewith.

Quartana, is the quartain Ague, which ceaseth 2. daies, and returneth the fourth day.

Hepialos, is a phlegmatick Ague, whereof the Patient sometimes of cold, and otherwhiles of heat complaineth. Some name this also of the similitude that it hath with the molten glasse *Vitrium*. Other name it the raw and unconcocted Ague.

Hamitritica, is the half tertian Ague, that is a very strong Ague that never ceaseth altogether, but happeneth one day gentle, and the other day harder.

Errabunda, are erring and wandring Agues, that keep no certain time nor measure, and these thereby do cause the melancholick humours to rot and foster in some place of the body, which otherwise in another place are not touched or moved at all, whereby all such Agues of necessity are ingendred.

Helica, (whereof also cometh *Marasmus*) is such an Ague as infecteth the parts of the body, like as the *Ephemera* doth the vital spirits, and as the *Putrida* or rotten Agues do the humours. Of this Ague proceedeth the Consumption, which not onely wasteth the flesh, but also the marrow in the bones, as we shall hereafter both of this and other Agues declare more at large.

These are now the most principal sorts of Agues, and at this present shall these brief notes suffice. We will now proceed with those things that furthermore do appertain unto Agues. Wherefore chiefly it is to be observed, that every one of them by the Physicians is divided into four parts. The first they term *Accessum*, which is the beginning of the Ague: thereupon followeth *Incrementum*, the increase. The third is *Status*, that is, when the Ague is in the highest degree, and standeth still. The last part is *Declinatio*, that is, the decrease, or declination; of which parts of the Ague we have elsewhere more at large given intelligence.

There hath been also a great debate amongst the learned, whether men might know every kind of Ague in one day of four and twenty hours: some thought that no man could rightly judge of the Ague before the third day. So that *Galen* in divers places derideth them, and confuteth their opinion with many profound reasons. The simple or compounded Agues (saith he) are to be known, but the compounded very hardly: yet it is not impossible to discern them in one day.

Many Agues, and most of all other maladies whatsoever may well be known, the second, third, (or at the longest) the fourth day: for there is no disease that in 3. or 4. daies might not apparantly be judged: so also are all agues according to the humour into which the blood is altered, qualified, and do also give a certain sign of their nature. If *Phlegma* be cause of the Ague, then of necessity will it indure very long, and longer if it proceed and come of the melancholick humours; but if it ensue from *Cholera*, then can it not tarry long, seeing it doth vehemently waste the same.

To conclude, all easie agues are ended in four daies: as also all violent agues can kill a body in four daies, which may be seen in the pestilent fevers.

Thus far have we generally spoken of agues, now will we shew the means and remedies for the same, and will first begin with the commonest, and with the best known: amongst which the most part of the foresaid agues are comprehended.

The least of them all is, the first recited ague, *Ephemera* or *Diaria* in Latine, for that the same seldom holdeth the Patient (not disorderly eating and drinking) longer then a day, that is, 24. hours, because it is not fixed so fast in the heart, but onely in the *Spiritibus vitalibus*, which we call the Vital spirits. This Ague hath no corrupt or rotten humors that can be incended, or can provoke any swelling of the outward parts.

To conclude, this ague is likened unto a hot ayr that quickly loseth her efficacie and power.

This Ague is thus described; *Ephemera* is an ague wherein the vital spirits are incended, and so spread over the whole body without any long permanence. And that is a certain token of such kind of Agues, that they must alwaies have some cause going before, whereby it is procured; as namely, wearinesse, much watching, wrath, great sorrow, and such like vexation of the mind.

Item, the heat of the Sun, cold, great labour, drunkenness, venemous ayr, and heat about the privities, be it through swelling, or any other occasion, conversation with sick men, or those that be diseased in the lights, use of indigestible meats, and such like.

The tokens whereby they are known are needlesse to rehearse, by reason that they may be perceived and known of the Patient, thereby the better to remedy the same.

For amongst all others, this disease is never more apparant then in the urine, and by the pulse: for that in this ague the urine is commonly higher coloured then accustomed, and the pulse much swifter; as anger also is deformed by his own pulse.

Item, great sorrow, and a disquiet mind have also their own signs. Also by what observations, and how the *Cholera*, the melancholy, the *Phlegma*, and the blood is known: we have taught in their due place.

Those that are troubled with the agues that breed through any swelling or ulcers, they feel a continual swift, and hard beating pulse: they are very hot burning with a ruddy countenance and white urine.

And to conclude, they are all commonly Ephemeric agues that have the pulse equal. And albeit the same sometimes be unequal, yet is it scarcely to be perceived very ill to be.

These

These are now the most usual and convenient signs of this Ague, which we have said are very easie to be holpen if men look unto it betimes: for being delayed too long, then fall the diseases into agues that are worse, and be of longer continuance: as namely, in *Putridas*, and *Hecticas*, so that many by negligent delaies fall into their perpetual destruction.

Therefore use these remedies following for it: first, a bath whereby the pores are opened, that thereby all noysome vapours might exhalate. For when as they are shut up, or through exterior cold closed together, then must all such infectious humours remain in the body, whence divers perillous agues are caused.

For all those that are infected with the ague through any swelling of the privities, is the ayr hurtful either before or after the bath: but above all things it is in other agues to be shunned. But if any one will tarry long in the bath, then must he be gently anointed by the hand with Sallad oyl, especially such as got their agues through labour and travel.

The diet of the diseased must be such as may ingender good blood, of a light digesture. Those that through the heat of the Sun, or by wrath or anger are fallen into this ague, they must use cooling and moystening things; if through cold, warm things; through watching, sorrowes, and cares, moystening things, and such as will provoke sleep. All those that are thus afflicted, may well use Wine that is small or watered; for such is alwaies more fit then water alone, because it expelleth water and sweat.

But in all these points is to be observed the age of the Patient, his strength, his custom of living, the season of the year, and the nature of the country, and such like.

All these are forbidden Wine that in this Ague proceeding of the heat of the Sun, have a swelling of the privities, or of any other part, till such time as all such inflammations be ended: The like also for all such that have their pores obstructed, and be therewith stout and corpulent of person. All such as through overwatching, or through great sorrow are fallen into a small Ague, must after their bathing be fed with moyst meats, that are light of digestion, and make good blood. To those that by reason of long watching are feeble, may the wine be allowed without further regard or care, unlesse they had much headach, or feel great motion of the pulses in the temples of the head, these common rules must also be observed in other feavers.

All those that get the Ague through wrath, sorrow, or deep speculation, they may drink Wine well enough: in like manner also the idle headed, but onely when their fit or madnesse is past, before which it is very dangerous to use the same.

This also is a common rule, first alwaies to seek remedy for all those accidents that are most troublesome, or to take away the cause of the sicknesse by his contrary, as labour by rest; wrath, sorrow, and madnesse, with merry and pleasant conceits; watching with sleep; those that get it through much speculation must wholly leave it off: even so must it be with the swelling and inflammation of the privities, that the same may heal, and the pain be asswaged.

Here hast thou briefly set down, what order of dyet and other things are to be observed in any accident whatsoever. Now will we learn you after the briefest manner we can, what things are to be used in any of the foresaid causes.

When as then any body through the heat of the Sun, or through a bath, falleth into an Ague, then must you anoint his head with the oyl of water Lillies, Roses and Violets mingled together, or each alone: you may also make a decoction of cold herbs, or oyl of Willows, or of any of the foresaid oyles mingled with it: and then let it drop from on high on his breast. If the Patient have great thirst or drought, then give him to drink Well water, or Almond milk.

When the Ague is past, then let him bathe as hath been above said. But if the Ague proceed of outward cold, then is sweating good for it: or can he not sweat? then may he use warm bathes, wherein hath been decocted wild and garden Mints, Smallage, Fennel, and Parsley, with the roots.

Also anoint the head with the oyl of Dill, of Camomil, and with oyl of Behen: but he must forbear the drinking of water. Likewise lay the Patient in a meetly warm chamber, anointing his body softly, and when the ague is past and gone, then may the Patient use to eat all manner of land fowles, and such like food. Is he then corpulent and full of blood? then open a vein, and let him use in this bath stone Rue, Camomil, Fennel, and Stoneclevers, &c.

Or come these Agues through the use of any hot meats? then use cold things; as Lettice, Purslain, and the juyce of Pomgranates.

Purge with Cassie, Manna, sower Dates, or with Conserve of Prunes. Take also of the Confection of *Diatriasantalon*, Endive water, *Oxyacchara*, Julep of Roses, Barley water with a little Camphire, Lettice, Purslain and such like cold herbs, or the juyce of them. If this ague come of drunkenesse, of strong wine, or such like drink, then must the Patient urge himself to vomit, or to purge with the foresaid cold things. If there be adjoynd a great pain of the head, then must you anoint it with the oyl of Roses, or with some juyce of cold herbs.

Or if this issueth through great sorrow, fear, flight, over-much watching, madnesse, wrath, or such like, then remedy these things as is said, by their contraries; to wit, mirth, musick, comfort, sleep, and with such like: he must also shake off and forget all causes of sorrow and fear.

Likewise this Patient shall smell unto Roses, Violets, and Saunders, and wet clothes in the musilage of Fleawort, and the juyce of cool herbs, mingled with a little Camphire, and lay them upon his head. When the Ague proceedeth of wrath, especially in young folks, then is the Wine to be refrained.

These Agues also proceed as well of exceeding joy, as they do of great wrath, albeit the same chanceth seldom; yet it is by the foresaid means in like sort healed.

These Agues may also come very easily through excessive labour, by reason that the same heateth the vital spirits.

For the same must be prescribed light meats, rest, bathes, measurable sleeping.

Or if these Agues be caused of overmuch sleep and rest, as often it falleth out, then shall he constrain himself to watch, and let his body be rubbed over with hot clothes.

These Agues are very subject to all fluxes of the belly, and dysenteries of what cause soever the same doth proceed.

For this are all astringent and binding things to be used, and to do all that is fit to be done in such like sicknesses.

Also Cotton dipped in the oyl of Mastick, or oyl of Quinces, and laid over the stomach; but upon the liver and heart cool things.

If the Patient should thirst or hunger, then shall he use, and especially at the beginning, Barly paps, Oaten paps, water bathes, and rest: and for his drink he shall take water mingled with the juyce of Pomgranates. But if he be cloyed with too much meat, then causeth it lightly an Ague to follow: for which Clusters, purgations and sobriety are to be used: but if there be any sower belchings upward admised, then use *Diagalanga*, or *Diatrianpipereon*, and anoint the stomach with the oyl of Mastick, the oyl of Wormwood, or with oyl of Spike, laying sheeps Wooll thereon. Afterwards when the ague hath left him, let him use sleep and sobriety.

The agues which proceed of any Impostumes, Ulcers, Pleurifies, puffing up of the Lights, swelling of the privities, which is caused of pain, *Cholera*, heat, and thirst (more then the foresaid agues are) these shall you remedy thus: first, search out of what humours they grow; if of blood, then must the Patient open a vein, thereby to ease the impostume or any other hot swellings: or do they come of *Cholera*? then must the Patient be purged; and moreover the ulcers or impostumes must be cleansed, ripened, and healed.

It happeneth also, that as young children have the Worms, they also fall into such an ague: for this all such things are to be used as are ordained and thought most meet for the destroying of Worms, and especially a salve, beginning thus; Take oyl of bitter Almonds, &c. Thus have we sufficiently spoken of *Diarie* Agues, and mentioned how they are to be dealt withal.

The third Chapter.

Of the continual Ague, Continua, in generall.

Allen termeth these continual Agues *Continuas Febres*, which from the first time that they enter upon a man, endure continually without intermission; if they be not through health or through death dissolved, albeit otherwhiles they were a little fainter or slower: yet nevertheless sometimes many dayes, yea weekes, endure still. Of these are chiefly twaine, the one that increaseth the third day, which is more perillous then the other, to wit, then those that change their nature the second day: and by reason of this alteration, the Physitians do give these agues divers names, whereof the principallest is *Typhodes*, that is burning, which greatly agreeth with the half tertian Ague. Then is there *Synochus*, which proceedeth of a superfluity and inflammation of the blood mixt with *Cholera*, taketh hold most of all upon the bodies of young temperate and hot persons, whereof we shall hereafter speak more at large. The signs of these Agues be, that 24 hours long their fit continueth, incessantly beginning and increasing. The pulses of them are swift and hard, the urine is redder then it was before; these things following are all to be observed, and well to be remembered that in dry and hot weather they are few, yet strong and bad Agues do raigne, but without any sweat at all: In wet weather are these Agues most rife, and that with sweat.

For so much as these continual Agues are first of all described amongst hot Agues, therefore here we will admonish the Reader, that we make this our discourse so much the longer, to the end we might declare the matter more openly; and that such hot agues as hereafter follow, may thereby the better be known, and easier cured, and that especially in this §. wherein shall be taught the meanes which are to be kept in meat and drink, in vomiting, and sleep, also what might revive those that are so diseased whereby they should be eased in great heat, and after what order they should govern themselves, their Ague being gone.

The Ague that is continual, Continua. § 1.

THe occasion of all such mighty Agues is the putrifying of the humours within the great veins: and the cause of the putrifaction aforesaid is a stay and detaining of superfluous tough humours that are caried in the body, the heat whereof approaching to the heart inflameth the same. This commonly happeneth in all such bodies that are filled with tough humours or that the veins through heat of the same are over dried. This Ague also may ingender of venomous ayre; as in the time of pestilence is to be seen. Item, through great cold (whereby the pores be shut up) through sore labour in the hot Sun, through much watching, through great anguish, grievous thoughts, and through a great flux of the belly.

The common signs of this mightie ague, are the pain of the head and great heat (easily to be felt) watching, great thirst, swift and unequal pulse, red, thick, and yellowish urine, the Patient rageth in his sleep, his senses are troubled, and complaineth of terrible dreames. If he be young, and the season of the year be hot, and that he dwell in a high and hilly Country, then are all these recited signs the likelier to be certain and true.

The order of dyet in time of hot Agues. § 2.

IF so be that these Patients desire to be rid of these agues, then is it very needful that they have a good government or order in eating and drinking, and they must have a special care to be fed with such meates, through which they may be cooled, the blood putrified and moystened, whereby the heat and drought may be withstood. In like manner shall the Patient be kept in the beginning of his sicknesse (whilest he is in strength) sober in eating and drinking, and encrease the same according to opportunity. In like sort with the letting of blood if the Patient be red in the face, his veins full and young, then is he to be let blood (in a very hot ague) until he fall into a swoone.

But if the patient be so weak, that such forcible letting of blood may hurt him: then

let it be done at divers hours, every time a little, two or three dayes together, for some are to be dealt withal more gently than other, and require that the *Salvatella* upon the right hand (to wit, by the little finger) may be opened, and that there shall above five ounces of blood be let out.

We have before given order what kind of meat this Patient is to use, that the same must be cooling and cleansing the blood, as Cicorie, and Endive with the roots, water Cresses sodden in his meat: and in like sort also a Sallad made of the same herbs and rootes, with oyl and Vinegar; and there is chiefly to be put into the same Sallad, Liverwort (that useth to grow besides the water Cresses) which is passing good. Also the juyce of Oranges, Pomgranates, or Limons are to be used with his meat; and amongst other herbs, Spinage, Beets, and Turneps, with their leaves are excellent good. Item, Lettice, Endive, and Parsley, and mingle amongst them sometime a little Marjoram, Pennyroyal, and wilde Thyme, and Hyssope (but once) for that it is warm of nature. Of fruites let them use Damask prunes, Oranges, and Pomgranates. And of flesh let him be served with that of Calves, Hens and Capons, the which are to be bruised and eaten with the broth, also make sops with Vinegar, mingling the yolks of Eggs and Sugar amongst it. Item, Partridges, Fesants, field fowls, and such like are not hurtful: it is also to be noted, that with the flesh is to be sodden Parsley rootes, Cicorie rootes, and Verjuice, with a little Marjoram and Hyssope. Moreover, the seeds of Lettice, Melons, and Cucumbers, are passing good: yet not all together, but sometime of the one, and sometime of the other. Peeled Barly sodden with Hen broth is much set by; and also Hen broth alone, wherein a little bread is soked.

Item, shives of bread soked in water and the water poured out, and afterwards the juyce of Pomgranates poured thereon, and bestrewed with Sugar, it is very good meat for all such maladies. Some are of opinion that the flesh of a Magpy, is a certaine good medicine for the Ague; and some suppose that young Magpies with the feathers distilled, and the water of them given to the Patient to drink, and it were not amisse, that in the distilling of them, there were put the rootes of Parsley and of Elecampane.

For these hot agues may fountain water be drunken, or any other clear river water, that hath been sodden once before, or poured a good while and often out of one pot into another. Or you may mingle with this water julep of Violets, or julep of Roses, and so drink it unsodden: Barly water is a very fit drink for all such maladies, and may be mingled with the foresaid julep.

Wine (though very little) is otherwhiles permitted: and also Sugar water, and sodden Henbroth (the fat blown off) is very good.

Common rules for Agues. S. 3.

According to the prescribed ordinance or government of the life, we are to shew in like manner the remedies and cures. But first we will declare certaine rules, which in all hot Agues must be observed: that thereby for all such maladies a better order may be had and kept. The first rule is, how to discern easily that the Patient cannot come to his health, until the putrified matter of the Ague be purged away. Secondly, the eyes are to be fixed upon the matter that ingendreth the Ague, that the same be prepared for purging, the Ague which is present be corrected, and that which is to come be hindered. Thirdly, when this putrified matter is to be taken away, then must care be had how to open the obstructions, which are the foundations of the ague, for otherwise there can no good be done. Fourthly, if the ague be forcible and hot, and the Patients strength very small to resist the same, that it is impossible for the Patient to tolerate the violence of the ague, then must the Patient not be suffered to use many cold things before, that thereby the natural heat be not quite extinguished: but if he be strong and may withstand the sicknes, then cut off the cause, expel the matter, keep the Patient sparingly and let him not use over cold things. Fifthly, if natural strength in the ague be very weak, then must the Physitians strengthen the same, coole the unnatural heat, and with meet food comfort the debility of the body. Sixthly, the cooling of the Ague is not to be effected with drying or binding things, unlesse it be when the material cause is expelled. Seventhly, if the nature and buality of the Ague be doubtful, then must the patient live sparingly, and especially when the ague assaileth that it may find an empty stomach. Eighthly, all fresh fruit are very hurtful, by reason that they will soone stink and putrifie in

in the stomach. Ninthly, while the Patient is in good strength, and hath blood enough, or is full of humours, then first of all let him blood, and especially when as his urine is red and thick, and when it is doubted, that the *Cholera* will get the upper hand. Tenthly, and if so be (as is rehearsed) that nature be of ability, then use those things first which loose the body mildly: afterwards open a vein, and then purge. Eleventhly, in these kind of Agues there is no strong purgation to be ministred. Twelfthly, if by the wambeling or pain of the stomach, it be perceived, that the corruption falleth into the stomach, then shall you minister to the Patient a vomit: but if through the rumbling of the belly it be perceived, that the matter be fallen down into the bowels, then is it to be expelled with purgations. Thirteenthly, those medicines that might hurt the bowels, be noysome and not commodious, in case that the Patient have not used preparatives before, be it in heat or cold; or in case that the corruption made not the Patient stark mad, or that he were in doubt to fall into a greater mischief. Fourteenthly, as the blood prevaieth and that a vein must be opened, then is the preparation of the matter to be expected by reason that the same concerneth the other bad humours, and not the blood. Fifteenthly, when the *Crisis* is near hand, you must forbear to minister any medicine.

But if the same be imperfect, then is it to be ayded, and to help nature in that, which she cannot perform of her self, that is, in strengthening her, and in right use of the medicines. Sixteenthly, if the letting of blood be thought meet, then is the same to be done at the first, for otherwhiles it will not do so well: for when the Patient is over weakened, then might the same be a mean of his death. Seventeenthly, the Patient is to be purged when the Ague is weakest. Eighteenthly, wine bathes and fomentations are to be abstained in forcible and strong Agues, and rather drink cold water, which hath great efficacie to coole the heat of the Ague, but not to expel the putrified matter through the pores, or through the urine. Nineteenthly, when the principal parts of the body (as the Heart, the Head, the Liver) be strong, and the Ague is vehement and hot, then may one boldly give the Patient water to drink, yet not if he be in yeares, for those are not very strong of nature. Twentiethly, if there be much blood, much tough slime or phleam, and binding of the body present, then first of all let the Patient blood, afterwards attenuate the matter, and lastly open the pores and warm them. One and twentiethly, above all things have regard to the strength of the Patient, and if he be strong enough and that he have need of purging, then is the same to executed without any care: But if his strength be small, then let it alone at any hand, except it be some gentle thing, and after that he be somewhat strengthened. Two and twentiethly, if in the *Febris putrida* be any obstruction, then heed is to be taken to open the same, the which if it be caused of some humours, then are they to be evacuated. If those humours be tough and grosse, attenuate them. And if the Ague be mixt, then prepare your medicines accordingly. Three and twentiethly, because the cold attracted ayre penetrateth to the heart, and other inward parts, let him thereby be refreshed, opening all manner of windowes about him. Four and twentiethly it happeneth otherwhiles, besides the grievousnesse of the disease, and the presence of divers accidents, that sometimes there are those things given to the Patient that are hurtful for the Ague, as in the swoonings in the Ague, for the which of necessity Wine and fresh broth are to be given to the Patient: wherein is to be considered, that the greatest extremity is first to be eased. Five and twentiethly, if need require that much blood or humours are to be taken away, and that the strength of the Patient will not abide it, then must the same be done by little and little at divers times, and not at one time, even as is before expressed at large. But if the strength of the Patient will permit it, then is it to be done at once. Six and twentiethly, in these forcible and vehement Agues must the Physitian be provident and warie, how to expel and purge: for it is better to leave one part of the matter in the body, then to expel it all at one time. Seven and twentiethly, the Physitian must alwayes be bold and liberal in comforting the Patient: for although healthful meates breed some inconvenience, yet are they better then too much abstinence. Eight and twentiethly, minister alwayes unto the Patient for his mouth such things as will keep the throat moyst, that through great heat it dry not too sore; the which is accomplished by the musilage of Fleawort, the juyce of Pomegranates, the musilage of Quince kernels, by Purslain and Licorice, which things also, are good for to quench thirst.

Of common things for hot Agues. §. 4.

After the description of the common rules (which are to be noted) we will now treat of this, namely, when it is found, that an Ague doth approach, then must the Patient take four ounces of the water of *Carduus Benedictus*.

Item, take the rootes of Cicorie, cut them, pownd them, and wring out their juyce, drink a spoonful half an hour before the Ague assaileth: but it is to be noted, that the inward heart of the root is to be taken away. Or take pownded rootes of Cicorie, as many as you think good, and pour wine thereon, boyle them in *Balneo*, and then drink thereof three or four times, to wit, morning and evening: it is also passing good for such as are swollen with the Ague: Chervell water is very good to drive away the Ague.

A marvellous water of the ancient Physitians: take a spoonful of Fennel seeds, and as much Salt, pownd them together; and let it run through a searse or hairen Seive, then take good Vinegar, and the urine of a man child, about six ounces of each, give to the Patient thereof three or four times, to wit, when the Ague beginneth to assaile, and have regard that he vomit it not up again. This do all the Physitians use, but hereafter follow many better and fitter things.

Out of the foresaid things ealie is it to be noted, that for all hot agues these waters ensuing are passing good, as water of Endive, Cicorie, Burrage, *Cuscuta*, Sorrel, Maidenhair, and of such like.

All aguish diseases may freely use these syrups, or any of them which one listeth, as syrup of Vinegar, of Verjuyce, Violets, Cicorie, with Rubarb or without, of Citrons, Roses, Endive, or of Sorrel.

Item, *Syrupum de Jujubis*, de *Bizantiis*, *Acetosum compositum*, de *Radicihus*, *Oxymel*, and *Melivatum*, and if there be not much Cholera abounding, then use the Hony of Roses, which is good for all agues: take thereof which you will, and mingle it with the water of Liverwort, of Endive, and Fumitory, Sorrel, or with water of Maidenhair, and such like. Of these confections following, you may use which you please, as *Diarrhadon*, *Triasantali*, *Trochiscos de Spodio cum Semine Acetosa*, de *Eupatoria*, de *Berberis*, pownded, and mingled with any of the foresaid waters, and drunken, and the Whay of milk is chiefly commended. These are the meates that an anguish body may well and commodiously eat and use.

Of the lothing of meat in them that be assailed with the Ague. §. 5.

For as much as in all hot agues the appetite of feeding is taken away, whereby nature is suppressed and waxeth faint, and thereby scarce able to resist the ague; therefore it is very requisite that herein good counsel be had and taken.

For this you find in the third part, the eleventh chapter, and ninth §. what is to be done herein; likewise you may use for it any of these things ensuing.

Take Conserves of Roses two ounces, Confected Citron rinds, syrup of Apples as much as you think good: mingle them together, and use thereof fasting at each time half an ounce.

There is also a confection or compound, that is called the Kings sauce, the which is very good to provoke appetite, and the same is to be made with Sorrel, Cinamom, Cloves, and Vinegar. Others make it of Vinegar, Sorrel, Fennel, and Parsly.

The third sort, take the juyce of Parsly, Sugar and Vinegar. Item, one may compound syrup of Vinegar with *Oxymel*.

In like sort there is good for it both the syrups of Mints. After meales it is very good to use prepared Coriander seed, Annis seeds, and Almonds confection. Item, Cinamom, Marmalade, Conserves of Roses, and hony of Roses, roasted or baked Peares, are very excellent good.

Every such Patient is to be outwardly anointed with the salve of Saunders on the place of the Liver, and on the Kidnyes, with the cooling salve of Galen. This water here next following is also very soveraign to be used thereto for the washing of the feet.

Take Sage, Camomil, and Bayberries, of each a handful, Marjoram half a handful, Citron rinds, and Orange pils, of each half an ounce, a pint of strong Wine and common

common Lee, as much as will suffice: let them all seeth together, and use it oftentimes, for it will provoke appetite.

For the thirst in hot Agues. §. 6.

BECAUSE continual Agues provoke great thirst, therefore we will not cease to give some knowledge and caveat how the same may be holpen and remedied, the which will be effected with Barley water, and with cold and moist things, and also with such lozenges as be prepared and made with the muscilage of Eleawort, the muscilage of Quince kernels, and with Dragagant.

Sugarcandie, and the kernels of Pomgranates, are also very often to be used, and he shall receive the cold and moist ayr. Before in the third Part, the 12. Chapter, and 10. §. there are also divers things declared, being all very good to slake or quench the thirst.

Item, take sirupes of Violets one ounce, Barley water three ounces, Cinamom water one ounce, oyl of Vitriol three or four scruples, mingle them together, they will become a red potion with a tart or sharp taste; but because there are other more pleasanter things, do I counsel you to leave out the oyl of Vitriol.

Of purging and such like. §. 17.

AND for the expulsion of this matter or corruption in the best manner, thereto is very sovereign washt Aloe which is described in the Introduction. The common plague pills be also passing good for the same, the which pills are called *de Tribus*, and are to be mingled with Rubarb.

Also once a week at the least, let the Patient take in some cooling and laxative medicine; as namely, conserves of Prunes, and Cassie, the which are good in old maladies; and therefore is commonly to be given an ounce and a half, with half a drach. of Rubarb. Manna is excellent good for it, and the confections of *Diamanna cum Rhabarbaro*, the which are to be had in all well furnished Apothecaries shops. There are some that give counsel (and that very well) that the next day following the Patient is to take three ounces of laxative sirupe of Roses mingled (if it please him) with some distilled water. Also there is good for it the lozenges *de succo Rosarum*, *Diaphenicon*, *de Psillio*, & *Diacatholicon* or use this potion following; Take sower Dates one ounce, break them in Cicorie water, and strain it through a cloth. This done, mingle Cassie and conserve of Prunes, of each half an ounce, half a drach. of beaten Rubarb, and five grains of *Spica* amongst it. Take this in the morning early, and thereupon fast afterwards six hours.

There are also cooling clisters used for it which the Physitians do call *Lavativa*, (that is, cleansing Clisters) by reason that they are for none other purpose, but to strengthen the bowels, to make them slippery, and to warm them, as these ensuing: First, take Barley water and Sugar, or broth made of sheeps purtenance, wherewith is mingled fresh Butter, or Hogs grease: otherwhiles Beets, and Mercury. Likewise there are many clisters of Sallad oyl, and oyl of Violets, and also (in the pain of the belly) of Linseed oyl without putting any other thing thereto, but twelve or sixteen ounces taken at one time for one clister. And when the going to stool and urine are to be provoked, then use thereto fresh broth that is most common and fit, wherein Barley is sodden and is mingled with oyl. Or if you will have it stronger, then take an ounce of any of these confections mingled amongst it, as *de Sebestis*, *Hiera*, *Diaprunis*, Cassie, Thomas Sugar, oyl of Violets, Hony of Roses, or of Violets.

For the vomiting in the Agues. §. 8.

ALL that lie of hot Agues may easily be brought to vomit, and that chiefly after their taking of any medicine, and to prevent it, look into the third Part, the 20. Chap. and 7. §.

For the losse of Sleep. §. 9.

THEY that are plagued with the Agues are easily barred from their natural sleep, and to further the same, look into the fifth Part, the 18. Chapter, where is sufficiently treated what hereto belongeth.

For

For to relieve them that be sick of the Ague. §. 10.

Furthermore, there are many things that revive these Patients whereby their heaviness (that proceedeth from the heat of the Ague) might be clean taken away; to wit, that fresh linnen and sheets be given often unto them, their beds often rouzed and made, also set in their sights glasse bottles filled with fair water, put often fair water out of one pot into another in the presence of the Patient. Urge him to smell often to a glasse filled with fair water, Rose water, and good Rhenish Wine, and give them Pomegranates, Oranges, and Rhenish wine to suck upon, and especially before meat. Let their hands and face be often anointed before and after meat with some pleasant odoriferous things.

For the relief or comforting of the sick. §. 11.

These kinds of hot maladies require also, that sometime the diseased have somewhat given them, whereby the natural spirits may be revived, quickened, strengthened, and cherished. Therefore it is requisite that we write somewhat thereof.

Hereto is very soveraign the black confected Cherries, red and dried Cherries with the Conserves of the same, and all that may be made of Cherries.

The confected Muscadel pears, with or without wine, according to the quality of the Ague, are passing good.

Item, conserve of Barberries, and the sirup of the same, are also very good for it: And in like manner all that may be made of Raspes.

Item, Conserve of Buglosse, of Burrage, and of Roses, of each apart or mixed together.

Sugar of Roses melted in Well water, and so drunken, is also passing good for the same: and in like manner the Sugar of *Manna Christi*.

Some use for laving a shive of bread, soaked in Rosemary wine, for that it strengtheneth and quickeneth appetite: but it is better for the cold then for the hot Ague. If so be that the Patient do get blisters in the mouth, or the tongue fur, and the throat do burn, as chanceth oftentimes, then look into the first Part, the 13. Chapter, and 2. §. where you shall find very good remedies for the same.

Ordinances for all those that are recovered of a long sickness. §. 12.

Now if it come to passe, that sick folks begin to amend, and the disease wear away, the breath beginneth to be free, the pain to cease, the sleep to come, and have lust and appetite to their meat, then may be freely said, that the Patient beginneth to recover: then is the Patient to be kept very sober in his dyet of eating and drinking, and not feed upon any other meats then are requisite for such like diseases, like as Barley grout, Currans, and broth wherein the roots of Parsly and Cicorie are sodden, for that all these things do strengthen and moisten. There must also be used outwardly for the strengthening of the stomach, oyl of Mints, of Mastick, of Wormwood and of *Spica*. You may also make a salve for the stomach, with the foresaid oyles, being mingled with Cloves, Nutmegs, and Cinamom, and with a little molten Wax.

Item, the plaister of Mastick, and other plaisters more, that are specified in the description of the stomach, are very good for it, being laid on the stomach outwardly. Concerning the Patients binding of the body, you may use any cooling things, specified in the third Part, the 11. Chapter, and 20. §.

Above all the rest that is spoken of before, for the recovery of all diseases, it is passing good to alter the place or situation, especially to draw near to the mountains or hills, whereas it is dry, and far from the sea, and from all noysome and stinking lakes.

Aromaticum Rosatum doth strengthen wonderful much.

The fourth Chapter.

Of the half third daies Ague, called Hemitritæa.



His disease is also a kind of continual ague, the which is one day slacker then another, and appeareth in the outward members, at one time with great heat, and another with great cold; therefore must you have daily care to mark how it taketh one, and what humours there be that do reign most of all in the same Ague, that there may the better order be taken for redresse thereof; like as in the beginning of the continual agues, and hereafter shall be taught in the description of the Quotidian, Tertian, and Quartain agues. The mixture of these agues is of *Cholera* and *Phlegma*, for which cause it is joyned half with a tertian, and half with a quartain ague, whereby groweth a continual ague. And when the *Cholera* getteth the upper hand, then is the tertian the more stronger; and when there is most of the *Phlegma*, then is the quartain the mightiest.

So that when they are both of equivalent efficacy, then it is onely called *Hemitritæa*, that is, when both these humours do work equally, and have their operations alike.

There is for the heat of these agues given commonly to the Patient Barley water, that is sod with Melon seeds, Gourd seeds, Endive seeds, and such like. For the cold, is Pepper, Cinamom, and Anniseed, and the Wormwood much praised, especially *Oxyacchara*, be it of whatsoever humour this ague doth proceed.

The fifth Chapter.

Of the Tertian Ague.



Like as we have in the former Chapter made mention of the tertian Ague, and have numbred the same amongst the hot agues (whereof we now do speak) so doth our method now require to adde these and all other hot agues unto them.

This ague doth alter her self into many kinds of sorts and species, according as it mingleth it self with other agues, which oftentimes happeneth. But if this Ague remain in her own property, then do the learned call it *Exquiritam*, and *Legitimam*, that is as much to say, as neat of it self and unmingled: and it is such a kind of Ague, wherein the property of the person, his age, the time of the year, the state of the body, and the whole former order of dyet do agree one with another, and accord with the humour which causeth this Ague. This exquisite tertian ague cometh not above seven times, and is wholly without peril.

The second sort of this Ague, they term *Tertianam Notham*, or *Spuriam*, that is as much to say, as a bastard tertian Ague, whereof we will speak and declare hereafter apart. Now to speak of the right nature and property of the tertian ague, they are commonly subject unto it which are cold of nature, and of a middle age, because that in them the Gall most aboundeth: also in Sommer time when the *Cholera* raigneth, there happen many hot and burning *Causones*, whereof we shall hereafter make mention.

This tertian Ague raigneth most in hot dry countries, in hot dry swellings, and in hot ayr. All bodies that do labour sore in the Summer, watch much, live in great sorrow, are nourished with subtile meats and such like, are most subject to these sorts of Agues: as also all they that use too much Physick, they that are hot and dry of nature. And although all species of the tertian ague (as also the *Exquiritæ*) are the very hottest; yet have they neverthelesse with the ague *Causone* this difference, that the foresaid tertian ague forceth much gall with the bloud into the veins, and there inflameth the same.

To be brief, these are called *Tertianæ exquisitæ*, for that they come upon the third day, expelling the *Cholera* through vomits, going to stool, and through sweat.

And whereas none of these foresaid things appear there at all, then it is to be called only *Tertianæ*; for that the same thereby onely differeth from the *Exquiritæ*.

For when this tertian ague maketh appearance which continueth many hours, to wit,

the whole space of the tertian Ague, the which remaineth continually 28. 30. 36. or 40 hours, the same do the learned term *Tertianam extensam*, that is, a lengthened or extended tertian ague.

In like manner they term that *Tertianam duplicem*, which is mingled with the quotidian Ague.

Item, *Hemitritiam* whereof we have declared before, and many more that we omit for brevity sake.

It cometh to passe that all Tertians approach with a greater and with a more trembling cold, and have commonly this nature that they do not continue long nor yet (as is also said) keep not their fits above seven times. And if there be any that giveth occasion by some ill diet that the same continue any longer, yet doth she alwayes alter her own nature into another ague, the which may be prevented through good government of life. The occasions of this ague are partly declared before, to wit, sore labour, or great exercise, and that chiefly at hot times, long use of things that increase the *Choleram*, and inflame the humours, as Garlick, Pepper, and all that is drest therewith, also Ginger, and fined strong wine, and such like.

The signs of the very true Tertian ague are these, when it doth assaile you with great shaking and cold, which is more violent in this Tertian, then in any other ague.

Afterwards the heat followeth upon it, a strong swift pulse, and drouth of the tongue, and of the whole body. The patient feeleth a pricking over all his body, as if he were prickt with nailes: the urine is red as fire, and you may preceive the heat by the feeling: there is great disquietnesse with it, and no sleep at all; yet without any pain in the head unlesse it be not an exquisite tertian, but a mingled ague. Also if there be any great thirst, madnesse, and frowardnesse with it, there cometh a sweat in the end unto it: and these signs are the more surer, if the patient be young and cholerick, in the summer time, in a lean body, and that hath lived very continently, and is much inclined to vomit *Choleram*.

It is first to be considered, that all the common rules that we have before collected in describing the continual Ague, are also very requisite herein, as these rules following shall further declare.

First, the exquisite Tertian or third dayes ague that proceedeth of red *Cholera*, must be well moistened and cooled.

Secondly, for as much as the *Cholera* is the hottest and dryest humour of the body: therefore it is requisite that it be expelled which is fallen into the stomach by vomits: and that which falleth down lower, is to be expelled and purged by going to the stool, be it by potions or clisters.

Thirdly, all moystening meats are very good, except such as putrifie quickly in the body.

Fourthly, the recovery for this and all other putrified agues consisteth herein, that all putrified humours must be clean purged out, and the unnatural heat quenched; for if in the exquisite Tertian, the corruption be lesse then the heat, then the more diligence ought to be had for to cool the same, then for to purge the humor.

Fifthly, if the patient be much bound in body, then is he in the beginning to be opened and loosed with moderate clisters, that the bad humours may be somewhat expelled and diminished.

Sixthly, because all fruits are hurtful for all agues, therefore they ought to be forborn.

Seventhly, two or three hours before the ague cometh, the patient is to eat somewhat, and likewise also when the ague is departed.

Eightly, when by the preparative medicines the humour is made to vanish a little, and to be concocted (which may be perceived by the urine) then is it high time that the same be purged, and that by that way whither it most inclineth.

Ninthly, if after the assault of the ague, and after the departure thereof there followeth sweat, then must the same be suffered to take his course, unlesse that some swooning, or such like accidents are feared.

Tenthly, at the beginning of the ague the patient must shun drinking and sleeping, to the end that the humour thereby be inclosed in the body, and that the drinking hindreth the vomiting up of the humour.

Eleventhly, the letting of blood is never good for the third dayes ague, before that the patient have had it three or four times.

Twelfthly, there are no *Mirobalans* to be given to the patient at the beginning of this

this Ague because they purge at the first, and afterwards bind the body.

Thirteenthly, he ought also to be secluded from *Diagridian*: for it inflameth the

fourteenthly he must not take any sour thing with any thing made of Barley: for that the one spoyleth the other, albeit either of them by themselves are commodious.

Fifteenthly, Rubarb purgeth *Cholera*, but it warmeth somewhat, and leaveth a heat behind; therefore the same is to be taken in the water of Endive.

Sixteenthly, if it be perceived, that there do any hot vapors ascend into the head, they are forthwith to be withdrawn, by a moderate Clister, thereby to draw them downwards, and to strengthen the head, that it receive not them so speedily.

And to come to the cure thereof, it is requisite that we make some mention of such things as are declared in the foresaid rules, which I hope shall never a whit mislike the Reader: This is the opinion of all expert Physicians, and the nearest way, and above all other (so far as is possible) to coole and moisten the body: for because this ague is hot and dry, therefore must it be cured and corrected with contrary things, to wit, with cold and moist things.

When as the *Cholera* lighteth in the mouth of the stomach, then must the same through vomits be expelled: but if it descend, and fall into the bowels, then must it be purged downwards, albeit the nature of an exquisite Tertian be such that it commonly expelleth the same of it self, either by sweat or by urine. The *Cholera* is also lightly to be purged downward, and that through a mild Clister, whereof there be divers described before in the third Chapter, 7. §.

And if so be that need require any stronger, then take of the foresaid decoction twelve or sixteen ounces mingled with *Benedicta laxativa*, Cassie, and course Sugar, of each half an ounce, confection of Bevered two drachmes, *Sal gemma*, one drachme, *Sal lad* oyl, and oyl of *Sesamum* of each one ounce and a half, mingle them all together, and exhibite this Clister at least an hour before meat.

For the provoking of urine, there is a potion to be made, wherein Smallage and Dill hath been steeped.

If you would use stronger, then look in the third Part, the eighteenth Chapter and the first §. &c.

When as the humor is purged through Clisters, and is expelled through the urine, then do some famous Physitians give counsel, that the Patient should open the *Salvatella* upon the hand, and afterwards to purge him with milde and cooling medicines, as hereafter followeth.

Take four Dates and Cassie, of each a quarter of an ounce, Rubarb one scruple, Whay of milk three ounces, mingle them together, and drink it, and fast six hours after it.

Take of the decoction of fruits, called *Decoctio fructuum*, four ounces, steep two drach. of Rubarb in it all night: early in the morning wring it out hard, and mingle therewith two ounces of Manna, one quarter of an ounce of *Diacatholicon*, take it fasting: but of the *Diacatholicon* may you take more or lesse, according to the ability of the Patient. There are more such like in the description of the continual Ague.

After purging, let him drink five or six dayes one after another, of this potion following: take *Oxyacchara* one ounce, syrup of Violets half an ounce, water of Sorrel and of Cicorie, of each one ounce and a half, and mingle them together.

But when as you perceive that the corruption beginneth to be concocted, then may be given to the sick body without fear the juyce of wormwood, drest in this manner: take the highest sprigs of Wormwood, pould them to pap, and then strain out the juyce: and afterwards take every morning hereof a spoonfull and fast two hours after it: so do also at nights two hours after supper. Some do use to steep the Wormwood in *Melicraton*, and drink thereof.

This following is an especial medicine for the grief of the stomach of *Cholera*, to wit, to use often bathing in fresh water, for thereby is the *Cholera* wasted, cooled, and moistened, if the same be used twice a day and he may remain therein so long as it liketh the Patient, but it must alwayes be used with moderation, and at oportune times.

Secondly, he must observe such an order of dyet, whereby the *Cholera* may be avoided, whereof is sufficient mention made in the description of the Gall and stomach.

But briefly to expresse the meaning of *Galen*, which is, that in *Tertian exquisita* such Government is to be kept, that the Patient drink no wine so long as this disease indureth:

but the disease being cleane gone, that then wine is to be taken watered.

All cold and moyst meates are perfect good for this maladie, wherewith the Patient may cherish himself as long as he thinketh meet, and as his stomach can digest them.

Amongst all green herbs, these be good; Orage, Blites, Docks, Mallows, Lettice and Gourds. Likewise also Barly paps, and all river fish: and amongst Fowls, let those suffice as have soft flesh, and of other the wings onely.

Item, all wood Fowls, the braines and feet of hogs, rere sod Eggs, and especially the yolks be better then the whites.

He may use all fruits that are not hard of digestion: but he must forbear at any hand Hony, Mustard, salt meates, and all hard meates. All this hath *Galen* left behind and described for a dyet in the mixed tertian Ague.

Here is to be noted, that at all times the Patient shall eat at least four or five hours before that the Ague approacheth, that it may find an empty stomach; and in like manner he shall not eat until two or three hours be past after it.

The sixth Chapter.

Of the counterfeit and bastard tertian, that is, a false third dayes Ague.



He third dayes Ague which the Latinists tearme *Notham*, *Spuriam*, that is a bastard tertian, is so called, by reason of a due cause which proceedeth not of meere *Cholera*: and because that the *Cholera* is mixt with *Phlegma*, so that both of them are converted into one kind of humour. And the difference of them which is between the late described *Hemitritian* and this *Notha*, is, that the first appeareth in the beginning with two kinds of humours, as the *Notha* cometh with one onely, and hath but one kind of putrification of two several humours.

The signs whereby this counterfeit tertian may be known from the exquisite tertian, are these.

First this *Notha* (as is aforesaid) is not exquisite, but mixed. The exquisite tertian cometh not above seven times, except the Patient or the Physitian have committed an error, whereby it is continued. And the bastard tertian heateth not the body so greatly, and all the symptomes are not so vehement as accustomed in all other Agues: for this Ague lasteth longer then twelve hours, and otherwhiles remaineth two moneths, specially in old phlegmatick persons, and that in winter season.

These signes, also following do manifest how to know the difference between it and the right tertian Ague, to wit, that the humour or matter of this Ague departeth not so soone, and abateth not the body so quickly, neither doth this Ague end with such a sweat.

These are the common rules to be observed for this Ague: First, even as this counterfeit tertian Ague differeth from the right tertian Ague, so require they several kinds of cure. Secondly, as the same is mixed with *Cholera* and *Phlegma*, so must also the medicines that serve for the same, be mingled, and must be both digestives and purgers. Thirdly, for that the syrup of Vinegar doth attenuate *Phlegma*, and doth digest *Cholera*, therefore is the same very commodious to be used for it. Fourthly, because the same Ague cometh not so speedily to the state or highest, the Patient may eat and drink moderately, lest for want thereof he lose his strength, and may expect the state of the Ague.

And to speak farther hereof, it appeareth plainly, that touching these Agues, the old proverb may be verified, where men usually say, the Ague hath three deadly enemies, namely purging, fasting, and letting of blood: which three in truth do not onely gell these bastard tertians, but also all other Agues. But in this Ague, whereof we have spoken, which is not so exquisite and pure as the former, there must be regard taken that the sicknesse increase not, lest therby the sick persons be quite overthrown, because (as aforesaid) there are two sundry kinds of impediments at hand, it is scarce possible therein to keep a meane: yet specially is abstinencie good; that the more the same is used so, much the more will the sicknesse be discussed and spent, but the same feebleth greatly the strength of the Patient: for how much the greater it is so, much the more doth it abate and weaken

weaken the Patient. But to the contrary, the more that the Patient feedeth, so much the more doth the malady increase; wherefore special care is to be had, that that be alwaies done or left undone which is most requisite and profitable, so that in strong natures the abstinence, and in weak good nourishment be prescribed, which not onely in this, but in all other maladies is to be specially observed and kept.

In this counterfeit and mixt tertian ague, at the first the Patient is not to bath, but onely when it beginneth to abate: and the Patient must not have every day meat to eat, but every other day, and must keep himself quiet, cover close his breast, and otherwhiles use a Clister.

Item, for purging you must take half an ounce of Cassie, *Diaphœnicon* two drachmes, and a half, and whay of milk three ounces mingled together. For a preparative of the humour, use this potion following: Syrup of Vinegar one ounce, *Syrupum de Eupatorio* half an ounce, mingle them together with water of Sorrel, of Cicory, and of Fennel, of each one ounce, drink it off in the morning fasting cold or warm: this is continually to be taken, till his urine begin to wax paler, and certain small cloudes be perceived in the bottome.

Afterwards, let him take these things following; take Cassie prepared with Cicory water three ounces, Rubarb and *Agaricus*, of each one scruple, *Spica* of Indy, and Ginger, of each four graines, decoction of Melons, Gourds, and Citruls three ounces, mingle them together with the rest, and so give it him warm.

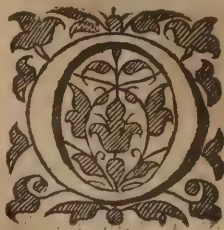
There is also to be used for these agues, letting of blood, and that at the very beginning. The whole ordinance or government of dyet must not be cold nor moyst, as is said of the right tertian, but must be such that it warm, digest, and open. It is also very good to dresse all his meat with Parsley, Fennel, and such like things, and his Barley paps with some Pepper. Item, let him use Hony water, wherein Hyssope, Marjoram, and Spiknard hath been steeped or sodden. Also all things that provoke urine (except such as warm and dry too fast) are passing good, and likewise *Syrupus acetosus compositus*. if you desire more other things, then looke what is before written thereof.

And you must not faile, but to give every seven dayes once to the Patient for this ague the juyce of Wormwood. *Oxymel* is also passing good, and especially that which is made of Squils, which openeth all obstructions. Some also accustom to give for these species of agues, Mithridate or Treacle, according as the same is over hot or cold. To conclude, vomit after meat is so requisite for all aguish persons, that thereby onely many are freed and holpen.

Some will have many things to be used for this Ague, as there be many will give counsel thereto, when all meanes and wayes have been tryed, then take two ounces and a half of the salve of Poplars, and mingle it with Cobwebs, and so lay them upon the pulse three hours before the Ague cometh. Some bind it upon the pulse before the ague cometh with Cinquefoil. Item take, a handful of Eldern leaves, Lavander, and Salt, of each a little, mingle them well together with Sallad oyl and so lay it upon the pulse; this should also drive away the Ague.

The seventh Chapter.

Of the burning Feaver, called Causon



Of this ague is rehearsal made amongst other Agues in the first chapter of the sixt part, that it is (like to the right Tertian Agues) the hottest of all other agues, even as we have also said in the fifth Chapter, in which two places her properties are expressed; for the observation therefore of our accustomed methode, we will here shew and rehearse somewhat thereof.

First, this ague is thus described; *Causon*, that is a burning Feaver, is a very forcible and continual Ague, and proceedeth of a red *Cholera*, which putrifyeth and enflameth in the veins neer the heart, in the Liver, and in the mouth of the stomach, or about any part of the body. The occasions thereof are sometimes the very hot time, great labour that is done in the heat of the Sun, hot meates, wrath, inflammation of the Liver, and of the blood in the veins, and other causes more, that are rehearsed in the two places aforementioned.

The

The signs of the same ague are a continual heat, and never ceasing burning, and that rather inwardly then outwardly, with many more terrible accidents: also, there is great drought of the tongue, which at the first is yellowish, and afterwards burnt and waxeth blackish with great thirst, without any sweat (if a *Crisis* be not at hand) the pulses beat freely, the eyes are hollow, the appetite faileth utterly, and the water or urine in this ague is fiery, and yellow of colour: yea, it chanceth otherwhiles that hearing, seeing, and speech is taken away by this ague, with a great binding of the body.

In these perillous Agues that commonly make a dispatch of one in four, five (or at most) in seven dayes through death or health: these common rules following are to be observed, and also all those that are herebefore noted in the third chapter, and third §.

First, hasten to expel and mitigate the humour.

Secondly, when the urine is yellow, or yellowish, and the pulse slow, then must you not let blood; for that the *Cholera* thereby will be the more inflamed, because the most blood which delayeth *Cholera*, might thereby be drawn out.

Thirdly, if the urine be red and thick, and the pulse strong and mighty, then first of all must you open a vein.

Fourthly, if it do seem that it is good to let blood, then must it be done at the first: for afterwards it is not allowable, least that thereby great feebleness, yea death it self be procured.

Fifthly, when the heat is almost past, then are you to give the Patient to eat and drink sparingly; yet in such measure, that the natural strength be not thereby too much enfeebled: otherwise force the Patient (although against his will) to use cooling meats.

Sixthly, you must also give the Patient oftentimes cold water to drink, and let him suffer no thirst.

Seventhly, when his nose or any other part happen to bleed during his sickness, then must you speedily stanch the same, that he lose no manner of strength thereby.

Eighthly, that the hot damps of the *Cholera* may not ascend into the head, the same therefore must be cooled with the oyl of Roses, Vinegar, Saunders, and with Rose water. And when as the Patient cannot sleep at all, or happeneth to fall into any frenzie, the same must be cured with meet things, as may be found out in the register.

Ninthly, first of all must this *Cholera* be expelled (be it by vomits or stooles,) and seek afterwards to coole the great heat which cannot more conveniently be done, then that there be sufficient cold water given to the Patient to drink.

Tenthly, even as before we have expressed, these diseased are commonly much bound in the belly, which must be prevented the first or second day with mild clisters.

Eleventhly, the Patient must also have a drink given him wherein Prunes and sower Dates have been sodden, also heed must be taken that he go twice or thrice a day to stool.

Twelfthly, the heart must be comforted (which is inflamed with this heat) with cooling cordial matters without all delay. And these are the common rules which are to be observed in this burning Feaver.

Concerning his order of dyet, his dwelling place should be coole, airie, and be sprinkled with water and Vinegar. His head must be set with Vine branches, Willow boughs, and other coole green things; for the same do coole and alter the ayre that by the lungs is drawn towards the heart, whereby the heat of the heart is chiefly cooled.

Secondly, even as is expressed in the third rule, if the Patients urine be red and thick, then must his Median or *Basilica* be opened, and the same day or the day following must he use these medicines following, thereby to prevent all terrible accidents of the heart.

Take flowers of Burrage, Buglosse and Violets, of each half an ounce, twenty or five and twenty Prunes: seeth them all together in sufficient water till the third part be sodden away, then take three or four ounces of his broth, and put therein Cassie and sower Dates, of each three quarters of an ounce, Rubarb steeped in Endive water half a drach. afterwards give it to the Patient early in the morning.

Item, to coole and prepare the humour, make this syrup; take great and small Endive, Lettice, Purslain, Agrimony, Liverwort, sprigs of Poppie leaves, and green Maidenhair, of each a handful, Violets, Waterlilies, Roses, and *Lens Palustris*, of each one ounce seeds of Lettice, Endive, Purslain, and of small Endive, of each one quarter of an ounce; seeth them all together in sufficient water till there be eighteen ounces remaining, then put as much Sugar thereto, and let it seeth again and clarify it; put thereto Endive water, Rose water, and the juyce of Pomgranates, of each six ounces, burnt Ivory,

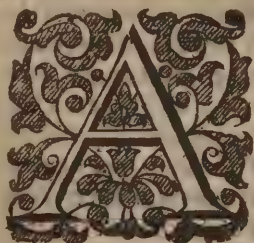
Ivory, red and white Saunders, Camphir, and white Poppie seeds, of each a drach. and a half : then afterwards seeth them all together unto a syrup, give thereof four times in four and twenty hours, tempered with Barly or fountain water.

And when you perceive the next day that the ague is abated, and thereby make shew as though the fourth day it would end ; then must you not give the Patient to eat (but as necessity requireth, and as the fit rule sheweth :) crums of white bread soaked in fountain water are good for him. Likewise Almond milk is also good for him, if the same be made with Melons or Cucumber seeds. You may also mingle amongst his drink syrup of Vinegar, muscilage of Endive, of Purslain, and Melons seeds : and in like manner the syrup of Poppie heads, and chiefly of black Poppies. But in case there light upon any young Patient any intolerable thirst, and thereby longeth to drink cold water, then must you let him have it, and that so much as he may drink up at a good draught : and then afterwards if the thirst and heat yet continue with the Patient, give it him ounce again to drink. But note that old folks have not any such drink. Secondly, good heed must be taken that none of the principal parts thereby be damnified ; but onely let such have it as it is meet for. Thirdly, it must not be given at all if the ague proceed of any cold humour. Fourthly, it must not be ministred when the natural strength is much decayed. Fifthly, if there be no great obstruction at hand. Sixthly, if the sicknesse be not increasing, but decreasing. Seventhly, it is not tolerable, unlesse the thirst and the lust to drink water be very extream. Eightly, if there be any fear of any great feeblenesse, then must you mingle that water with the juyce of Pomgranates, or with Verjuyce. Hen broth, wherein Lettice, Purslain, and Cucumbers are sodden, is also very meet for him.

Item, raw Butter milk well fugared and crummed with white bread in it, is marvellous medicinable. But if there come any sweat, then must speciall care be had that the Patient continue in it, and sweat as long as his strength will abide it. With the blood must be dealt as is said in the eight rule.

The eight Chapter.

Of the Ague which is called Synochus.



Amongst all other continuall agues is this also comprehended which the Greeks call *Synochus*, whereof we have also spoken before in the third chapter, that the same groweth through the superfluity of the blood being mingled with *Cholera*. The learned describe 2. manner of these agues : whereof the one is provoked of the blood that is not putrified, and the other sort of a putrified and noysome blood in the veins. The cause of the first ague is, if the party be by nature sanguine and full of blood, and therewithal useth daily meates that ingender much blood : as namely, good delicate flesh and wine, yolks of eggs, and such like, little or too much, lacke of exercise, vapours of superfluous and over hot blood, that draweth upwards and never findeth any issue, because the pores and all inward passages are obstructed. The signs of this ague are, when the pulse doth beat alike strong and swift ; if the heat be not extream, then may it best of all be perceived in the palm of the hand : the urine for the most part is like unto that of healthful persons, yet the same is often red and thick, and specially in a corpulent body. Herewith may appeare also a rednesse of the body, and of the face, with a fulnesse of the veins, and there is no cold nor shaking, but a troublesome breathing ; otherwhiles they fall into a dead sleep, as it were into a *Letbargus*, whereof we have spoken in the first part, the twelfth Chapter, and tenth §. Before that any do fall into this ague, he feelth first a great wearisomenesse over all his body, and an itching of the nose, ach of the head, and in his sleep he seeth many red and bloody fantasies : above all this the speech is troublesome unto him. For this bloody ague are described these rules following. First, it is the opinion of all learned Physitians, that all such Patients are to be letten blood even until they begin to fall into a swoond. Secondly, if it appeare very waterish and cholerike, then must the same be cooled and thickned. Thirdly, if the same be too grosse and too thick, then must the same be made subtil and thin. Fourthly, the body must after letting of blood be well frothed, that the pores may be opened. Fifthly, when as the letting of blood is

neglected

neglected (and the Patient yet strong enough) then is the same to be done still, yet at all times with the counsel of a learned Physitian. Sixtly, if the Patient will not abide letting of blood, then must alteration, penning, and expulsive things be used, whereby the superfluous humour and blood may be abated. Seventhly the letting of blood and drinking of cold water work and effect so much, that you need not use any other things. Eightly, this ague requireth great abstinence, if nature may abide it. Ninthly, when this ague proceedeth of surfeiting in meat, then must the letting of blood not be used before the 2 or 3. day: notwithstanding that the malady is such wherein the opening of a vein may not be omitted, for that it quickly annoyeth; wherefore must the first rule be forthwith applied, by letting him blood in the Median so long till he begin to swoone. And if the same cannot be effected at one time, then is the same to be done at sundry times, every time a little. Afterwards let the Patient use cooling things, as namely, syrup of Verjuice, of Purslain, of Pomgranates, and of Limons, or of Sorrel: much cold water is also to be given to the Patient to drink, yet with such direction as before in the description of the ague *Chinon* hath been shewed.

Let him have bread to eat that is steeped in the juice of Pomgranates or Verjuice.

Barley water is the most commodious drink that he may drink, and Syrup of Roses may be mingled amongst it; if he go not to the stoole, then make him a chicken broth wherein Mallows are sodden.

Purge the Patient also with sower Dates, with conserve of Prunes, Cassie, or with Manna, and so proceed with cooling things, till the heat be clean extinguished.

Of the Ague Synochus, with putrified blood. §. 1.

THe other sort of this continual ague is also very strong, proceeding of a putrification of the blood. And hereof is a disputation also amongst the learned: for some say that when as the blood cometh for to putrify, that then it is no longer blood, and therefore this ague *Synochus* cannot be ingendered of blood. The causes are the same that are of the other, but that onely with the former there are many inward vapors without any putrification of the blood. In like manner the signs of both these agues are the same, but that in the first the heat is greater, and all other symptomes more violent then in this. In fine, herein do they both agree, that there is never any increasing or abating of the fit, as may be observed in other continual agues. Now to cure this ague, the Patient must be let blood out of hand, if the stomach be not overcharged with meat, and that the age and strength will permit the same, and thereupon purge as is taught for the former ague. And if it fall out (as it accusometh to fall out) that with this ague there were adjoynd a feebleness of the Liver, then must these Trochisks following be prepared for it.

Take burnt Ivory, Dragagant and starch of each a drach. seeds of Purslain one quarter of an ounce, Licorice one quarter of an ounce and one scruple, make thereof then Trochisks with Dragagant dissolved in Endive water; they do coole and comfort the stomach, and also the Liver.

Another. Take two scruples of Roses, two scruples and a half of Barberies, seeds of Melons, Cucumbers, Citruls, Purslain and burnt Ivory, of each a scruple, Dragagant, Gum, and Almonds, of each half a scruple, Rubarb Saffron and Camphir, of each seven grains: make thereof Trochisks, and minister one drach. of them at once with Barly water; you may also mix the aforesaid Trochisks with conserve of Roses, and so use them.

For this are also commodious the dosinges, *Diatrisan/antalou*, *Diatragacanthum Frigidum*, and that for both sorts of these agues, because both of them do ask one and the same kind of remedies.

Of the order of dyet. §. 2.

BOTH of these agues do require a sparing dyet, as Barly pottage, Oaten paps, Hen brothes, wherein Lettice or Verjuice is sodden, and such like. One may also seeth Lentils by pouring out the first broth thereof, and dressing the second with Parsley and a little vinegar, or juyce of Pomgranates. The broth of red Pease with Sugar, stewed apples, and peares, and fresh Gourds drest with Almond milk are specially good. He may also eat otherwhiles Melons, Citruls, Endive, Lettice, and Purslain. But if the Patient be bound in the body, then may you seeth in the Almond milk Spinage, Mercury, and such like: or take conserve of Prunes, sower Dates, Cassy and Manna, of which you will; also mild Clusters may be used and taken for this purpose. And

And if the Patient have great head-ach, then delay the same with oyl of Roses, Vinegar, or with *Oxyrrhodino*. In like manner may you also use a little oyl of Violets, or oyl of water Lillies being dropt into his eares, and to hold Roses, Camphir, or Saunders before his nose. If the Patient cannot take any sleep or rest, and that no lithargy be feared, then is the juyce of cold and moyst herbs to be used, and in like manner of small and great Housleek, of Nightshade, Lettice, Purslain, and of Poppie leaves, or Poppie heads, Poplar salve, and such like, dip a cloth therein and lay it upon his forehead. The very best and most usual drink that can be used in this sicknesse is Barly water; but in great heat you must mingle therewith (as is said) the juyce of Pomgranates, verjuice.

Item, cold water with syrup of Pomgranates, or any other cooling syrup. And if there chanceth any swooning called *Cardiaca* with it (whereof we have admonished in the 2^d part, the 6. chapter) then is the same to be holpen with cooling and fragrant things, even as hath been shewed in the foresaid places, and especially apply this plaister following to the Liver. Take red, white and yellow Saunders, of each three drach. Roses and Barly meal, of each one ounce, Camphir a quarter of an ounce, make a plaister thereof with Rose water. If so be that he fall into a great sleep, then must you chase the hands and the feet very vehemently with vinegar, pouring the same also upon a hot stone, that the vapour thereof may ascend into the nose; you must also call earnestly upon him, pull him by the hair or by the nose, and use such like things more for the same, as be shewed in the first part the 12. chapter, and 10. §. for when as these vapours do ascend forcibly into the head, then is the dead Palley to be expected. Whereas is unquenchable thirst, there must the water be mingled with vinegar, and hold these losinges following under the tongue; Take the juyce of unripe Grapes, of Sorrell, of Lettice, wine of Pomgranates, and white Vinegar, of each an ounce, put thereto white Sugar and Sugarcandy, as much as is thought meet, letting it seeth so long together as shall suffice to make losinges of it. Here is, now sufficiently treated of this *Synochus*, and of other hot agues.

The ninth Chapter.

Of the Quotidian Ague, *Quotidiana*

THe cause of this daily ague proceedeth of a putrified *Pblegma*, and slimy corruption, which nature forceth towards the exterior parts of the body, and there ingendereth such a cold, which may be called rather a shaking then right cold, wherewith so burtheneth and suppresseth nature, that thereby the pulses are faint, and unnatural heat stirred up, and the pulses are found unequal: When as the cold avoideth, then by and by followeth the heat, which is shorter then the cold, continueth longer because of her slownesse, and by reason of her toughnesse; whereby this ague cometh to her state very slowly, and declineth very sodainly: so that it happeneth therein as if one lay green wood upon the fire, where the moysture withstandeth and suppresseth the heat, and remaineth so long without burning till all the moysture be consumed, and then sodainly burneth away as as long as there remaineth any wood.

The occasion of this ague is outwardly cold and moyst ayre, the long use of cold and moyst meat, as fish, fruit, and such like, and unaccustomed idlenesse, to bathe much in sweet waters and great rioting.

Item, if the body be overcharged with overmoyst and slimy humours that putrify in the body, go out of the veins, and send stinking vapours towards the heart, whereof an ague might ensue. This ague is also very easily by her signs to be known from the tertian ague, for it beginneth not by and by after the first day with cold, but beginneth by little and little: also the pulse, altereth not, as it doth in the tertian ague. The Patient complaineth of no great heat, of no short breathing, neither of any great thirst. His urine is like unto the urine of such as have new gotten the quartain ague, not knowing of any sweat at the beginning, but in time doth he perceive it: so that these signs are so manifestly differing from the tertian ague, that they seeme to have no communion at all.

Also one may perceive by this Patient that the heat is somewhat mixt with a vapour, which appeareth outwardly; also the pulses of this Ague be much fainter then the tertian.

or quartain agues. The tongue is moyst, and he is quickly provoked to vomit, whereby he casteth up much filth: and in like manner is the going to the privie cold by nature, moyst, undigested, waterish, and full of vapors. The urine is white and thin, and otherwhiles thick and troubled, and the whole body full of waterish humours. All bodies that live in quiet, are fat and moyst, haunting daily riotousnesse and surfetting, much bathing in fresh waters, and such as have their habitations neer to moist places, are most of all subiect to this disease. To conclude, this ague long enduring is not without peril of life.

Now to remedie and cure this ague the better, you must above all observe these rules following: First, this Patient is to use that which warmeth and attenuateth the humour.

Secondly, if the Patient can hardly cast or vomit, then is it a sign that the tough phlegme of the stomach must be incided.

Thirdly, you are in the beginning of the ague to force the Patient to vomit, whereby the matter or humour might partly be abated.

Fourthly, these inciding and attenuating medicines must be used from the beginning to the very ending of the malady, yet now and then, as the Physitian thinketh meet.

Fifthly, all kind of agues in the beginning do accord with these three things, to wit, that the nature be brought through easie means to be laxative, to provoke vomit, and moreover to use such things that do incide and attenuate the matter and expel urine.

Sixtly, for as much as the debility of the stomach and of the Liver is an occasion of many filthy humours, therefore need requireth that you seek to comfort and open the same, and also the spleen.

Seventhly, for that this ague from the beginning till it come to the highest state, requireth much time; therefore you are to consider of the Patient accordingly, and to give him much or little meat.

Eighthly, one must in the beginning of the ague, and likewise as often also as it assaileth, keep the Patient awake, and that so long till it begin to decline, that the expulsion of the humours be not thereby hindered.

Ninthly, he is not to be fed so long as the fit of the ague endureth, but a good space before, and afterwards, unlesse that some debility and weaknesse require the contrary. And how these agues are by medicines to be cured, that is before in the fifth part, the 20. chapter sufficiently taught and expressed, whereby every one may govern himself: and especially these pills here following are to be prepared for these phlegmatick agues: Take the rinds of *Mirbalani*, *Chebuli*, *Rubarb*, *Cinamom*, *Cardamom*, and cloves of each a drach. Aloe three drach. beat all these together very small, and with the juyce of Mints, wherein a drach. and a half of *Agaricus* is steeped: then make pills thereof, And every morning and evening, take half a drach. at once.

You are also to receive a potion that is described in the third part, the twelfth chapter beginning thus, take *Gentian*, &c.

You are in general at the first to use alwayes for these agues *Oxymel*, and other things more that provoke urine, as hath been taught in the third part the 18. chapter.

This Patient is also to use none other meat, then such as doth separate the tough phlegme and expelleth it. In like manner, when the ague is at the state, then must care be had for the mouth of the stomach, like as there are therefore divers medicines ordained in the description of the stomach in the third part, the 11. chapter. Vomiting is for these agues passing good, for thereby will many slimy humours be expelled: And how to provoke vomit, you may search and find in the first Register.

The tenth Chapter.

Of the Quartain Ague, *Quartana*.

When as these Quartain Agues are mixt with other agues then hath she her beginning of Melancholy, as the Quotidian ague of *Phelgma*. And because the black melancholick blood hath his residence in the Milt: it will commonly be felt in the same place at the beginning. This ague is (as her cause is) cold and dry. Albeit the same humours are very grosse, cold, and heavy, yet doth their cold nature not appeare forthwith, to wit, in the beginning, or the first day, but by little and little, as it ingendereth: so that the cold (when the ague is at the highest)

highest) doth not otherwise shew it self; then it doth unto such as are stiffened by extreme cold in the hard winter; and it is to be likened by a stone, muskle, or bone, which lying in the fire and being hot, you cannot well know the heat till you feel it.

So fareth it also with melancholike humours, when they happen to kindle, then remaineth there no moisture till they be clean burnt: and therefore are they the longer before they kindle then any other, for that (as is said) the corruption cometh to kindle by little and little.

By the foresaid occasions it cometh to passe also that pulse beateth very slow, faint and longsome, yea in young folks so very faint, that they may be likened to old folks: for as this Ague beginneth to increase and attain to the highest, then will the pulse be the more swifter and forcible, yet not so strong as it is in the Tertian Ague, whereof we will further write and make mention.

The causes of this quartain Ague are (even as abovesaid) first the melancholike blood; time of the harvest, and after that the winter, for that at these seasons these humours are not onely stirred, but also augmented more vehement and durable; so that otherwhile they endure untill winter; whereas to the contrary the same are shorter in sommer, and the rather, if the nature of the country be inclined that way; and the time of the year otherwhiles is such, that it ingendreth foul blood, whereby then such and other Agues are caused. Wherefore good heed must be taken to all these foresaid things; and in like manner whether the Patient be not of a melancholike nature, and hath not used before to eat such kinds of meats, whereof this melancholike blood is ingendered or increased, as bread of Miller, Lentils, Beans, Chestnuts, salt Cheefe, salt fish, Beef, Hares, Harts, Cabbages, and such like. Item, all other things that inflame the blood, as Garlick, Cresses, Pepper, Mustard, strong and spiced wines, burnt wine, and all kinds of hot spice or fruits; but especially great labour, travel in the heat of the Sun, long anger, great sorrow, and long former Agues, whereby the blood and other humours are burnt and putrified, and are altered by the great heat into *Melancholiam* before they be expelled, whereof you have further instruction in the description of Melancholy, and of the stomach.

Item, have special care whether the Milt of the Patient be not swoln, or have any other infirmity. Or whether the Patient have before had no erratick Ague, for that the quartain Ague never cometh alone, but commonly alwayes after another Ague.

You must alwayes mark well, whether the urine be white, thin, and waterish; in these things, as also in the pulse and cold doth it altogether differ from the tertian, but regard not you the vomiting of the gall, for that is the onely nature of the tertian ague: but if you find by the motion of the pulse or otherwise, after the ague is gone, or if there be any signs of the ague, then is there no doubt at all but that it is a quartain Ague.

Now to cure this ague, we will first of all shew you certain rules; and for the first, if the pulse be forcible, and beateth swiftly, the water be red and grosse, the Patient be young and full of blood, then shall you not omit, but open the *Basilica* or Milt vein on the left hand: but if the blood be red and clear, then stop it again; but if it be thick and black, then let it run, and that so long as the parties strength be able to bear it. Secondly, if so be that the Patient have not much blood, let him then not bleed at all. Thirdly, you must not give to any that is taken with the Ague any strong purgation at the first, by reason that all melancholike humours are very tough and grosse, and the same may not be purged in the beginning, but mild purgations must be used, and gentle clisters. Fourthly, all meats and drinks that are prepared daily for the Patient, shall be laxative; that he may alwayes have some vacuacion. Fifthly, against such time as the Ague approacheth, the patient must at any hand refrain food, that nature thereby may work the better on the matter of the Ague, also the easier expel and withstand it. Sixthly, he may not bathe until the Ague begin to decrease. Seventhly, he must forbear all fruits, by reason of their grosse moisture that lightly doth putrifie, and may provoke obstructions. Eighthly, these Patients must take heed of the cold air, and settle themselves in temperate dwellings. Ninthly, they that have any obstruction in their veins, are to use such meats and drinks that warm and moisten. Tenthly, because that this humour is compact, and the state thereof a great while after it beginneth, the Patient is not to be kept oversparingly, but let him be cherished with meat, that he may retain his force and strength, and expect the *status* of the disease. Eleventhly, for this kind of sicknesse you must not give any overhot and dry things, for fear that the Ague be not thereby doubled, prolonged

and altered into a continual ague. Twelfthly, you are not to use overcold remedies, because they do thicken and harden the matter, wherefore mild means are alwaies to be used and taken.

Out of these foresaid rules it is easily to be understood, that no strong medicines are to be used in the beginning of this ague, except that one see that there is great store of blood at hand, at which time the Median may be opened in the right arm.

Also if the blood be black and thick, as it happeneth to be of such that have a diseased spleen, then may one let it run the longer; but if it be red and clean, then must it be presently stopt.

The ordinance and government of his life must be such, that he feed not upon any thing that provoketh or breedeth wind, but use all meats that ingender good blood, and keep the body open and soluble: and if any defect be hereof, then must a mild clister be ministred. Also, he shall forbear swines flesh, and all meats that are slimy and hard of digestion, and of all that which might make the body cold and dry.

His drink must be thin white wine, his meat all manner of field fowls, but no water fowls, fish of light digestion, and not slimy, salt meats and mustard may he also use. Also he may sometimes use the confection *Diatrion pipereon*, or *Diaspolicicon*: and although the patient did drink every day a little pepper with water, it were not amisse. This Patient shall not wholly forbear from riding, walking, and from baths, if he hath been accustomed to it, yet is the bath not very good for him.

If this quartain ague be not very strong, nor yet continue long, then can it not hurt, if the patient upon his free dayes do execute his affairs and businesse. But about the time as is supposed that the ague is come to the highest state, then must the patient feed very moderately, yea more sparingly then ever before, keeping himself very quiet, and anoint the belly with such things as may keep the body open and soluble: and also use such things as provoke urine, whereof you shall find good instruction at due time and place.

And as soon as one perceiveth that the humours begin to avoid, then are those things to be used that expel melancholy, and that not once, but as often as need shall require.

Also to provoke him to vomit, and that after meat, and (if need be) let him take a little black Hellebore therewith to ease and further the vomiting.

But they that cannot vomit must be purged; Treacle is also passing good for them; yet it is to be noted, that none of these foresaid things may be used before the sickness be at the highest, for thereby might of a single quartain ague be made a double; and lastly of a double quartain a three double ague.

Galen writeth (out of whom this counsel is gathered) that he knew a Physitian, who (before the quartain was at the highest) gave his patient Treacle, whereby the same ague so increased that he dyed thereof.

When as this order hath been observed in this ague, then do the later Physitians teach that these things following are very fit to be used.

Take Ginger one ounce, cut it small, and then seeth it in red wine until there remain five ounces, then mingle therewith one ounce and a half of the Julep of Violets, and so drink it, to wit, two hours before the ague cometh upon you, and the same will make you sweat throughly.

Item, take an ounce of the juice of Plantain two hours before the fit of the ague approacheth, it will remove the ague. The water of *Carduus Benedictus*, or the herb sod in Wine and drunken, cureth the ague. The common people take the powder of this herb and strow it upon a shive or twain of bread that is soked in burnt wine or *Aqua vita*, and so eat the bread before the ague come. *Oxymel scilliticum compositum* openeth all obstructions in the quartain and tertian agues.

Some commend the wine of *Asarabacca* roots, for this root hath the nature of the Hellebore, it drieth all inward parts, and provoketh urine, and will therefore also expel the ague. The like vertues are ascribed to the wines of Harts tongue, of Hyssope, and of *Tamariscus*. The sirup of *Oxyfaccara* is also passing good.

The eleventh Chapter.

Of the Consumption or Ethick Hectica.



His is one of the most perillous Agues that may light upon a man; for by her hot and dry operation she dryeth up all natural moisture of mans body: This *Hectica* is not satisfied with the hurt that it doth to all natural moisture and vital spirits, but it dryeth also all nourishing parts; and all the flesh of the whole body, yea the marrow of the bones also, so that it may duely and rightly be called the consuming Ague.

This destroying heat beginneth first in the heart, of the Ague which is termed *Causon*, that is, the burning Fever, whereof we have written in the seventh Chap. which continueth there so long until it consume the very sap and moisture of the heart. And albeit it doth not consume and waste all the moisture of the heart, yet doth it burn and spoil the same. For it fareth with the heart as with a wick in a Lamp, that at the beginning doth burn light and clear; but the longer that it burneth, the harder, and the more burnt, the drier it waxeth, where by a little and a little it loseth light and extinguisheth: and albeit more oyl be poured unto it, yet burneth it not then the brighter, but the flame remaineth small and slack, and the longer that it burneth, the darker it is, till at the last all of it goeth clean out of it self. So fareth it also with this *Hectica*, with or without an ague, as plainly may appear in very old men, which are commonly said to dye like a lamp or candle. This is to be noted also in children, that sometimes also use to abate and fall away.

This Consumption, namely that which is without an ague, is called of the Greeks *Marasmodos*, that is a Consumption; and of the Latinists *Senectus*, that is, old age, whereby we may call it the infection of the heart, whereof we have spoken in the second Part, the sixth Chapter §. 9. In like manner in the description of the Consumption, in the fifth Chap. §. 22.

When this *Hectica* spreadeth her self over all the whole body, drying it altogether up, then is it (as we have already told) called *Marasmodos*.

This sickness is incurable, and above all mens help, for that the natural heat would quickly like a tree (through very great age, or in them that lie about the fire) through extrem heat be dried away.

The causes of this *Hectica*, are all outward things, which do heat the parts of the body, whereby many agues might be provoked, whence at the last this consumption is founded and springeth.

Item, the hunger and thirst, if they be not remedied betimes, the which for the most part hapneth to cholerick and lean men, who falling into a quotidian ague, are thereby lightly turned into a burning, and lastly into this ague *Hectica*.

Item, the perishing of the lights may very well be a cause of this *Hectica*, whereby is hindered that the fresh air may not cool the heart sufficiently; and there be other more occasions, whereby the heart may be inflamed.

We will now admonish somewhat of her signs. They that fall into *Tabem*, that is, into a Consumption, are easily to be discerned; for before that one come to feel their pulses, one may see how their eyes be sunk and fallen into their heads.

The apples of their eyes will be dry in this agony and wrinkled, and the flesh round about their eyes fallen away, so that one may otherwhiles almost see the bones of their brows.

It seemeth also otherwhiles, that these diseased persons face is so bedusted with dry dust, as it is in them that have gone the whole day through the dust in the heat of the Sun. Also the lively ruddiness and colour over all the whole body is vanished and gone: and likewise the skin of their forehead so hardened and shrunk, that they seem to close their eyelids very badly: and sleeping, they lie with their eyes half open, which can be no due sleep, but rather an over-great watching, and the flesh in the temples of the head doth so wast away, that there seemeth to be a great hollownesse. To conclude, there remaineth no more then the very skin & the bones, so that when one seeth them naked, he would judge

none other than that the carcase were covered with a dry skin, and that all the intrails are taken out, or lye hid in the breast: and when as one toucheth the skin and plucketh it hard, then shall he find it, through dry, and it seemeth that by plucking it will follow. These sick persons have a hard pulse, and at the first touching of them doth one perceive small heat, but when you hold your hand long upon them, then may you feel the heat under your hand increase, and divers such like signs more.

Of this malady *Hectica* and *Tabes* is a great disputation, whereof here we will not make many words, but will commend that matter to the learned: yet nevertheless before we come to the cure, we will briefly admonish thus much, that such as be of a moist nature in the beginning of the Consumption, are not assailed with this Ague *Hectica*, but they onely that be dry of nature, and somewhat hot, and therewith do great labour, watch much, and live in carefulnesse, where their natural moisture is wasted and spent, these presently are taken with this ague *Hectica*, and specially such as chafe much, live in extreame sorrow, or frequent great heat. And although this sickness when it hath long endured, and is once rooted into the body, be thought incurable, yet nevertheless men must not disdain the help and means which God the Lord hath ordained for the use man, but pray heartily unto him that he will blesse them for the glory of his holy name.

Wherefore these rules following are to be observed and imitated, for thereby may be gathered a perfect cure of this sickness. First, it is needful for the languishing persons that they use all things that may moisten and cool. Secondly, because these diseased persons must neither be purged nor warmed, therefore the warm bath is also hurtful, for thereby the heat is increased. Thirdly, all their meat and drink must be cooling and moistening, or at the leastwise temperate, as barley pape, *Ptisana*, henbroth, and *Panada*. Fourthly, the curing of this *Hectica* is like to that in the drouth of the stomach, whereof we have written in the third Part, the second Chapter; and seventh Section yet are cooling things hereto required, by reason of the great heat of the ague. Fifthly, if need require that other meats are to be ministred unto him which are not cooling, as namely Wine and fresh broth, yet nevertheless therewith are cooling things to be used.

Sixthly, if the ague proceed of any impostume or bruise of some other part, then special regard be had for the healing thereof, and that the liver be cooled and brought in course. Seventhly, a good cool aire is one of the principal helps, and therewith fresh linnen also that is washed in water, where Roses, Willow leaves, or *Trochisci de Camphora* be steeped. In like manner Rosewater is very commodious for it. Eightly, the smell of Camphire, Rosewater, fresh Poppy heads, Roses, Saunders, and such like, is very requisite and profitable for this Patient. Ninthly, all cooling plaisters (wherein no astringent things are intermingled) are to be laid on his brest. Tenthly, if this diseased person desire to have health, then must he (so far as is possible) incline himself to sleep, and to all quietnesse and rest, and keep himself from thirst, hunger, pensivenesse, anger, hatred, and much sorrow. Eleventhly, he must not sleep upon any thing but a mattresse. Twelfthly, it is also marvellous good for this sickness to keep by the noise and rushing of waters, or by springing fountains. It is very good to hang up all green things about his bed, or to sprinkle his chamber with the water wherein such herbs are or shall be sodden. Thirteenthly, Goats milk or asses milk, whereof that is best of them that are fed in a meadow where cool herbs grow, is a most soveraign medicine for this malady. Fourteenthly, womens milk surpasseth all other milks. Fifteenthly, buttermilk is likewise very good for this sickness. Sixteenthly, to conclude, for Consumptions are all manner of milks from the beginning to the ending there very excellent good; and all good fresh henbroth sodden with Lettice, Purslain and verjuice, is exceeding profitable for the Patient.

But above all things, special care is to be had that he observe and keep a good diet, wherefore he is to eat and drink but little, using alwayes such meats as do nourish well, to wit, Pheasants, Partridges, young Quails, and such like, as hens flesh, Veal, Mutton and Lambs broth, &c. wherein Lettice, Purslain, and such like cooling herbs are sodden.

And as we have declared before, let him use alwaies Goats milk or Asses milk, and above all, womans milk; for all these are so highly commended for this disease, that it is not possible to tell of any thing that may exceed them, to help and cure this malady. For if he use any of these, or any other good milk, in such measure that he be not cloyed by taking too much thereof at once, but to take it the oftner, and namely, betimes in the morning

morning meetly warm, or when it is new milked, and that about 2. ounces thereof at once, and then afterwards in the day time four times more, about three or four ounces at once, so that 5. draughts be taken within 24. hours.

His meat must be (as is said) Barly pap that is drest with fresh broth, and pap of starch, or that is made with grated bread, and wherein also one of the foresaid herbs are sodden, sometimes one of them, and sometime another. Pease broth wherein Hens or any other thing is sodden, or of it self, is passing good.

The very best drink for this disease is Barly water wherein sugar penners is dissolved: and to retain the patients strength, you are to permit unto him thin white Wine, that which is very clear, being mingled with fair water, when he sitteth at meat: but the mealtide being past, let him drink nothing but Barly water.

They that are quelled with this malady, have for the most part alwayes a very dry mouth, dry tongue, and great thirst, whereto prepare these confections following, and hold them in his mouth to refresh the same therewith; Take the seeds of Fleawort and Quince kernels, of each three ounces, steep them 7. or 8. hours together in luke-warm water, presse out the muscilage, put thereto afterwards the juyce of Pomgranats two ounces, Sugarcandy one ounce and a half, starch as much as is meet for to make it in form of a confection. If you will have it to drink after the manner of a Julep, then leave out the starch, and put thereto the water of Purslain and of Citruls, of each 8. ounces; and so let it see the a little together: and lastly clarifie it with the white of an Egg. If one hold green Lettice or Purslain in his mouth, that refresheth it much.

You have also in the third part, the 12. Chapter and 10. §. and afterwards in the seventeenth Chapter and 7. § very many things which are all good against the thirst, where you may have choyce of that which is best for this malady.

These cooling and comfortable medicines following are to be daily used for refreshing and comforting, namely, conserves of Roses, conserves of water Lillies, and the sirups of them both, conserves of Cicory. In like manner also the roots of the same in a Sallad or confection, are very meet for it.

The confectioned Citrons, and the juyce thereof, the juyce and sirup of Orenge, conserves of white Roses, and all that is made thereof, is for this purpose highly commended, for they cool more then red Roses.

Secondly, the Kidneyes and back bone are also through this malady very much tormented with a great heat; whereto is very commodious the salve of Roses, wherewith he must be anointed 6. or 7. times in 24. hours. Also it is very good to moisten the back bone often with milk, and also to anoint it with oyl of Roses or with oyl of Violets.

Thirdly, there happeneth otherwhiles to this Patient (that is feeble already) a fore sweat, which may cast the patient altogether down, which may by the foresaid means be hindred. But if that will not help, then besprinkle the face and the whole body often with this water following; Take 12. ounces of Rosewater, one quarter of an ounce of Camphire, Purslain seeds and red Saunders, of each a drach. one quarter of an ounce of starch, mingle them all together.

This drink following is also highly commended: Take 6. or 7. river Crabs, lay them in a quart of water, then cast therein a handful of ashes, and let them stand 4. hours long, afterwards rub them well therewith, and wash them clean with fair water 3. or 4. times, and so see the them; and take the tayles of them, cut them very small, and see the them again with a quart of Barly water till they be almost consumed; then strain the broth through a cloth, and give thereof 3. or 4. ounces every time to the Patient to drink when you will. But if you will have this water to cool more more and nourish lesse, then see the the Crabs, whole and uncut, and not so long time as is afore said.

After this manner may you also dresse a Tortoyse that liveth in fresh water, and is excellent good for this disease.

The small fishes that are taken in fresh waters, are very commodious for this disease, if they be taken without spice.

In the description of the consumption *Phthisis*, in the second part, the 5. Chapter, and 22. §. are many kinds of remedies prescribed for this *Hectica*, and afterwards also in the 6. Chapter of the panting of the heart through heat, are divers cullises described that are very good and profitable to be drunken.

You may also prepare these confections following for the same: take of the white

flesh of a young Hen or Capon six ounces, starch one ounce and a half, new oyl of sweet Almonds six ounces, five whites of new laid Eggs; let the oyl, starch, and Eggs seethe together on a soft fire untill it be thick, afterwards mingle the flesh of a Capon being chopt small amongst them, and make cakes thereof, whereof the patient may use a little at each time, and as often as him please, which also is as good as if he took much at once, seldom, and better. Or prepare this following: Take white Poppy seeds, peeled seeds of Melons, Citruls, Cucumbers, and of Pompeons, of each a quarter of an ounce, Almonds, Hasel nuts: Pistacies (all of them shaled) and Sebestes, of each 3. drachmes, Pingles that have been steeped 24. hours before in Rosewater 5. drach. conserves of Burrage, Buglosse and *Species Diarrhodon Abbatis* of each one quarter of an ounce, conserve of Roses five drachmes, *Manns Christi* with pearls and sugar pennets, of each half an ounce, roasted Capons flesh two ounces, white flesh of Hens that is stuf and drest with Buglosse, Baulm, Burrage, and Endive three ounces; cut both of these small, and then mingle therewith *Species Diambra* and *de Gemmis*, of each half a drachme, *Doronicum*, Saffron, Cinamom, Roses, and red Coral, of each five drach. *Species Diatria/antalon*, and grains, prepared pearls a quarter of an ounce, Sugar sodden as thick as honny, as much as need requireth for to make a confection, mingle them well, and use it, as the aforesaid, one quarter of an ounce at once.

There is also usually made for this a confection of oyl of sweet Almonds, starch, and Sugar. The preserved Gourds are also wonderful good against this unnatural heat.

Of the Ague Hectica, With a pain in the breast, Empyema and Phthisis. §. I.

IN this compounded Ague, which it placed amongst the *Putridas* or putrified Agues, there doth appear besides the former signs, cold, and a very stiffness of cold, which cometh at uncertain times, sometimes by day and otherwhiles by night, and that alwayes unstedfast, which hapneth by the diversity of the humours, whereof now the one and then the other is stirred up and inflamed. The corruption which is gathered together in the breast, out of the head, or out of the veins, doth chiefly cause this consumption, which lyeth there putrified and mingled with the blood, is cast out and expelled; and albeit that this kind of consumption and also the former be incurable, yet you must be marvellous diligent by these means following to accomplish health as far as it is possible.

First, therefore you must refrain and shun all things that are sharpe and salt, as Mustard, Radishes, Onions, Garlick, and such like.

Item, all flatulent and windy things, and all that is cold by nature and hard of digestion, as unfodden milk, porridge of Pease or Beans, unleavened and dough baked bread, Verjuice and Lemons &c.

His drink must be good common clear Beer, or any thin red sweet Wine, but he must refrain from strong wine and beer: but if he cannot bear wine nor beer, then give him to drink good Sugred Barly water.

Young Lambs flesh, young swine, Muttons of a year old, and Calves, are very wholesome meat for him. Also Larks, wood fowls, Partridges, Peasants, and Hares; and specially river Crabs sod in Barly water or milk, are passing good.

Coleworts sodden, strew Barly drest with starch, Calves feet sodden in Vinegar, the lights of all beasts, but chiefly of Foxes and hogs, rare sodden Eggs, or the same drest with other meat, fresh Butter and Cheese but little salted, milk pap, three or four dry Figs eaten before meals, and sweet Pomgranats roasted in the warm ashes, are all of them much nourishing. After meat let him also eat three or four roasted hasel nuts, and Saffron and Cinamon in his meat measurably.

These confections following are also most commodious for him: Take white Poppy seeds an ounce, roasted flesh of a Capon 4. ounces, starch three quarters of an ounce, prepared Pingles 4 ounces, peeled Almonds 3. ounces, Roses three drach. yellow Saunders and Mace, of each a quarter of an ounce, Cinamom three quarters of an ounce, Cloves half an ounce, *Lignum Aloes* two drachmes and a half, Nutmegs a drachme, Amber two scruples, Musk 6. grains, fresh oyl of sweet Almonds 4. ounces, Sugar which is sodden with Rosewater and Baulme water, as much as need requireth for a confection; mingle all these well together beaten and shred small: take thereof every morning and evening half an ounce every time before meat.

And when as this disease falleth out of the head into the breast, and that this Ague

Hectica

Hectica hath from thence her beginning, then must special care be had for to comfort the brains, which may thus be compassed. First, let the head be shaven bald, and then upon the naked shaven head lay this plaister following: Take *Laudanum* a drachme and a half, Rosin and red Storax, of each three quarters of an ounce, Mastick, Roses and white Coral, of each half a drachme, *Sandaraca* a drachme and a half, Mace, two scruples, Cloves 1. scruple; dissolve the gum and Rosin in vinegar that is not too eager, then mingle it all together with molten Wax, and make thereof two round plaisters, which you may lay thereon, now one and then another.

Secondly, take a little piece of Mastick, chew the same once a day at the least a long time, and then spit out the moisture, and about the third evening let him alwayes after meat swallow a piece of Mastick.

Thirdly, the 5. night when he goeth to bed let him take a drachme and a half of this confection following: Take of the confection *Diapapaver* half an ounce, Frankincense and *Sandaraca*, of each 8. grains; and mingle them all together.

Fourthly, take of the confection of *Loch de Pino*, and *de Papavere*, of each an ounce, prepared Fox lights one quarter of an ounce, Ireos two scruples, flowers of Centory half a scruple, make a confection thereof with Vine cuict, whereof the patient is to take every morning two or three drachmes, and likewise at night as much more, to wit, two hours after meat. Also you may drink it mingled with warm barley water, or with sweet wine, and so drink it. Also the Patient may take of this confection into his mouth, and so swallow it up oftentimes.

Fifthly, take two ounces of Currans, a drachme of sliced Licorice, Hyssop and Horehound, of each 2. scruples, yellow seeds of Roses 2. drachmes, prepared Fox lights one drachme and a half, Dragagant and Gum, of each a drachme, melt the gum in Vine cuict, half a scruple of Saffron, white Pepper five grains, and white Sugar thrice as much as all the rest do weigh, make it to powder, whereof let him eat a spoonful after dinner and supper.

Sixthly, when as the patient hath used ten dayes long the foresaid three things, then let him take these things following other ten dayes: Take distilled Colewort water two ounces, water of blew Flower-deluce flowers, and of Horehound, of each half an ounce, powdered Elecampane roots and Mouse ear that groweth on the mountains of each a scruple, which the patient must take luke-warm early in the morning, and fast four hours after it.

Seventhly, take Knotgrasse, Mouse ear, Roses, red Coral, Bloodstone, and yellow Amber, of each one scruple, Dragagant half a scruple, hony of Violets, and Sugar pennets, of each three quarters of an ounce; afterward seethe the hony and Sugar until it be thick, and then mingle them with it, and take thereof an hour before supper a spoonful, and again as much more at midnight.

Eighthly, (this being done) you must use this confection following: Take fresh roots of blew Flower-deluce one ounce, fresh Elecampane roots half an ounce, Comfry, Daisies, juyce of Sloes, Dragagant and Gum, of each a scruple, Frankincense, Mastick, and *Sarcocolla* (prepared with womens milk,) of each half a drachme, Bloodstone, yellow Amber, Dragons blood, prepared Fox lights, Centory flowers, Mirtle seed, Knotgrasse, Mouse ear and Briony, of each two scruples, dissolve all the gums in the musilage or slime of Sebestes that were steeped in warm hony water, let them seethe therein; scumming it alwayes: and when it is sod to pap, to wit, the herbs and the roots, then strain out the juyce through a cloth, and put thereto two ounces of sweet wine, Currans half an ounce, and 10. or 12. Dates; pownd all the same very small, and mingle then the Gums with the rest of the foresaid things: also half a drachme of Saffron, powdered Saxifrage a drachme and half, whereof give the patient a spoonful in the morning, and half an hour before both his mealtides, half as much, and let him swallow it down by little and little. This cleanseth the breast, ingendreth flesh; and withall damnifieth not the breath.

Ninthly, when the patient hath used this confection four dayes long, then let him take 9. of these pills following, to wit, in the morning betimes three, and three more before noon, and also before supper other three more. This must he continue four dayes together or longer, even as the cause requireth. Take Lungwort, Knotgrasse, Comfry, Daisies, of each a drachme, Saffron, Licorice, Saxifrage, of each one scruple, Starch, sealed

earth, prepar'd Tuty, and Dragagant, of each two scruples, make pills thereof with the juyce of Comfry, and form 8. to a drachme.

Tenthly, if occasion serve that the heart must also be strengthened, and to quench and refresh all drouth, and to cool and moisten all heat, for which you shall take new conserves of Roses two ounces, conserves of Buglosse one ounce, burnt Ivory, Roses, seeds of Endive, of Purslain and Lettice, of each a drachme and a half peeled Melon seed, Pompeon seed, Gourd seeds, and peeled cucumber seeds, of each five drachmes, sugar pennets two ounces, starch one ounce, prepared crabs tails (as in this Chapter not long ago is taught) four ounces, pownd all very small, and mingled into a confection, then when he hath used the pills, let him take a spoonful thereof, and that in the morning early, and likewise again an hour and a half before both mealtides, and after them half as much.

Last of all, this patient must lay this small bag upon his left breasts: Take Violets, water Lillies, burnt Ivory, Roses, red and white Coral, Harts bones, and *Doronicum*, of each a drachme and a half, the Jacinth stone, the Smaragde stone, and Saphire stone, of each half a scruple, pearls a drachme and a half, three leaves of beaten gold, and Mace one drachme and a half, saffron a scruple, Cardamom and Galangal, of each five grains, pownd each alone, and then mingle them all together, and lastly make it into a silken cushion or little bag.

But if you covet to have the brains strengthened, then look in the beginning of the first part for the pain of the head, and after that where the brains are described.

The twelfth Chapter.

Of the Ague *Marasmode*.



F this Ague and of the nature thereof we have in the former described *Hectica* made a plain demonstration. This is of some taken for to be a second *Hectica*.

In fine, they are both such kind of Agues, that there is small help of man to be had against them.

This properly is that which the Physitians call *Senectam*, that is, the old age, to wit, a consuming of the whole body. The causes of this is, that the heat and the drouth get the mastery, which might be caused when one is fasting and hath a cold stomach; In like manner also when one is overheated, and straightway drinketh cold water upon it: Also the hot air and the heat of the time may well provoke and raise that which wasteth, dryeth up, and oftentimes expelleth the natural heat, whereby the body is sustained, whereof the cold and drouth do follow.

Moreover, this sicknesse may be caused of the debility of natural heat which cannot nourish the whole body; and in like manner of cold vapours that ascend towards the heart and over-cool the same. Likewise of all cold causes that lye hidden in the body, as may be seen by very old folks.

These are signs of this malady that it is without any Ague, but with a slow pulse, with an extenuation of the whole body, without heat, and in feeling may a general cold be perceived: the urine is thin, white and waterish.

In fine, there are no other signs to be found then age, as are to be seen in very old folks.

Now to come to the remedies of this kind of consumption, this patient shall use as neer as he may, all warm and moist things. He must often bathe himself in fresh warm water, and use many moistening clisters, as the broth of Lambs heads, of tripes, of Hens, and the like: for these are very commodious for him, because they moisten the bowels, and refresh and nourish the liver.

But you must put hereto neither salt nor any spice, that they be not too sharp, and may be held in the longer. You must also take for this Clister not above 6. ounces of broth at once, but in four and twenty hours you are to minister three or four.

Also the rubbing or bathing of the external parts after meals is greatly commended: and as Hony in the Ague *Hectica* is very hurtful; so is it in this disease *Marasmode* very

very commodious. Further, all light meats are passing good for him that are not slimy, as fresh broth, rear eggs, with a thin and pleasant Wine being measurably used, and such like.

Item, all the salves, plaisters, and other things which are prescribed for the Fever *Helica*, may also be used in this sicknesse.

But for these diseases special heed is to be taken of cold, and of all things as in any way consume the radical humidity.

Those that will have any further declaration of this infirmity, let them read that which hath been said in the description of the consumption or feaver *Helica*.

The thirteenth Chapter.

Of the long lingring Agues.

THe long continuing of Agues dependeth upon three kinds of causes.

First, when any one hath an outward sore which hardly will be cured.

Secondly, if the Patient or Physitian ever mistake, or keepeth some bad order.

Thirdly, this is also procured by some outward occasion, as by the time of the year, by continual rain, by the nature of the Countrey, by the unhailnesse of the dwelling place, by great care and troubles of

mind.

But when it is known that there are none of these foresaid occasions, then must it of necessity depend on the fourth cause, that is, on a grosse, tough and slimy humour. If therefore you will have remedy against the continuing of Agues, then must you cure and take away the foresaid causes with their contraries. For that these long continuing Agues are commonly caused by an obstruction of the liver, whereto these things following are principally good, to wit, *Syrupus Diarrhodon*, de Cichorio, de Eupulit, de Eupatorio, de capillo Veneris, *Oxymel compositum*, de Bysantiis, de Radicibus: Item, the decoction of *Adiantum*, Harts tongue, Agrimony, Wormwood, Endive, Cicorie, of all, or of some of them. The common pestilential pills, called *Rassi*, and Rubarb, Cassie, *Hierapicra*, conserve of Prunes, *Agaricum*, and sirupe of Roses laxative, are also excellent good.

Item, you must boyl also Parsly roots with your meat: the Wine shall be mingled with water wherein Cinamom, Anniseed, Coriander, and Fennel roots are sodden.

You must anoint the liver with the salve that is described in the third Part, the twelfth Chapter, and 3. §. beginning thus, Take oyl of bitter Almonds, &c. in which place you shall find many more other remedies against the obstruction of the liver through heat and cold. For the liver being deoppilated and opened, then will the long lingring Ague be easily mitigated.

The fourteenth Chapter.

Of swellings that follow after the Ague.

IT cometh oftentimes to passe that some have their feet swolne after the long continuing of an Ague, then use a bath to sweat in, and take one ounce of the distilled water of Camomil flowers which hath been drawn onely out of the yellow seeds of the flowers. You must boyl in the water of this bath Sloe leaves, and therewithal bathe and sweat. In the bathing you shall forbear from drink: but this bath is more commodious after some phlegmatick Agues, then after any hot Agues: and what order of dyet is to be observed after a lingring ague when the Patient beginneth to recover, hath been sufficiently shewed and declared in the third Chapter, and 12. §.

The fifteenth Chapter.

Of the Plague.



His most noisome, terrible, and perillous malady of the Plague, is called of the Greeks *Epidemia*, and of the Latinists *Lues*, *Pestis*, and *Pestilencia*, which last name we also use. This malady is described by *Galen* after this manner.

The Plague is a sicknesse that doth infect all, or at the least very many men, and is caused of the venomous ayr.

Or thus, The Plague is a disease that either speedily killeth, or soon forsaketh a man.

And where such sicknesses get the upper hand, there distresse and misery aboundeth, for it hath been seen by experience that it hath made away men, cattel, and fowles of the ayr, yea many thousands of fishes in the waters, and that not only villages and townes have been deprived thereby of all their inhabitants, but also great Cities and Countries have by the same been made desolate.

The causes of the Plague. §. 1.

OF the natural causes of the Plague, there are as many opinions amongst the Philosophers, as there are causes that procure it; as namely of venomous vapours of the earth that are infected by some earthquakes: or if a countrey be hot, moyst, full of stench, full of lakes, or still standing waters, and cloyed with stench of dead bodies, as it oftentimes befalleth after great wars and slaughters; but especially is the ayr infected as is above said through sin, whereby it may diversly be venomd.

Also when the ayr is warm and moyst, and that it doth rain much in time of heat, with a Southernly wind, whereof we will not at this present make any further discourse; but they that desire to have any ampler description hereof, may read over the Philosophers, and other learned Physitians.

But howsoever this is the most certain cause of this sicknesse, that God the Lord for our manifold sins and wickednesse, to wit, idolatry, incredulity, and ingratitude, hath used this Plague and many afflictions more, as hunger, war, and shedding of blood, to punish the foresaid sins and transgressions. These are his rods and scourges (even the ministers of his wrath) to chastise the wicked world, as (through his Prophets) he hath foresaid and threatned the world, and as both holy Scriptures and heathen Writers testifie, that it hath afterward ensued accordingly.

Signs of the Plague to come. §. 2.

FIRST, it is a certain sign that the ayr is infected, and that a Plague is to be expected, if in the end of the Sommer there appear Comets, or any other impressions, which men call flakes of fire, stars that fall or shoot, and such like in the element, which proceed of vapours that are drawn out of the earth into the ayr, and there are kindled, whereby both men and cattel are infected.

Secondly, when any unaccustomed heap of beasts are seen, as of Frogs, Toades, Grashoppers, Mice, and Wormes, which oftentimes have been approved heretofore.

Thirdly, when in the Winter the South or East winds abound, misty or foggy weather full of vapours, and glowing or drowfie, and like as it would rain, and yet raineth not at all: these are signs that the ayr is not as it should be. Also if the spring of the year be cold and dry without rain, the wind Southernly, the ayr foggy and lowring, and standeth so at a stay eight daies long, and then altereth into warmth: if these alterations often chance, then is it a certain and infallible sign that the Plague is at hand. In like manner also is it a sure token of the Plague to ensue, when in the Sommer time it is hot adaies and cold anights.

Item, when the Sommer is not hot, but gloomy and cloudy, and one day hot and another day cold, then must we look for a plague in harvest. In like manner also if two or

three

three daies be very hot, and afterwards very cold, as it often chanceth, then doth it prognosticate a plague.

How to prevent the Plague. §. 3.

THere is no more Christian nor certain means for to escape this great punishment; then for a man to reconcile himself to his heavenly Father, and to pray unto him with much contrition and hearty repentance of his sins, that it would please him to withhold his threatenings and punishments for our due deserts, and that we acknowledge him from the bottom of our hearts to be the right only and true Physitian that will and can preserve us, be it living or dying, in perpetual health and welfare.

Yet notwithstanding hath he not in vain created natural means, nor forbidden us to use them, but rather all things, as Physitians, Physick, roots, herbs, seeds, and the aires; yea all that is above and under the earth for the benefit of man, and to serve him: therefore we ought duly to accept and receive the same as a most godly benefit and noble blessing of so good a God, and in no manner of wise to despise the same; and therefore are all learned Physitians most highly to be esteemed, that have found out so many meanes for all kind of diseases, as also for this present infection, and have revealed and made them known to mankind.

And to the end men may have a good instruction, how this sicknesse may be holpen with the foresaid remedies, there shall be observed these three principal points: the first whereof, is for the healthy, that thereby they may know what order is to be kept, whereby they might be freed from this venomous contagion.

Secondly, we are to shew, that if any be taken with the Ague, or other signs, with sores or biles, or not at all, what ought to be done to them, or what is to be left off.

Thirdly, we will speak of all such as keep those that are so diseased, and are to minister and serve them, for the which there be many approved and famous medicines selected, both by the ancient and latter Physitians; our most loving and merciful God give us his gracious blessing and prosperity to finish them.

First then it is generally concluded by all learned men, that forasmuch as the heart requireth a sweet, clean, and healthy ayr, like as the body requireth meat and drink; also that nothing is more venomous, noysome, nor hurtful for the same, then a foul stinking air; for thence cometh it especially, if a loose and unstayed life, either in excesse of meat, drink, exercise, incontinencie, wrath, and such like be adjoyned, that the venomous ayr with other infections, the sooner hurt the heart and inner parts, and by their contagion disease the whole body, and lastly bereave man of his vital breath.

How the healthy may be kept and preserved from the infection of the Plague. §. 4.

EVEN as we have oftentimes heretofore admonished, so will we now shew by what means the hail and healthy may in the time of the Plague be freed and preserved from this contagious malady; therefore it is first of all needful to observe a good dyet in eating and drinking: and further, a fair clean dwelling which must be smoked and perfumed, thereby to correct and take away the corruption of the ayr.

For this must be used all fragrant things, to keep the body loose with laxative medicines, and to comfort the heart with cordials, and alwaies to take somewhat whereby all the parts of the body and the vital spirits might be comforted and defended against the venomous ayr, and contagion of others that we might be conversant withal, with many more things as shall hereafter appear.

And first of the order to be observed in dyet. It is passing good, and very needful for every body that wisheth to live out of the danger of the Plague, to take great heed that his body be not pestered with over many humours, nor overcharged with meat and drink, but to live very soberly, and that all such meat as he taketh must be more drying then moistening, for that whereas there is an unmeasurable fulnesse of the stomach, there are many bad humours ingendred, which afterwards by this contagion very easily are infected. Neither ought any body to eat before that he feel and find that his former meats are digested, and when nature by hunger or thirst requireth food, then satisfie her without longer delay: for as the overcharging of the stomach is a great cause of corruption, even so also doth an empty stomach procure bad humours. It is likewise very commodious, that

that all the Patients meat be rather cold then hot in operation, which must be dressed with sower and eager things, as we shall hereafter instruct you more at large. His bread must be of good wheat, well raised, baked, and seasoned. Of fowles, the Partridges, land fowles, Pullets, Hens, Capons, and young Pigeons.

Item, young Weathers and Veal, yet rather roasted then sodden, or else if it be sodden, then must it be dressed with sower things. And for that the Plague oftentimes infecteth all fourfooted beasts, as Oxen, sheep, swine, and sometimes the very birds of the ayre, therefore great heed must be taken that then neither the flesh nor the milk of them in any way be used: also the Magistrates ought not to permit any of the flesh of those beasts so infected, to be sold.

Note also, that in the time of the Plague all sower things are very wholesome, and therefore Vinegar is highly commended with all kind of meats, and especially vinegar of Roses, or of Gilloflowers, or of Framboyes. Item, horse radish with Vinegar and Sorrel beaten for sauce, Pomegranates, Saint Johns grapes, or *Ribes vulgaris*, Verjuice, preserved Cherries, conserves of Barberries, and all sirupes that are made of these foresaid things, unripe Grapes dressed with their meat, new Limons and Citrons, those are all very good to be used in time of the Plague.

Item, for all such as have no pain in their eyes, nor ache in the head, are roasted Onions (or the same softened in fair water) passing good: but Garlick above all the rest (being dressed in meats) is wonderful good, and much esteemed for a preservative against this kind of infection. Therefore it is commanded that men dip their bread in Vinegar, where-with the juice of wild Thyme and of Garlick is tempered: also to eat the kernels of two or three Nuts dipped in the same.

And you may use this sauce following with your meat: Take Vinegar and juice of Limons, temper it as you think good with powdered Walnuts, and with a little grated bread, and you may also (if you please) put thereto some Saffron and Cinamom. And you may make a temperature also with Currans and vinegar, flesh broth, Cinamom, poched eggs are also permitted if they be used with verjuice.

Of fruits, all that be sower are onely tolerated. And you may strew this powder following upon the meat; Take prepared pearls one quarter of an ounce, red Coral and fine Bolus, of each half a drachme, Cinamom two drachmes and a half, and then mingle them all together.

The meats that are forbidden to be used for the healthy, are these, to wit, Milk and all that is dressed therewith: all sweet fruits, stewed apples and pears are allowed; muddy or slimy fish are especially prohibited, as Eeles, Tenches, and such like; but such fish as are taken from sandy ground are not bad: old powdered flesh, or salt fish are also suspected. But be it flesh or fish, let the same be alwaies dressed with some sower thing, as with Vinegar, the juice of Limons, Verjuice, and such like.

Or you may use these sauces following; Take the juice of Pimpernel, of Sorrel, Buglosse, of Scabious, of Rue, of Lettice, of Endive, of Baulm, of Elecampane, all together, or some of them, as it pleaseth you, and mingle them with vinegar and bread, as you think good.

Item, Capers with the juice of Limons or of Citrons, is also a healthy sauce to be used. All water fowls, as Ducks, Geese, Hernsewes, and such like, let him not eat; notwithstanding that the Ducks blood is thought to be a preservative against venome.

And for your drink, you must not use any but onely to slack thirst withal, or according as the party hath eaten: the best drink is white cleer and thin Wine (which is not sweet) being tempered with steeled water, or that wherein Gold hath been extinguished. But there can be no better thing then to drink fair fountain water which is tempered with vinegar and Sugar, or water wherein the juice of Pomgranates is mixed. You may also make a drink of Barberries, and Juniper berries, whereof you need to take but now and then a little draught. And you must also note here, that it were not amisse to drink every mealtide a draught of Wormwood or Sage Wine, or instead of them to take a bit of bread that is steeped in the Wine of Elecampane and wine of Zeduary.

These are the ordinances that in the time of the Plague are to be kept and observed in meat and drink, having alwaies a good regard (as we have already said) of the time of the year, of the constitution of the Patient, of his accustomed manner of diet, and so forth, whereby either of the foresaid things may be used or omitted.

How their dwellings ought to be S. 5.

It is also very needful for a preservation against this sicknesse, that the house and all the chambers (as well as the body) be kept neat and cleane. Therefore every household-er ought, if he love the health of himself and his family) to look diligently that his house or place of his dwelling be kept cleane. All tame beasts, and especially swine ought to be kept farre apart from all your dwelling houses. Your house is to have many windowes in it, and that such windowes as do stand towards the West and South must you keep close and shut; but the windowes that be towards the East and North must be opened wide, so that the Plague be not in those quarters neer hand. Warm stoves are very unhail, and especially if they do lie low; but in the chimney it is best to burn dry wood, and most of all Juniper wood, dry Vine branches, Firwood, Ash, Oakes, Cypres wood, Bay-trees, and Rosemary sticks, and that according to the nature of the place where every kind of wood is best to be had, and chiefly the Beech tree for that there is no kind of wood that more taketh away the venomous vapour or infection of the Plague then the Beech tree doth.

Moreover, you must cause the house to be swept wherein you dwell at least twice a day, and be sprinked with vinegar or Rose water, and to smoke it with some of these things following, to wit, with Juniper berries, Hyssop, Marjoram, wild Thyme, Mints, Rosemary, Marjoram gentle, and Basil, with Lavander, Pennyroyal, and apple parings, or such like. And for rich men you may make divers compounded things, whereof we will write at large, which you may use as need shall require.

First there are perfumes which the Apothecaries do call *Ozyletes*: for this must you use Juniper, yellow Saunders, Paradise wood, Frankincense, and Juniper berries, of each 3. drachmes, Amber, Juniper, Gum, *Sandaraca*, and Rosemary flowers, of each one drachme, Nutmegs and Cloves, of each one drachme and a half; pownd them all together to powder, and then put to it of *Laudanum* one ounce, and a half, *Benzoin* and red Storax, of each a quarter of an ounce, black Frankincense three drachmes, Tilly coles that are to be sprinked and moystned with *Aqua viva* being beaten small, half as much as all the rest; afterwards make the mortar and the pestle very warm, and then put therein the *Laudanum* with a little Turpentine, temper them together till they be as soft as dough, and mix then therewith all the foresaid things, and make hereof a strong dough with mollified Dragagant, and roule it one a table that is rubbed over with oyl of Spike, and make the candles as great and as small as you list to have them, making them underneath with three feet that they may stand, and let them dry in the Sun: and when you set those candles in a close chamber to fume, they will for certain expel all the venomous aire of the Plague.

These things following are used for this at Augburch in high Duchland, to wit, *Laudanum* 2. ounces, black and white Frankincense, of each 1. ounce, red Storax half an ounce, *Benzoi* 3. quarters of an ounce, Cloves, Roses, Cinamom, black Coriander, Mastick, *Sandaraca*, Cypres wood, Bayberries, yellow Saunders and Nutmegs, of each one drachme beaten small, liquid Storax 2. ounces, Wax one ounce, Turpentine 2. ounces and a half; burnt wine or *Aqua viva* as much as is needful; the *Laudanum*, Storax, Wax, and Turpentine is to be molten in a warm mortar, and hereof may you make candles as is before taught; if the dough be hard, then make it soft with burnt wine. Another: take Paradise wood, Saffron, Cinamom, Cloves, yellow Saunders, and Roses, of each half a drachme; Mastick, red Storax, and Frankincense, of each a quarter of an ounce; pownd them very small, and then make it up with liquid Storax, into dough, but temper not too many Tilly coles amongst it that the vertue of the other things be not thereby abated, and form them as before.

Or take *Benzoin*, *Gallia Muscata*, red Storax, and roots of Costus, of each half an ounce, *Diptamus*, Tormentil, Citron peels, and Setwal, of each a drach. red and white Behen, of each half a drach: red, yellow, and white Saunders, Roses, of each half a drach: pownd all that is to be pownded melt, the *Laudanum* with Rose water in a warm mortar; and then form candles thereof, as is aforesaid; these candles are special good against the pestilent ayre. But for that the right Costus roots and Behen are ill to be gotten, are these candles but seldome made.

These following are also used: take *Laudanum*, red Storax, Myrrhe and Mastick of
X x each

each a quarter of an ounce, Rosemary leaves, and wild Galangal, and Roses of each half an ounce, Cinamom, Cloves, yellow Saunders, and Nutmegs, of each a drach. Tilly coles moystened with burnt wine, or *Aqua vita*, 4. ounces, then form them as before.

Yet other; take Cypres wood and Juniper, of each half a drach. small beaten Juniper berries (the kernels taken out) Rosemary leaves, and wild Galangal, of each 3 drach. black and white Frankincense, of each half an ounce, *Laudanum* 3. quarters of an ounce, Tilly coles as. aforesaid.

In the stead of these fuming candles, men use to make also cakes of all the foresaid doughes (but onely the coles left out) and in winter time you may use them layd on the coles, or on the hot furnace of your stove.

Item, take yellow Saunders, *Benzoin*, and red Storax, of each a quarter of an ounce, white Frankincense, one drach. Nutmegs and Cloves, of each half a drach. Roses, Coriander, and Sugar, of each a scruple, beat all small to powder, and then mingle them together with Dragagant dissolved in Rose water (as before is taught) in a mortar, and in Sommer then prepare them with fresh Roses, to wit, that each cake be covered with a Rose leaf, and then pressed flat: but if you would have them costlier, then put unto it 4. grains of Musk and, 2 grains of Amber, dissolved in Rose water, and then will they be exceeding pleasant.

These are also usually made at Ausburgh: take *Benzoin* three quarters of an ounce, the rootes of Cypres half a drachme, red Storax, and white Saunders, of each three drach. Cloves and prepared Coriander, of each a drach. Calamus and Frankincense of each half a drach. Musk two graines, white Sugar 6. 3. then make cakes thereof with dissolved Dragagant.

Item, take beaten Cypres and Juniper wood, of each 3. drach. Rosemary flowers and Juniper berries, of each a quarter of an ounce, white and black Frankincense, of each half an ounce, beat them very small, and temper them with as much *Laudanum*, that it cleave together, or with dissolved Dragagant, Turpentine or Storax.

Or take Juniper berries, Bayberries, Roses, Wormwood branches, Mastick, Frankincense, Cardamom, Rue, and Cloves, of each a like quantity; then mix them together with dissolved Dragagant as aforesaid, then lay it on the furnace in your stove.

Here followeth now a very costly water to temper with these kinds of cakes, Candles and Pomanders.

Take good Rose water one pint, Lavander flowers 3. M. Cloves and Cinamom, of each half an ounce, yellow and white Saunders, of each 3. quarters of an ounce, Mace a quarter of an ounce, Roses one M. *Benzoin* and red Storax of each 2. drach. pownd them small, and pour the Rose water thereon, or Muscadell wine, or any other strong wine, eight ounces, *Aqua vita*, one ounce: let it be close stopt one moneth or twain, and so stand in the Sun; afterwards distil it in seething water, stopt very exceeding tight and close, with a helme, and with that which is stilled temper Musk and Amber, and then set it in the Sun again.

This Rose water following is also very excellent for the same, or any such like intent: when you will distil the Roses in common stils, then must you not set them in sand but in ashes, and then put some Roses unto it, and cast on it the powder of Cloves, then lay on it more Roses, and so do till the Stil be full; then put on the helme, and make it tight and close, taking heed of burning. And if you will have it stronger, then put to them more spices, as *Benzoin*, and such like. Lastly, then may you strengthen the savour of the water distilled with Musk and Amber; both of these waters may also be used for other things as is aforesaid. But if you would spare this labour, then may you use the foresaid things, each apart or mixed together (as you please) with hot coles, and so let it savour and fume. In like manner may you prepare these powders following; take *Benzoin*, red Storax, Paradise wood, Musk, Amber, Cloves, Frankincense, Myrrhe, Mastick, and *Gallia Muscata*, which or as many of them as you will; pownd them to powder; for this powder you must omit the coles, the *Laudanum*, and the other dissolved things, the which otherwise are commonly used in the compositions before. Item, take grated or powdered Cypres wood a M. also of prepared Cypres half as much, beaten Rosemary, half as much as of the Cypres, black and white Frankincense, of each half an ounce, Bayberries, sheled clean a quarter of an ounce, being grossly beaten, mingle them well together, and strew a little of it on the coles; for it is a most pleasant savour.

And if you fear that such odoriferous favours were too hot in Sommer, then may you put

put thereto some of the leaves and seeds of Myrtle, also to augment the quantity of Camphire, Sanders and Citron peels: sprinkle it also with vinegar or Rose water. Instead of fire strew the chamber with Rose leaves, and let them be swept out at night, that they be no cause of stench; and before you go to bed you must fume the chamber well.

It is also very meet that you keep lying in the chamber where you sleep, odoriferous Quinces, Citrons, Apples, Pears, Oranges, and such like. When they begin to rot, then must they be had away, and other laid in their places.

Also in Summer you may prepare this powder following: Take Roses, Myrtle seeds, Citron peels, red, yellow, and white Sanders, Sorrel seeds, and wild Vine leaves, of each one drach. and a half, Myrrhe, Paradise wood, Dragagant, and Gum, of each two drach. Camphire a drach. all stamped small, and put them together. You may also make it up into cakes with dissolved Dragagant. If it be in Winter, then take Myrrhe, Paradise wood, Mastick, red Storax, and Frankincense, of each a drach. Cloves, Citron peels, and the roots of Cypres, of each half a drach. Camphire a scrup. *Gallia Muscata* ten grains, Musk and Amber, of each 5. grains; beat them together into a powder. You may also make cakes of it with liquid Storax and Rosewater: if you will put *Laudanum* to it, then make the same warm as aforesaid, and fashion your cakes as big as you will have them. For the common people and for the husbandmen the Bay tree is very good, or if the country yield it, Juniper wood with his berries, and with dry Hen dung fumed: or take powdered Wormwood and Bayberries, of each alike. The rich folks do use to lay also with their clothes odoriferous bags, for which all the powders that are before mentioned for fumes, and hereafter for Pomanders, are very good, excepting the *Laudanum*, the which is not to be powdered, and other more such soft things. This following is very common in *France*; Take Ireos four ounces, Roses two ounces, wild Galangal, Cloves and Marjoram gentle, of each two drach. yellow Saunders, and *Benzoin*, of each 2. ounces, red Storax half an ounce, then mingle them all together, and put them in a bag. If you will you may put thereto Musk and Amber, or Camphire. In the first Part, the 12. Chapter, you have also an especial bag to strengthen the head, as thus; Take Ireos, &c. the which is very commodious for this our purpose. Also you have in the second Chap. and elsewhere, applications for the strengthening of the heart; the which are not onely profitable, but also very necessary for this intent.

What exercise is to be used in the Plague. §. 6.

IN the time of infection the healthy are to exercise themselves moderately, and rather use easie walking then a great pace, that thereby the venemous ayr may not overmuch be drawn into the body, as it happeneth to such as at such times do greatly labour and travel; but when a man abideth in a clean place, void of pestilent ayr, and will exercise his body according to his old accustomed manner, that cannot but be thought passing good.

Of the sleep in this sickness. §. 7.

AT such time as the Plague reigneth, some think that it is better to sleep by day then by night, even seven or eight hours long: first upon the right side being meely well covered, and his head raised high. But seeing the same is not accustomed with us, then must they eat but little in the evening, and sleep the foresaid time of seven or eight hours. But if he could not sleep a nights, then must he about 12. a clock, being two hours after his meal compose himself to sleep. Others counsel to sleep a nights in a chamber that is well fumed, and close shut, but not very long, for that through much sleep the body is too much moistened, the which must alwaies be inclined to drouth as much as possibly may be. They also forbid sleeping by day, and that chiefly in Winter.

Also you must take heed of excessive and overmuch watching, for that greatly dryeth and weakeneth nature.

Of Purging and letting blood. §. 8.

CARE must also be had that the body be not too much bound: and if the going to stool come of it self, it is the better; if not, then must the party be holpen with supposito-ries, and mild Clusters, with Cassie, Manna, sowt Dates, and such like means; whereof we have here and there spoken at large; but especially in the third Part, the 11. Chapter, and §. 20.

Other would have that young cholerick bodies should generally be purged in the summer, and in the beginning of winter, with the foresaid cooling and laxative things, and also with yellow Mirobalans boyled with Plum-porridge: but in the end of Autumne, and in the Winter with stronger medicines, to wit, with Agarick, with Turbith, and with Polipody: but they must be used with great heed and discretion.

Touching letting of blood: When the party is once purged, and above sixteen years old, being full of blood and strong, and without any obstruction of the liver, then may he have a vein opened. In like manner also women, if their terms and flowers be stopped, and if they be without piles in the fundament, then may they in May and in Autumne let blood, and if occasion serveth, once a moneth, to wit, in the Liver vein, or Milt vein, every time three or four ounces, for this taketh away the boyling of the blood and the *Cholera* in the veins. Yet for this infection must sometimes one, sometimes more be opened, but especially that which is fullest of blood.

But great regard must (as hath been said) be taken of the age and weaknesse of the patient: also whether a woman have conceived or not, or whether she have her termes or not, or have the Hemorrhoides or not, with many such circumstances more, that the weaknesse of the party thereby be not augmented.

Above and beside all this must the patient abstain from venery as much as may be.

Of the motions of the mind. §. 9.

NOW concerning the motions of the mind, as sadnesse, fear, sodain motions of the mind, and such like, they do greatly alter and spoyle the blood, whereby it may the sooner receive the pestilent ayr, and anger especially inflameth the heart, like as also doth overmuch gladnesse: notwithstanding moderate gladnesse is most commodious for the heart.

Of bathes and other common causes. §. 10.

AT such times take heed of bathing, for that thereby is the body moistened, the pores opened, and all the members made the readier to receive the infection of the Plague.

It is therefore very ill done (yea a temptation of God) in the time of the plague to frequent common bathing houses, for that the Plague can by no means be sooner gotten, by reason that as well the pores of the infected as the sound are opened, whereby the venomous vapour of the infected is let forth, and may easily be received of the healthy: wherefore it is much better (as the custome of the countrey is) to refrain wholly from bathing.

In like manner it is not good at such times to wash the head, for thereby are the vital spirits weakened, but onely to comb their heads with an Ivory comb.

But the hands must often be washt, sometimes with Wine, and otherwhiles with vinegar, and especially with Rose vinegar.

How one shall govern himself without doores. §. 11.

IT is very good that at this time every man observe a good diet within doores, and not accompany himself with many men, for amongst many are as well those that be infected, as those that are healthy, whereby the diseased infect the healthy with their breath: but for that it is impossible to forbear it, by reason that every man hath businesse with others, it is therefore best that every one defend himself from all ill ayres. Wherefore first we counsel the common sort, and men of occupation (which cannot bear greater charge) to observe the rules following: to wit, that he in the morning betimes before he go abroad, or settle himself to work, take 3. or 4. dry Figgs, 3. or 4. kernels of Nuts, and 15. or 16. leaves of Rue, with a little salt. This composition or medicine is so sure and approved, that men have used the same every where for all manner of Plagues three hundred years before the birth of Christ, and the same was found out by K. *Mithridates* that waged wars with the *Romans*. Some adde to it a few Almonds, and make it to a confection with clarified Hony. It is also passing good for all such as be not afraid of the bitternesse, that they use in the morning fasting a peece of the root of Gentian, and especially when he hath used of the premises. Other do also give counsel to eat but one Fig and one Nut kernel, but it is too little for a full grown person, for children it will suffice.

It

It is also very good before the going forth in the morning to break ones fast, and thereupon to take a little Unicorns horn, Tormentil, Gentian, Angelica, Diptamus, Citron peels, or a bit of Zeduary, and hold it in your mouth: or to wash the mouth with Vinegar wherein Wormwood hath been decocted.

For this also confected Calamus is much commended, taken before the going out into the air, for it hath an especial vertue against all venemous air. Also some do counsel not to go out of doors before that the mouth and nostrils be cleansed with wine wherein Treacle is mixed.

The composition following is commended for an especial preservation if inunction be made with it: Take the juyce of Garlick and Rose vinegar, of each one ounce and a half, Treacle three quarters of an ounce, Bevercod two drachmes, mix them together, and therewith anoint the mouth, lips, and nose.

Some do use this salve following, therewith to anoint the heart before they go out of the house, the which is not good only for the healthy, but for all such as are already infected; take Treacle three quarters of an ounce, Saffron and Camphire, of each ten grains, the juyce of Lemons and Vinegar, of each a like much, or as much as is needful to make a salve.

Or in the stead of these, he may wear the cordial shield which is described not long since with the cordial bag in this manner: Take Burrage, &c. It is also very good to wear gold rings wherein are set precious stones, as Rubies, Carbuncles, Saphires and Jacincts, both within the house and without doors.

It is also much forbidden that any stir out of doores before the Sun rising, as also before the going down thereof to repair and keep himself in his perfumed house or chamber.

Further, is very good to carry some odoriferous thing in their hands, when one must deal with other folk, that through this pleasant smell the brains and the heart may be comforted and defended from all pestilent and contagious vapours.

It is also not amisse for the common people that they carry in their hand a little box of Juniper made full of holes, wherein a little sponge moistened with vinegar and Rosewater, and strewed with the powder of Cloves, be held in the hand all the Sommer time, whereunto also some leaves of Rue may be added daily refreshing them, and that they continually smell to the same. In this manner also maist thou hold some fruits in thine hand, as Apples, Pears, Quinces, Orenge, and such like; but if it be in winter, then take Marjoram gentle, Rue, Balm, *Valeriana*, Juniper berries, or some other thing steeped in vinegar, put it into thy box, and use it as is aforesaid. Also thou maiest bestrew thy moist sponge with Saunders, Camphire, and Saffron, Paradise wood, Cloves, or Ireos. But the rich and able folk do use *Poma Ambra*, which we call Pomanders, whereof there are made many sorts, as here may appear.

Yet men must note here that all such strong odours, whereas there is any pain of the head proceeding either of heat or cold, then are they neither so good nor so often to be used, but in such sort as hereafter followeth, whereby the same pain as it often falleth out, be not augmented: and women must beware of these smels, and especially those that are vexed with the suffocation of the Mother. And if it be in winter, and the patient be cold of complexion, then are you to prepare these Pomanders: Take *Gallia Muscata*, Roses, Cloves, Zeduary, Mace, Nutmegs, and Paradise wood, of each one drachme, Saffron a scruple, red Storax a drach. and a half, *Ambra* and *Muscus*, of each 5. grains, pownd them all together except the two last, and then make hereof with prepared Dragagant a Pomander, even as is taught in the first Part and the 2. Chapter.

Item, take yellow Saunders a quarter of an ounce, Paradise wood a drachme and a half, Roses, Cloves, Zeduary, Mace, and Nutmegs, of each half a drach. Cloves, Cardamom, Coriander, and black Coriander, of each a drach. all of them beaten to fine powder, *Laudanum* one ounce, *Benzoin* half an ounce, dissolve them with Rosewater and make thereof an odoriferous Apple or Pomander: and if then you put thereto Musk and Amber, it is at your choyse and pleasure. This Pomander is special good against a bad foggy ayr, and this following may also be used in winter: Take *Laudanum*, and red Storax, of each half an ounce, Cloves and Cinamom, of each a drachme and a half, Nutmegs, yellow Saunders, Roses, Basil, and yellow Amber, of each half a drachme, pownd them all together, but dissolve the *Laudanum* in warm Rosewater, and then make thereof a Pomander. Also the mortar (wherein these things have been tempered) must be wiped about with a little kemmed sheeps wool, and then wrap the Pomander therein, afterwards bind it up in red Sarsnet; and then they will keep their scent the longer.

Another: take clean *Laudanum* half an ounce, *Benzoin*, a quarter of an ounce, red Storax, 3. drach. Paradise wood, yellow Saunders, white Frankincense, and yellow Amber, of each a drach. Rosemary flowers, Marjoram gentle, garden Mints, and Basil of each half a drach. Cloves, Nutmegs, Cardamom, Cucubes and Coriander, of each a drach. temper them all together, and form it into a Pomander with a little liquid Storax, and at the last put a little Musk and Amber unto it.

But if it be in the Sommer, or that person be of a hot complexion: then take water Lillie flowers, Mints, Violets, wild Vine leaves, Roses, Myrtle seed, white and yellow Saunders, Citron peels, dried Quinces, dried Prunes, of each half a drachme, Saffron and Camphir, of each a scruple, *Gallie Muscata* 10. grains, make them up to into a Pomander, with vinegar wherein fine Bolus is dissolved: with this mayst thou also use vinegar and Rosewater.

Item, take Roses, Violets, Buglosse, and Burrage flowers, of each half a drach. yellow and white Saunders, of each 1. drach. Ireos 3. drach. Balm, Citron shels, of each 2. drach. dissolved *Laudanum*, scant as much that it may be tempered with the rest and made up into a pomander with Dragagant dissolved in Rosewater, and at the last add a little Musk. There are also divers pomanders prepared that are good at all times: amongst which first these 4. following are to be used in the time of the plague.

Take Roses a quarter of an ounce, red and white Saunders, of each a drach. and a half, Camphir one scruple, *Ambra* half a drach. Musk 4. grains, Paradise wood two scruples, Citron peels half a drach. Cinamom, Mace, and Nutmegs, of each a scruple, red Storax half an ounce, *Laudanum* one ounce, beat them very small, but dissolve the *Laudanum* with Liquid Storax, and then make thereof a pomander.

Another: take Roses, Violets, and flowers of Buglosse, of each 2. scruples, Myrrhe, Calamus, Nutmegs, Spica of Indy, *Sandaraca* and Mastick of each a scruple, Musk and Amber, of each half a scruple, red, white, and yellow Saunders, of each a drach. Roses 3. drach. juyce of Purslain and of Oranges, of each 4. ounces, water Lillies, and parched Coriander, of each one quarter of an ounce, red coral and burnt Ivory, of each half a drachme, syrup of Citrons, and fine Bolus, of each half an ounce, Sealed earth a quarter of an ounce, pownd all that are to be pownded except the Amber and Musk, set them in the Sun in a close stopped pot, or on a warm furnace until all the juyce be dried in, afterwards take 4. ounces of *Laudanum*, that is dissolved in Rosewater and vinegar, and Turpentine washed in Rosewater as much as is needful for a masse, and hereof make them Pomanders. Item, take Roses, Cloves, Mace, Spica of Indy, water Lilly flowers, Violets, Marjoram, Alarabacca and Stechas, of each half a scruple, red and white Saunders, red and white Coral, the seeds and peels of Citrons and Cucubes, of each 15. graines, Saffron, *Ambra*, of each one scruple, Camphir, Frankincense, mastick, fine Bolus and sandaraca, of each half a scruple, Paradise wood one drach. *Muscus* 3. grains, *Specierum Cordialium* half a drach. *Laudanum* 1 ounce and a half, dissolve it in Rose water, and with the rest make a Pomander. Yet another, at all furnished Apothecaries you may find divers preparatives of Pomanders so that thou needest to add nothing but Musk and Amber, of the which we will describe 4. sundry sorts.

Take *Laudanum* three ounces, red Storax 3. drach. Marjoram gentle, Roses, Camphire, red, white, and yellow Saunders, of each a drach. and a half, Cinamom, Nutmegs, Cloves and Mace, of each a drach. Paradise wood 2. scruples, dissolve the *Laudanum* (as is aforesaid) and then make thereof Pomanders, until such time as you would add some other thing to it. The second is made as followeth: take *Laudanum* and *Benzoin*, of each three drach. Paradise wood, and Cinamom, of each a drach. and a half, Cloves, Nutmegs, and Cucubes, of each half a drach. red, white, and yellow Saunders of each a drach. Saffron a scruple, pownd all that is to be pownded, and form thereof a Pomander as before, and if you list you may prepare it with *Muscus*, *Ambra*, and Camphir.

Thirdly, take red Storax, and flowers of Buglosse, of each 2. scruples, Cloves 1. drach. white and red Behen, of each a scruple, Paradise wood, 2. scrup. Myrrh, Calamus, Nutmegs, Ssica of Indy, Frankincense, Juniper gum, and Mastick, of each half a drach. red yellow, and white Saunders of each a drach. Roses 3. drach. Coriander a drach. and a half, make it up as aforesaid. Fourthly, take Roses 2. drach. yellow and red Saunders, of each a drach. and a half, a scruple of Camphir, Amber half a scruple, *Muscus* 4. graines Paradise wood 2. scruples, Citron peels half a drach. Cinamom, Mace, and Nutmegs, of each a drach. red Storax half an ounce, *Laudanum* an ounce, afterwards make a Pomander, thereof as before.

Some take an ounce of pure *Laudanum*, and cut the same as small as may be, and mix therewith powned Citron peels and their seeds, of each a drach. Saffron and Camphire, of each half a drach. and tye them all together in a peece of safenet, or if you will you may make a pomander of it, tempering it with the juyce of Basil.

Preservativa, or preservatives that defend men from the Plague. §. 12.

THere are divers things that men (being in health) may use in the time of the Plague, whereby they be not so soone infected of other men, for the which first of all these simples are for the most part good, to wit, Citron seeds, Scabious, Pimpernel the great, Rue, Valerian, Cicory, Sorrel, and both their waters, Elecampane, Diptamus, Gentian, Tormentil, Carduus Benedictus, Angellca, and Bayberries, one of these things holden in the mouth, taken in powder, or drunken, are all especial good against the Plague, and they may be used in many other compositions, as may be seen by these following. All famous Physitians do for this sicknesse counsel, first, that men should speedily fly far from the contagious places, and return back again with leysure; for he that is a far off from the Plague, shall not be infected therewith, even as no man is slain in the wars, that is not present there. Also it is to be noted (as hath been already said) that men ought to be loose bodied, and freed from all superfluous humidities and uncleannesse. Therefore those that are above the age of 11. yeares, are to be oftentimes purged with these common pills hereafter described. Also care must be taken that the heart and all other principal parts of the body be comforted and kept dry, which may be done by the right Bole armoniack. In like manner also with Mithridate and Treacle, if that every week, or at the Least every 10. dayes a drach. in weight be taken with the water of Sorrell, sweating after it: and keeping within doores all the day after.

Here is also to be noted, when any one would take of this Treacle or Mithridate, than he have eaten nothing afore, nor eat any thing afterwards in 5. or 6. hours. But amongst all other medicines and preservatives, these last beforementioned pills beare the prick and price, which are to be had at the Apothecaries, called *Pestilenciales Ruffi*, *Communes*, *de Tribus*, and *sine Cura*, which the principal Physitians have described and commended so highly, that it hath never been seen that such as used the same orderly were killed of the Plague, which also any one may at all times, be the person young or old, use without any danger: for like as it is with a pot beginning to seeth, it casteth up scum, and is cleansed through scumming, even so do these pills take away all superfluities and uncleannesse, which is gathered together about the principal parts, and preserve the blood from all kinds of putrifactions. These pills are made in this sort: take Aloe one ounce, Myrrhe and Saffron, of each half an ounce, beat them all together with good pleasant wine, hereof are you to take every week a drach, or every third day three pills as big as a great Pease, and thereupon drink a pretty draught of white wine that is delayed with Rosewater for with Sorrel water, yet ought women with child to abstain from them. These pills are of great force in time of the Plague, and do also drive out all superfluities of the stomach.

Others take Aloe 3. quarters of an ounce, Myrthe 3. drach. Saffron 1. drach. Rubarb a quarter of an ounce, prepared *Agaricus* 1. drach. Cloves, Citron seeds, and the peels, and Spica of Indy, of each a scruple. Tormentil and red Saunders, of each a drach. and a half, fine Bolus 3. drach. Camphire 10. graines, pownd them well all together, and make pills hereof with the syrup of Citrons.

Item, take the juyce of Sorrel, the juyce of Buglosse, and of Cicorie, of each 2. ounces, fine Bolus 1. ounce, mix them all together, and stir them often in 24. hours, afterwards add these things following. Aloe 3. ounces, Camphire 2. scruples, Saphires, Jacincts, and Smaragdes, of each half a scruple, Pearles 1. drach. Citron seeds a quarter of an ounce, Paradise wood, Basil seed, Amber, red Coral, and Zeduary, of each 8. graines, Roses, Violets, Sorrel seed, Burrage flowers, and flowers of Buglosse, of each half a scruple, stamp them all together, and mingle it well, and afterwards let it in the Sun or in any other warm place till all the juyce be dried away. This being done, then pour more juyce thereon again, and do so 3. times. Now when you desire to use hereof, then make 7. pills of one drach, with some *Aqua composita*, and take hereof every morning or evening one pill, and that before meales.

These following are also highly commended: take of the common Plague pills (that

are herebefore described 4. scruples prepared Agaricus half a drach. Zeduary and Angelica of each 1. drach. Rubarb 1. scruple. *Trochiscorum Albandali* 5. graines, then make pills hereof, with water of *Carduus Benectus*: take of these pills 1. drach. once a week 3. hours after supper, and in the morning drink a good draught of the decoction of Pease, and eat somewhat 3. hours after.

Some use these pills following: take Aloe and Agaricus of each one drach. Myrrhe and fine Bolus, of each a quarter of an ounce, Saffron a drach. then make pills hereof with Baulm water, or water of Buglosse, and so use them as hath been said.

These pills following do not purge, but defend the heart and all inward parts from all bad infections: take Paradise wood half a drach. burnt Harts horn two scruples, red Saunders one drachme, Tormentil, Citron seed, *Terra sigillata*, and red Coral, of each half a scruple, Sorrell seeds, Diptamus, and Zeduary, of each a scruple, fine Bolus three drachmes, *Species de gemmis frigidis* a drachme and a half, Lignum Balsami half a drachme, Camphire four graines; then make hereof pills with syrup of Citrons, or with the juyce, of Ribes.

These following are yet more forcible; take Paradise wood half a drach. Tormentil, 2. scruples, Diptamus 1. scruple, Zeduary, and *Lignum Balsami*, of each half a drachme, Saffron one scruple, Cloves 5. graines, Vervein half a drach. burnt Harts horn 2. scruples, red Saunders 1. scruple, red Coral and Sorrell seeds, of each half a drach. fine Bolus three ounces, *Species de gemmis frigidis* 3. drach. Camphire 4. graines, make pills thereof with syrup of Citrons, or with the juyce of Ribes.

Others that are good for the heart: take Citron seeds 2. drach. Jacincts, Smaragdes, Doronicum, and bones of a Stags heart, of each 1. scruple, Zeduary, wood of Paradise, of each 2. scruples, the rootes of five leaved grass, or Cinquefoile, of each a quarter of an ounce; then make pills hereof with the syrup of Citrons.

Of all these foresaid pills may be used which you please, and when you please, therewith to comfort the heart, and defend it from all ill ayre.

There are also divers confections prepared for preservatives, that you may use instead of pills, to wit, morning and evening, whereby nature is ayded, thereby the better to withstand the pestilent ayre.

For these: take *Terra Sigillata*, white Diptamus, fine Bolus, Myrrhe, Wormwood, Rue, Scabious, Pimpernel, Sorrell, and Zeduary, of each a drachme, Aristology, Tormentil, and Bayberries, of each a drachme and a half, 5. or 6. kernels of Walnuts, ten or twelve new Figs, Mithridate and Treacle, of each one ounce, Saffron and Camphire, of each a scruple, Unicornes horn, prepared Pearles, bones of a Stags heart, burnt Harts horn, and Smaragds of each one drach. and a half, peeled seeds of Citrons half an ounce, Mace one drachme: pownd all that is to be pownded, and then temper all together with syrup of Citrons, to the consistence of a confection. This confection killeth all venom of the Plague, and preserveth men very marvellously from her infections, if they take thereof in the morning and evening, to wit, in winter time with a draught of Malmsey, and in Sommer with Rose water. But if you have not these confections, then use that of Nuts and Rue, that herebefore is described in the 11. §.

Another confection that is most excellent: take Juniper berries, Cloves, Elecampane rootes, and Nutmegs, of each one drach. Aristology, and Gentian, of each 3. quarters of an ounce, Purslaine and Sorrell seeds, *Doronicum*, red and white Behen, *Spodium de Cannia*, bones of a Stags heart, Paradise wood, red and white Coral, shavings of Ivory, Bayberries, Mastick and Rue, of each 2. scruples, Figs, Raisins, and Dates, of each one ounce, Saffron two scruples, Cinamom and Licorice, of each half an ounce, Tormentil, and rootes of Avence, of each three drachmes, white Diptamus, Almonds, Pingles, peeled Melon seed, Gourd seeds, Citrus seeds, and peeled Cucumber seeds, of each one ounce, prepared Agaricus three quarters of an ounce, the root of *Pencedanus*, *Terra sigillata terra S. Pauli*, and fine Bolus, of each two drach. Mommy and Zeduary, of each one drach. Camphire, half a drach. *Species Diatriasantalium*, and Diarrhodon, of each two drach. Citron peels, Smaragdes, of each a drach. Muscus, a scruple, Treacle, *Diateffaron* and *Mithridatum*, of each an ounce, pownd all that is to be pownded, and hereof make a confection with syrup of Citrons. Item, take conserve of Roses, of Violets, of Burrage and of Buglosse, of each half an ounce, Smaragdes, Jacincts, and Pearles, of each one drachme, bones of a Stags heart, field Gold, Citron seeds, fine Bolus, and sealed Earth, of each half a drach. pownd all that is to be pownded, and then make thereof a confection with syrup of Citrons.

Another;

Another ; take conserve of Roses, of Buglosse, of each an ounce, and half, *Doronicum*, bones of a Stags heart, Jacincts, Smaragdes, Saphirs, of each half a scruple, yellow Saunders, Cinquefoil and Paradise wood of each 3. drach. Sugar one ounce, wine of Granada, and syrup of Limons, of each half an ounce, 10. or 12. gold leaves; then mingle all together to the consistence of a confection.

Another that is very good and approved : take Conserve of Roses, of Buglosse, and of Burrage, of each six ounces, *Doronicum*, Zeduary, Basil seed, Mace, Saffron, and Adiantum, of each one drach. bones of a Stags heart, Jacincts, Smaragdes, and Saphires, of each a scruple, Pearles one drach. 6. leaves of beaten gold, syrup of Apples, and of Citron peels, of each 2. ounces, Violet water three quarters of an ounce, white Sugar four ounces ; seeth the syrup and Sugar with water enough, till it be as thick as Hony, and afterwards temper the spices therewith ; then beat it well together, and put thereto Rubarb one quarter of an ounce, that hath been steeped 24. hours in Malmsey ; Lastly add thereto Musk and Amber, of each 4. grains ; this being done, mingle them all together, and keep it safe (being well stoppt) in a glasse.

Item, take Mithridate and Treacle, (that at the least is 10. yeares old) of each half an ounce, Citron seed, and fine Bolus of each half a drach. Rose water, (with the which *Muscus* is dissolved) as much as is needful for a confection ; hereof may you use every day 1. drachme.

All that are sound and whole, as also those that are infected, may use the weight of a quarter of an ounce of this confection following, morning and evening, without any danger ; take Jacincts, Granadoes, Smaragdes, Saphires, Pearles, bones of a Stags heart, and Paradise wood, of each half a drach. red and white Saunders, red and white Coral, burnt Ivory, Tormentil, fine Bolus *Terra sigillata*, Camphire, and small field gold, of each one scruple, beat them all together very small and then take Sugar six ounces, that is sodden with Rosewater to a syrup, then temper it so thick as you will have it, with syrup of Citrons. Men may use also otherwhiles in stead of this confection, two or three dayes together of this drink following, which is also a wonderful preservative against the Plague, and may be used as well of young as of old folk, yea also of young children, and women with child ; take fine Bolus a drach. and a half, beat it to fine powder, and drink it with white wine and Rosewater, very warm in the morning ; and eight dayes after you must take a drach. of Treacle or Mithridate, in the winter with wine, and in the Sommer with Rose water.

These foresaid medicines are not good against the Plague to come, but also against that that hath already infected.

And forasmuch as those foresaid confections are made of many costly things that may be too deare for the common people ; for this cause have we of purpose described the the confection of Nuts and Rue, which they may use in stead of these. Or take the kernels of Nuts, Rue, and Juniper leaves, of each a like quantity, pownd them all well together, and with vinegar make thereof a confection, whereof every morning you may take the bignesse of a Nutmeg.

In like manner may one also prepare this following ; take 28. or 30. Nut kernels, and 40. or 42. Figs, Wormwood, Rue, Scabious, and Sorrel of each half a M. Aristology 2. drachmes and a half, Tormentil, Pimpernel, and white Diptamus, of each one drach. fine Bolus half a drachme, red and white Coral, Sorrel seeds, of each half a drach. Citron seeds one drachme, Juniper berries three drachmes, chop and stamp all that must be stampd, and hereof with clarified Hony make a confection ; hereof may one take at one time the bignesse of a Walnut.

Also make another, which is called the confection of Juniper berries as followeth ; take Nut kernels, Juniper berries, of each two ounces, beat them well together, put thereto 4. ounces of clarified Hony, and temper with it, Cinamom, Ginger, Mace and Cloves, of each a drachme, white Diptamus, Tormentil, Zeduary, Citron peels, Rue, *Carduus Benedictus*, and Saint Johns woort, of each a quarter of an ounce, Cardamom, Paradise wood, black Coriander, *Angelica*, white and red Behen, fine Bolus, and sealed Earth, of each a drachme, then mingle them all together. If the quantity of Nut kernels, Juniper berries, and hony be too little, then may you take twice so much. And for the common sort it is also excellent good, that every morning he do take eight or ten Juniper berries that have been steeped in vinegar.

Now follow certain powders that preserve men from the Plague ; but (as hath been

said before) great regard is to be taken in time of the Plague, that the heart may be defended from all pestilent infections as much as is possible. To the end are all the above-said medicines, as many powders, confections, cordial waters, and other such like as hereafter follow prescribed: Take Rubies, Granats, Jacincts, Smaragdes, and Saphires, of each half an ounce, white and red Coral, and shavings of Ivory, of each 3. quarters of an ounce, shaven Harts horn, and Sorrel seeds, of each half an ounce, prepared Pearles a quarter of an ounce, Saffron ten grains, beaten gold four leaves; mingle them all together.

Item, take prepared Rubies, Saphires, Jacincts, Emrodes, and Pearles, of each half a drach. red Coral, burnt Ivory, shaven Ivory, Unicorns horn, Diptamus, Zeduary, Cinamom, and Tormentil of each 2. scruples, Doronicum, Aristologie, red, white and yellow Saunders, Citron peels, and Sorrel seeds, of each half a drach. Saffron 2. scruples, white Amber one scruple, red and white Behen, of each two scruples and a half, Sugar, six ounces, and a half: mingle them all together, and then take half an ounce thereof every time.

These following do the Apothecaries call Species liberantes, that are very much esteemed, and much used at Aausburg, by reason they defend the heart and all inward parts very marvellously against all venomous ayre; they are made in this manner; take prepared Bolus and sealed Earth, of each 3. quarters of an ounce, Tormentil, Sorrel seed, seed of Endive, peeled seeds of Citron, and prepared Coriander, of each 3. drach. red, white, and yellow Saunders, prepared Pearles, red and white Coral, yellow Amber, shaven Ivory, bones of a Stags heart, (that hath been steeped a while in Rosewater) red and white Behen, Doronicum, Cardamom, Mace, Paradise wood, Cinamom, Saffron, Zeduary, and Cassie wood of each a drach. Emrodes, Saphires, Granates, and silk Wormes nests, chopped as small as may be) of each a scruple, Camphire, 14. grains, Musk, and Amber of each six grains, Sugarcandie, and Sugar pennets, of each a quarter of an ounce beat all very small, and mingle it together; ye shall give one drach. of this powder in the Winter with wine, and in Sommer with Sorrel water.

The Emperours powder against the Plague: take Pimpernel, Gentian, Tormentil, Dragon, Rue, Wormwood, Nut kernels, prepared Granats, and Juniper berries, of each a like much: make them into powder, and use it upon a tosted peece of bread. If you will make a confection of this powder, then put thereto Rose vinegar, and Treacle, as much as shall suffice.

Another powder: take fine prepared Bolus 1. ounce and a half, Cinamom 1. ounce, Tormentil, and white Diptamus of each half an ounce, Pimpernel, Angelica, and Gentian, of each a quarter of an ounce, prepared Coriander 3. drach. Saffron, Sealed earth, Citron peels, red and white Behen, red Coral, yellow Saunders, shaven Ivory, and prepared Pearles, of each a quarter of an ounce, burnt Ivory, Paradise wood, and bones of a Stags heart, of each 2. scruples, Granates, Saphires, Jacincts, Emrodes, and Rubies, of each half a drach. Spike, of Indy 3. grains, Amber 6. grains, Musk 2. grains, Camphir 6. grains, Sugar as much as all the rest do weigh; temper then well together and make them into a subtil powder, and use it as before.

Another like unto this; take fine Bolus very small beaten 2. ounces, Tormentil, Doronicum, Diptamus, and red Saunders, of each one drach. shaven Ivory, burnt Ivory, and Citron peels, of each half a drach. Pearles 2. scruples, Rubies, Emrodes, Granates, Saphires and Jacincts, of each one scruple, bone of a Stags heart a drach. Unicorns horn, half a scruple: temper them together and give half a drach. hereof at once. You may if you will put Sugar unto it.

Item; take Citron seeds, and Sorrel seeds, of each 2. drach. Diptamus, Gentian, and Tormentil, of each 2. drach. and a half, fine Bolus, and Cinamom of each 1. ounce, Pearls, Saphires, and bones of a Stags heart, of each one drach. red, white, and yellow Saunders, and small Basil seeds, of each a drach. and a half, make powder thereof. But if you will make a confection of it, then take an ounce and a half of the foresaid powder, and twelve ounces of Sugar; and when you have taken of it, then drink a draught of Sorrel water after it.

Montagnana writeth, that he never saw any that ever dyed of the Plague, which diligently used this medicine.

Of all these foresaid powders may also Manus Christi, or Sugar cakes be made. The common

common custome is to take one ounce and a half of powder, and 12. ounces of Sugar.

When the Arch Duke *Maximilian* that now is Emperour of Rome, took his journey into Spain, then was this powder following ordained for him as a preservative against all bad air: take Zeduary, Cloves, Nutmegs, Myrtle kernels, Cinamom, and Ginger, of each a quarter of an ounce, Gentian, Diptamus, Tormentil, Elecampane roots, and Aristologie, of each a drachme and a half, Nutmegs, Sage, Rue, Balm, Piony seeds, Citron seeds, Sorrel seeds, Basil seeds, Bayberries, Mastick, *Doronicum*, Frankincense, fine Bolus, sealed earth, and burnt Ivory, of each half a drachme, bones of a Stags hart, red Coral, and Pearls, of each one scruple, conserve of Buglosse, and of Burrage, of each 3. ss. Rosewater and Scabious water, of each three ounces; then mix with them ten grains of Camphire, and boil them with 28. ounces of white Sugar to the consistence of a confection: and when the same beginneth to be cold, then temper the species with it, and so make *Mannus Christi* of it.

These Sugar cakes following are very common at *Heydelborough* in high Germanie: Take Species *Diamargariton* a quarter of an ounce, *Liberantes* 4. scruples, Zeduary, and Citron peels, of each one drachme, *Doronicum*, *Angelica*, and Pimpernel, of each half a drachme, Couchenele two scruples, Cinamom a drachme and a half, Cloves one drachme, Unicorns horn half a drachme, Smaragdes ten grains *Muscus*, two grains, beaten gold 3. leaves, white Sugar 9. ounces; dissolve the Sugar in water wherein red crimson, silk is sodden, and make hereof *Mannus Christi*.

This following do the Physitians call *Alexipharumacum*, that is, such a medicine that can expel all manner of venome, and whatsoever else is hurtful to the body: Take Salad oyl of one hundred years old or more, and if you cannot get such oyl, then boyl it until it waxeth eager and sharpish, 30 ounces, Turpentine 3. ounces, *Euphorbium*, and Bevercod, of each half a drachme, dew or rain Worms (washed in wine) half an ounce; afterwards put therein 80. or 90. Scorpions, and in the Dog dayes take the Adder that is called *Vipera* cut in in pieces, and let the oyl seethe in boyling water the space of four hours, afterwards set it ten dayes in the hot Sun. This being all done, add to it Zeduary, Gentian, Tormentil, white *Diptamus*, Aristologie, and Rubarb, of each half an ounce, Hollihock leaves, St Johns wort, and Daneweed, and Rosemary of each half a handful, Treacle and Mithridate, of each half an ounce, then pownd all that is to be pownded, and temper them together; and then being close stopt, bury it in horse dung for the space of 3. moneths. Lastly, presse it through a strong strainer, and all that you can get out shall reserve in a pelter bottel.

This medicine must be used in manner as followeth: to wit, that you take it cold, and not warm. It sufficeth also to anoint the heart, the pulses, and the temples of the head but thrice a day, leaving two hours onely between every inunction.

At Pisa is a custome that the Magistrates every year give to the University two prisoners that have deserved death for to Anatomize, which is a good means to prove this medicine. When as they give unto one of these prisoners one scruple of Rats-bane, and 8. hours before his death anoint him with this salve as is aforesaid; then find they indeed that such men might afterwards live 5. dayes longer. These foresaid receipts have been of others described but falsly.

This mixture following is highly commended to anoint withal: Take Amber half a drachme, Annis seed half a scruple, Paradise wood, Laudanum, red and white Behen, of each a quarter of an ounce, Mace, and Citron peels, of each two drachmes and a half Nutmegs, white Coral, red and white Saunders, of each one drachme, beaten Gold six leaves, Basil water, water of Saffron flowers, and Rose water wherein Musk is dissolved, of each 5. ounces, Vinegar two spoonfuls, Malmsey two ounces; temper them well together a great while, and anoint oftentimes the pulses therewith, the temples of the head and the face, and reserve it being stopt very close.

In Saxonie they have a salt of Wormwood called *Sal Absynthii*, which will free and defend men from the plague without any further care.

We will also here describe certain drinks against the plague: First, it is not unknown what power there is in the compounded Aqua vitae against the plague, and against all venomes, as is sufficiently rehearsed in the eight Part.

An approved water: Take Tormentil, Valerian, Pimpernel, Dragon, Diptamus, Sealed earth, fine Bolus, dry Vinegar dregs, and long Pepper, of each half an ounce, Saffron a drachm, Amber half a drachm, Treacle one ounce, *Nux vomica*, and *Carduus Benedictus*, of each

each three quarters of an ounce; pound them all small together, and pour as much thin white wine upon them as you please; let it so stand 4. dayes, and of this drink a spoonful at once, sweat upon it, and fast five hours after it.

For the common people you may prepare this following; Take Valerian, the roots of great Burres, *Bardana*, *Diptamus* of Candy, Gentian, *Bistorta*, Tormentil, and Pimpernel, of each alike much: beat all together grossly, and pour Aqua vitæ upon it as much as will cover it; infolate it 14. dayes long, stirring it about every day. This being done, then must you not take above a spoonful of it at once. Also you may distil it, and use it by it self: but by my counsel this should not be used in Summer.

This drink following hath been approved of many thousands: Take in May the roots of great Burs, called *Bardana* 16. ounces, of the middle rind of the Ash tree two M. chop it small together and distil it: give of this water to drink 3. or 4. ounces, to wit, when he is thought to be infected of the Plague: it is also wonderful good against all byting of mad Dogs.

Another: Take Rue, Wormwood, Roses, and Juniper berries, of each a handful, 20. or 25. kernels of Nuts; stamp these all together to pap, pour wine and vinegar thereon of each one pint and stop it tight: then let it see the in *Balneo* four and twenty hours: this being done, then strain it, and of this give every morning fasting two spoonfuls to drink. Item, take 15. or 16. heads of Leeks, peel off the uppermost shales, and stamp them small, and afterwards mix thin white wine with them, and vinegar of Rue, of each a good pint or a pint and a half, and good Treacle one ounce, and keep it close stopt in a glasse. And when you will use it, then give thereof a spoonful or twain to drink in the morning betimes. It driveth out sweat, and expelleth venomous air. This sirup following is highly commended: Take Citron peels, roots of Capers, Vervein, red Saunders, and burnt Ivory, of each a quarter of an ounce, Cloves, Buglosse, Balm, Burrage, Calamus of each half an ounce, Sorrel, Liverwort, and Mallows, of each three drach. Cicory seeds, Melon seeds, seeds of Pompeons, Gourds, of Cucumbers, and Violets, of each two ounces, *Thymus*, *Epithymus*, *Of* Polipody, *Mirebalani*, *Chebuli*, and yellow Mirebalanes, of each one ounce, *Agaricus* and Rubarb, of each half an ounce, the juyce of Fumitory, of Wormwood, of Daneweed, and of broad Plantain, of each six ounces, the juyce of Quinces 18. ounces, *Diagridium* a quarter of an ounce, white Sugar 24. ounces; make hereof a sirup: and when it is almost sufficiently decocted, then pour thereto 4. ounces of the juyce of Quinces, and then let it boyl till his consistence. This sirup is marvellous good in the time of the Plague; for it drieth the body moderately, and cleanseth also the same of all superfluous humours; it strengtheneth the heart, the liver, and also the inward parts; you may take of it one ounce and a half, or two ounces every week with the water of Buglosse, early in the morning, and then to sleep thereupon a while, or at the least to lye still an hour after it.

Hitherto have we described many medicines, whereby the healthy (in time of the plague) may be preserved. All these things must be used in good order, like as these medicines following also, to wit, that you use sometimes the one, and sometimes the other, and not alwayes one, and the self same, that nature not accustome her self to it, and in the end do think the remedy to be rather a food than a medicine, so that it by that means cannot have her operation.

The sixteenth Chapter.

When any are infected with the Plague.

NOW this Chapter shall onely intreate of those that are already infected with the Plague, be it by what means soever they have first gotten the same; as with Agues, swellings, plague fore, or such like.

Of the Ague in the Plague. §. 1.

THE Plague commonly cometh alwayes first with an ague, whereupon presently followeth the Tokens or Carbuncles.

Of the causes of these twain hath been spoken before; whereby it hath also been said, that

that in time of heat, as in the dogge daies (when the heat of man is drawn inward) that the heart as then is inflamed through an unnatural manner of heat: then also the outward ayre (wherein we continually abide) increaseth the heat, and the heart is so set on fire, that the heat spreadeth over the whole body, and thereby quickly causeth a pestilent Ague, especially if there be such humours in the body that are subject to inflammation, but if the body be not thereto inclined, then can there be no cause how violent soever it be) of such infection.

Of the signs whereby this sickness is known. §. 2.

EVEN as all other sicknesses have their certain signs whereby they are known, so is it with this venomous Ague, which manifesteth her self with 7. kinds of accidents; whereof the first is, an unnatural cold and shaking, whereupon straight way followeth a great heat; albeit the same oftentimes altereth, so that sometimes first the heat and afterwards the cold ensueth. Secondly, let this happen howsoever it will, there followeth alwayes after it a great and intollerable thirst. Thirdly, bitternesse and unsavorinesse of the mouth. Fourthly, losse of appetite. Fifthly, heavinesse of all parts of the body, with wearisomenesse and sleep. Sixtly, a binding of the body and the going to stoole by constraint, and with great stench: the urine also cometh with great quantity and stinketh much: lastly, bereaving of sleep. And albeit these foresaid signs manifest sufficiently the violence that nature suffereth, it is to be wondered at neverthelesse, that at the first neither by the nature and quality of the ague, nor by the pulse, nor by the urine this infection is to be discerned, for it often happeneth that the urine of all men so infected is very like the urine of the sound, and that the heat is also much slower and obscurer then that of any other agues, and the pulse also quiet and scant to be felt.

Now when all these signs or any of them shall appear, or that there be a Plague sore, or other signs more, then all ancient and later Physitians conclude with one consent, that there is nothing more profitable and requisite then that the Patient do sweat well, and be dealt withal, as hereafter followeth.

By what means the Patient is provoked to sleep. §. 3.

FIRST they ordain these confections following whereof shall be taken the quantity of a hassell nut: Take one ounce of Treacle, Pimpernel, Gentian, *Bistoria*, Tormentil, Sage, Rue, Wormwood, Juniper berries, and Nut kernels, of each one drachme, stamp them all together, and then with vinegar make it into a confection. Or use this confection following, called *Bezoartica*, one drachme, warmed in Sorrel water, or in water of *Cardus Benedictus*, at what time soever you will, and then cover him very well, and let him sweat three or four hours (if he be able) for the more he sweateth the better hope is there of his recovery. But if the Patient be under the age of twelve yeares, yet above five yeares, then must you give him half a drachme, and further deale as is above said. It is also needful if the patient may abide it, that he sweat morning and evening: this confection is made as followeth: take of the best Treacle and Mithridate, of each half an ounce, Pimpernel and Angelica, of each ten graines, Cardamom five graines, Camphir three grains, Cinamom ten graines, put them all together. But if you have none of this confection at hand, then a drachme of Treacle or Mithridate with any of the foresaid waters, or take of the golden egg, which is described after two manner of waies, as followeth.

Take a new laid Hen egg, and make a little hole in the top that the white may issue out, and the yolk tarrie within, then fill it up with good powdered Saffron, and shut to the whole on the top again with the white of the egg, and egshell, then rost it by a mild fire so long as the shell will hold, and that it be a clean brown. This being done, take off the shell, and pown the inner part very small, then mingle it with white mustard seeds, *Diptamus*, and Tormentil of each a quarter of an ounce, *Nux vomica* a drach. lastly add good Treacle to it in weight as heavy as all the rest, then temper it all together two or three hours together, and make hereof a hard confection, which men call the golden egg, and will remain good twenty or thirty yeares.

The second; take all that is before rehearsed except the quantity of the Treacle, and put thereto Angelica, Pimpernel, Zeduary, Camphir, and good Treacle, of each as much

as of the other, and that in weight; but I think that there is too much Camphir, and too little Treacle.

Whereas it is not a little available to know how this confection is to be used, therefore you shall understand, that whensoever this sicknesse first beginneth with cold, then must you (if it be a man) before that twelve hours be past, give to him the weight of a duck-at, to a woman as much as a Rhenish gildern weigheth, and a child or a boy half as much, with a small wine. But if this sicknesse taketh one with heat, then take in the place of wine water of Cicory, or if you cannot get it, then take half wine half Vinegar, and sweat upon it. This confection may be used at all times against all bad humours and venom, yet then must the *Nux vomica* be left out.

In the fift part the twelfth chapter 1. §. is likewise shewed how to provok sweat. The antient Physitians accustomed to use this powder following for to cause sweat: Take Valerian rootes three quarters of an ounce, Gentian, white *Diptamus*, and dry Rue, of each one ounce, good Saffron one drach. red Coral and Mace, of each a drach. and a half, temper it and pownd it all together, and give one drach. thereof with a draught of wine.

A marvellous oyl for to procure sweat: take a glasse bottel as big as you will, fill the same half full of Elder flowers, and put thereon the third part of Hollihock flowers, or flowers of *Ebulus*, and again thereupon a third part of flowers of Saint Johns wort, so that with these three things the glasse be full; this being done, pour thereon old Sallad oyl (the older the better) and at last stop it very close, and so let it stand all the Sommer a sunning, with this oyl must you rub the body very warm three or four times a day. It hath been approved, that this oyl through the abundant sweat that it provoketh, expelleth all contagion of the Plague.

Here follow now Diaphoretical potions; take Rue, Wormwood, and the uppermost tops of the black Berries, of each a handful, Celendine a handful and a half; pour, thereon a pint of vinegar, afterwards stop the pot very close that there come out no vapour, and then let the third part seeth away; then strain it out, and keep it close stoppt, and when any are infected with the Plague, or in any wise poysoned, then give him of this drink to wit, 2. or 3. ounces and let him sweat after it, and not sleep at all.

The water of *Geranium* is also very good against all venom, and therefore good to be used in time of the Plague whethere there appear any swelling or any other accidents or not. Some also commend this composition following to be an especial remedie, and it is indeed not to be disdained. Take a great Onion, cut off the top, and make a hole therein, and then fill him with Treacle and the juyce of Rue and vinegar, of each one drach. then close the top too againe with the peece which you clipt and cut off, and fasten it with two stickes, and wind it in wet tow: this being done, rost it in the hot ashes till it be very mellow, afterwards stamp it to pap, and then strain it through a cloth, and it will be a broth, then preserve this broth, till time of need. If one then be found that he be poysoned, then give him a drachme thereof, and hold tosted bread sprinkled with vinegar before his nose that he cast it not up again, and let him lye down upon the bed that he may sweat. But it is to be noted, that sleep in sweating is forbidden and hurtful, wherefore the Patient shall not sleep till the sweat be gone, that the venom hasten not towards the vitall parts, afterwards he may sleep, that he wax not impotent and weak, yet he is otherwhiles to be awaked. And if the age or might of the Patient will permit it, then ought he to be let blood, that the contagious matter which corrupteth the blood, and hurteth the principal parts, might be let out, and the inflammation lessened.

Herein do many Physitians and Barbers dote and erre very absurdly, which straight way as soon as they suppose it to be the Plague, not perceiving any sign thereof, begin their cure with letting of blood. For albeit that it may not be delayed too long, yet ought it not rashly to be done by reason of the former causes.

When the patient thus sweateth, then must the same be wiped from his face with a cloth, and hold before his nose Rose vinegar, Rose water, and such like: also let the ayre of the chamber be cleansed and perfumed with fire or sprinkled with vinegar; but especially heed must be taken that the sweat strike not again into the body. As he hath now sweat well and is wiped clean, then must he be layd in another bed; for the exchange of beds is very good; for thereby they are the lesse infectious, which otherwise increaseth still more and more, and is more hurtful for the diseased person.

Some are of opinion that the Patient should not take any thing within an houre after his

his sweat, that nature first might be able to indure and beare it the better.

Besides the aying and sprinkling of the chamber, it is good counsel for the rich, that there be a cloth wetted in Rosewater, and hanged in the night before the bed of the Patient: and when it is dry that it be moystened again.

How to comfort those that are infected with the Plague. S. 4.

FOrasmuch as there are many causes in this sicknesse whereby the Patient may be weakened, which the disease of it self bringeth with it, as great heat, much watching, thirst, pain, sweat, and such like things more: wherefore good regard must be had how the heart might be comforted, and natural strength be maintained: for the which this water following is ordained for the common sort of people, which not onely strengtheneth, but also driveth out the sweat: Take now the distilled water of kernels of Nuts 4. ounces, powdered Vervein one drach. good Treacle 2. scruples, Saffron 7. graines, then mingle it all together, and so give it warm.

It profiteth much also that the Patient alwayes have in his hand odoriferous things, wherewith the heart, the braines, and all inward parts may be comforted, and the bad vapours taken away; for the which this Pomander following is very commodious.

Take red, white, and yellow Saunders, and Roses, of each one drach. Saffron and Camphir, of each one scruple, Musk, and Amber, of each 5. graines; then make thereof a Pomander with Dragagant that is dissolved in Rose water, and then bind it in red sarsnet as is before mentioned.

Of these Pomanders, as well hot as cold of nature are here before divers described, where we have treated of the preservation of the healthy. And these sweating Patients must not abstain from meat, for that the emptinesse of the stomach is very hurtful for them; and what meat and drink is good for them, that shall be shewed hereafter. If the sick person be so weak and feeble that he may not be let blood nor purged, then give unto him this drink following, that shall do him good: take white *Diptamus*, Tormentil, white Coral, Gentian, fine Bolus, Sealed earth, and Vervein, of each one drach. beat them all very small together, and take thereof one quarter of an ounce, good Treacle one drach. juyce of Scabious 4. ounces, vinegar half an ounce, but if you cannot get the juyce, then take the water of Nut kernels, and let him drink it warm: yet in Winter give him wine instead of these waters. The next day give to the Patient fine Bolus tempered with as much conserve of Roses, and 4. ounces, of Scabious water after it. Sometimes also must the common pills be used.

There is also to be made this cordial confection as followeth; take prepared Rubies, Jacinets, Granates, Smaragdes, fine Bolus, Pearles, bones of Stags heart, fine field gold, and small field Unicorne horn, of each one scruple, raw silk that is cut very small, Roses, Amber, Citron peels, and shaven Ivory, of each half a drach. white Sugar dissolved in the juice of Limons as much as you please, seeth the same as thick as Hony, and mingle the rest amongst it to a confection. give this to the Patient 2. or 3. drach. with fresh broth, for it strengtheneth marvellous much all the vital parts, it resisteth all vapours and breaketh the force of the ague.

In like manner there are cordial waters to be outwardly applyed, whereof some shall be shewed hereafter.

Take Rose water 16. ounces, water of Endive, Buglosse, Nightshade, Baulm, and of Sorrel, of each 8. ounces, vinegar, and good white Wine, of each three ounces, red, white, and yellow Saunders, of each 1. quarter of an ounce, Coral, and Roses, of each 1. drach. burnt Ivory, Saffron and Camphir, of each half a drach. then mingle them all together and so wetting in it a double cloth, lay it over the heart.

Or take water of Buglosse, and of Sorrel, of each 3. ounces, water of Willow leaves, Roses, Wormwood, Grasse, Baulm, and of the wild Vine leaves, of each 2. ounces. *Spec-Cordialium temperatarum* a drach. and a half, Saffron 8. greins, Myrrhe, *Diptamus*, Gentian and Paradise wood, yellow Saunders, Basil seed, red and white Behen, Jacinets, and Smaragdes, of each half a scruple, juice of Limons 3. ounces, vinegar one ounce, Malmsey 5. ounces, put them all together.

Item, take the water of Buglosse, of Scabious, Violets, and of Burrage, of each six ounces, Rose water wherein Musk is dissolved eight ounces, *Specierum Cordialium* one ounce and a half, Camphir half a scruple, white Corral four scruples, prepared Pearles, a drachme

drachme and a half, beaten Gold 8. leaves, Malmsey 4. ounces.

Note that you must temper the water and the Malmsey together, and when you have taken 12. ounces of the same, then must you take a drach. of this powder and mix it with it, and use it as is before rehearsed.

Another: take Sorrel water, and *Carduus Benedictus* water 4. ounces, vinegar of Gilloflowers one ounce, *Species de gemmis frigides* a quarter of an ounce, Saffron two grains, Camphir 5. grains, Malmsey half an ounce, temper them all together.

When as these Cordial waters are layd on the heart, then may you anoint the sick bodies left breast pap with this salve following: take 1. ounce of the best Treacle, juyce of Limons and vinegar, of each half an ounce, Saffron and Camphir, of each 1. scruple; then mingle them together, and spread it on a cloth or on a red crimson clout.

This following is stronger: take good Treacle 2. ounces, Rubarb and *Carlina*, of each one drach. and a half, old oyl of Olives 12 ounces, forty or 45. Scorpions: pownd all that is to be pownded, and then let it seeth in water in a pot alone five or 6. hours long; afterwards strain it through a cloth, and first anoint the heart, the pulses, and the temples of the head. Afterwards he must be anointed upon all outward signs or sores of the Plague, and at the last round about the neck: and this anointing must be done once every six hours very warm: the chamber must also be kept and continually sprinkled.

We have also made mention here before in the sixt part, the second Chapter, and tenth §. and shortly after in the ague *Heltica*, of many things wherewith sick folks are to be comforted and revived,

What is to be done after sweating §. 5.

When as the Patient hath sweat, is wiped, and layd in fresh bedding, then do some counsel to give him out of hand one drachme of fine Bolus, to wit, with Rose water if a great heat be adjoynd, or with wine if without heat, and that not at one time onely, but every day; but it importeth very much whether you have the right fine and orient Bolus or not, for there are many kinds of earths used in stead of it.

Further, let him take immediately after this sweating, to wit, three mornings (one after another) of these syrups following, for the cooling of these hot agues, to warm the same first in hot water, and in case that he afterwards feel a sweating again, then let him forthwith continue in his sweat if he can abide it.

Take syrups of Limons one ounce, syrup of Cirons half an ounce, water of *Carduus Benedictus*, of Sorrel, and of Burrage, of each one ounce, mix them all together for a potion.

And if so be that after the use of these 3. potions the Patient should be purged (which in the ague is seldome needful) then must it be done with this following.

Take of the common Plague pils ten graines lesse then a drachme, and ten grains of *Agaricus*, Rubarb one scruple, then make hereof small pils, and give them to the Patient at one time.

Another regiment when any one is infected with the Plague. §. 6.

First these pils following are to be given to the patient in the morning betimes; take of the common plague pils a drachme and a half, that are formed with syrup of Citrons, and then let the patient (if the infirmity may beare it) sleep afterwards a little; the next day after shall he three or four dayes after other alwayes in the morning betimes, take a drach. and a half of fine Bolus powdered either with wine or with Rose water, as the time of the year requireth.

This is a marvellous good medicine and without all danger, but onely that it somewhat bindeth the body, which may be prevented with mild clifters, which must be made of oyl onely. It is not amisse for this intent to use these confections following every other day, which strengthen the body, and make it sound; take good Treacle one drach. prepared Smaragdes 7. graines, then mingle it with wine, and so give it him.

But if the party can hardly take this, then let him use one of these Sugar plates following; take Jacincts, Granates, Rubies, Smaragdes, and Saphires, and bones of the Stags heart of each one drach. red and white Saunders, and red Coral of each one scruple, burnt Ivory, fine Bolus, prepared Pearles, Sealed earth, and Unicornes horne, of each

four

four scruples, field gold one drach. Sugar sod in Rosewater 16. ounces, make it up into *Mannus Christi*, or Sugar plates, and take 2. or 3. drach. of them at once.

As soone as the patient feelth himself infected, let him presently take this potion following, and if he vomit not the same up again, but sweateth after it, then is it a good sign of amendment, and a manifest token of health.

Take white *Diptamnus*, Tormentil, white Coral, Gentian, fine Bolus, sealed Earth, and burnt Harts horn, of each one drach. Smaragdes, Camphir, and prepared Pearles, of each half a drach. Myrrhe, Saffron, and Citron seeds, of each one scruple, beat them very small and take of it a quarter of an ounce, Treacle a drach. and a half, Sorrel water, and good white Wine, of each one ounce and a half, mix them for a potion, and give it to the Patient warm lying in his bed, that he may sweat well, and that as long as he may suffer it: afterwards wipe him well, and lay him in another bed. But if the time of the year be cold, and the ague not very hot then may you put the more wine to the foresaid potion: and contrariwise, if it be hot weather, and the ague hot also, then let Sorrel water be mingled therewith.

But special care must be had that the patient cast not up the potion again, for the which it is good, that there be a great cup under his stomach, without opening the skin, and some good savour be holden before his nose, his hands dipt in cold water, or smell to toasted bread that is moystned with vinegar, and such like things more.

Some forbid that men in sweating shall neither eat nor drink, which were somewhat indeed if the Patient be strong enough: but when he is feeble, then have you for this a good direction before.

How to purge those that are infected with the Plague. §. 7.

IN the end of the foresaid fist §. we have declared, that purging for this sicknesse is not greatly commended: nevertheless if great need require, then is there nothing more fit then the common Plague pills, with somewhat tempered therewith. This potion following may also be given him with all safety, for that it doth cleanse the blood of all superfluities: Take of the confection *Triphora Persica* and *Manna*, of each three quarters of an ounce, Rubarbe one drachme, then mingle them together in four ounces of Sorrel water. Or take Casie and sower Dates, of each three quarters of an ounce, Confection of the iuyce of Roses one drachme, then temper them together with Sorrell water.

Item, take *Triphoram Persicam* half an ounce, prepared Agarick and Rubarb, of each 1. drachme, and mingle them as before.

Another. Take the confection *Diafena* and *Triphora Persica* of each three drach. Confectionis *Hamech* a quarter of an ounce, de succo *Rosarum* half a drachme, mingle them with the decoction of fruits, or with Buglosse water.

But if the Patient be so feeble that you dare not give him a purging medicine, then let him have a Clister of fresh broth or herbs, with Cassy, the yolk of an egge, course Sugar, oyl of Violets and salt. For all such diseases are the conserve of Burrage, and Buglosse, very commodious, even as they are also for all pestilent agues, for they are both very comfortable; they revive the heart, resist venom, take away all weaknesse, make men glad, and cleanse the blood.

We have before in the 4. §. written of other things more that also do comfort the patient. This shall suffice that we have spoken of the beginning of the Plague: we will now proceed and make mention of other accidents of these diseases, and teach their due remedies.

Of the unnatural heat in the Plague. §. 8.

AMongst the other seven accidents of this contagion (that we have heretofore spoken of, and are alwayes permanent with the pestilent agues) there is commonly great headach adjoynd. Now to strengthen the head and braines, have we set down many goodly instructions and directions, in the first part, the first chapter, 2. §. and also afterwards in the headach of heat.

This potion following may you use for the same; take Tormentil, burnt Harts horn, red Coral, and fine Bolus, of each one drachme, prepared Pearles half a drachme, Camphire four graines, beat them all together to powder, and then give thereof the weight

weight of a drachme, tempered with Sorrel water. For this also serveth this Julep following; take the juice of Balm, of Burrage, Buglosse, Sorrel and of Cicorie, of each one ounce and a half, Rosewater and white Vinegar, of each 3. quarters of an ounce, the juice of Citrons or Limons half an ounce, Sugar as much as you please: seeth the Sugar to a sirup, and when you will use the same, temper it with Barly water unto a Julep. Or take Conserve of Roses four ounces, conserve of Buglosse two ounces, *Species Triasantali* one ounce and a half, burnt Ivorie, Sorrel, Melon seeds, peeled Gourd seeds, Citron seeds and Cucumber seeds peeled, and chopt small, of each one ounce and a half, Sugar one ounce, Pearles four scruples, and six leaves of beaten gold; then temper them well together for a confection: hereof may the Patient use as often as he will.

For this also is good the Conserves of Burrage and Buglosse, of water Lillies, of the juice of Oranges, and all that therewith may be made.

Of the unsatiable and great thirst. §. 9.

THe second accident of these pestilent Agues is thirst, that by little and little getteth the upper hand, so that the diseased falling into a frenziesse thereby, seek to leap into the water, or into Wells, thereby to cool themselves, and quench their thirst.

To cool the same, and to allay it, you may use this Julep following; Take water of Sorrel, of Scabious, of water Lillies, and of Endive, of each six ounces, Granado wine four ounces, Vinegar two ounces, the juice of Limons two ounces and a half, white Sugar as much as you will; seeth it for a Julep, and then let the Patient drink hereof as much as he thinketh good.

Another; Take Buglosse water, and of Sorrel, of each six ounces, water of Cicory, Endive, and Willow leaves, of each four ounces, sirup of Citrons two ounces, sirupe of Vinegar, and of *Oxyacchaba*, of each one ounce, Granado wine eight ounces: let them boyle a little all together, except the Granado wine: this being clarified, put the Granado wine unto it. In like manner is also good the sirup of Citrons, Limons, S. Johns grapes, or berries, Roses, and Endive, being mingled with some cooling water; or else with Well water or Barley water. Item, Well water which hath been once distilled: but above all things that can be devised, is nothing better to quench the thirst, to withstand poyson, to comfort the heart, then the juice of Limons, or the same being pared, and cut in slices, and strewed over with Sugar, and so to use them, and to take the liquor of them with a Spoon.

Item, take Quince kernels one ounce, let them mollifie one whole night in eight ounces of Sugar water, then strain them: this being done, then temper therewith one ounce of the sirup of water Lillies, and oftentimes use it.

As for the thirst, you have divers remedies thereto in the third Part, the 12. Chapter, and 10. §. which are altogether very good. And afterwards yet more, to wit, in the 17. Chapter in *Diabete*, and also in the description of the Agues.

Of the bitterness in the mouth. §. 10.

THe third accident is the bitterness of the mouth, which proceedeth of an inflammation of the Gall, whereof we have written more at large in three other places, to wit, in the third Part, the eleventh Chapter, and sixth Section. Also in the 15. Chapter, and 10. §. Item again, in the third Part, the 12. Chapter, and 16. §. in which places you may read it.

All such Patients must often hold the leaves of Sorrel in their mouthes, or chew the seeds of the same.

They may also very well hold in their mouth Gum Arabick, and swallow it down by little and little.

Of the Want of Appetite to meat. §. 11.

THe fourth accident in this Ague is the losse of appetite: whereas this sickness requireth that the Patient in this malady, more then in any other, should be fed and kept in full strength and power; therefore it is needful in this disease, that the appetite be stirred up: whereof we in the third Chapter, and fifth §. and before that in the third Part, the 11. Chapter, and 9. §. have treated at length.

Especially

Especially you may prepare this stomachical unguent for it. Take Marmalade two ounces, Mastic, Spica of Indy, Roses, red Coral, of each one drachme, *Agaricus* one drach. and a half, beat them well all together, and then anoint the stomach therewith, or lay it on plaisterwise. Make also these Sugar plates following; take Marmalade made with Sugar two ounces, burnt Ivory, Mastic, water Lillie flowers, and Roses, of each one scruple; rub the Marmalade in a mortar with sirup of Citrons, and form the cakes of the weight of half an ounce: then take thereof at all times, to wit, morning and evening.

Of the weaknesse and sleepeinesse. §. 11.

THe fifth accident: Albeit we know well that nature grievously striveth with this malady, and thereby is wearied, weakned, and void of all strength, that is no wonder: for that cause it is highly commanded that men must have especial regard to the strength of the Patient, for the which also are divers means set down how to preserve his strength: so that it is needlesse to rehearse the same at this present. Also it hath been shewed in the fifth Part, the 17. Chapter, and in more other places.

Of the binding in the body. §. 13.

THe sixt accident is the binding of the body, which is augmented by the heat. And to remedy the same, are no strong things required, for strong purgations are not good in this sicknesse; yet if great need be, you have had before in the seventh §. also in the third Part, the 11. Chapter, and 20. §. of the binding in the body divers fit remedies, amongst which many easie and cooling purgations may be chosen: wherefore those that will cure this sicknesse, let them bear 4. ounces of *Sebestes*, and steep them in water, and then give to the Patient many times of it to drink. But if you will have it more forcible, then steep with them the leaves of the lesser Ivie.

Of the losse of sleep. §. 14.

Now the seventh accident of these pestilent Agues is losse of sleep. For this must you take Violets, water Lilly and Elecampane roots, of each one drachme, seeds of Dill and Saffron, of each one scruple; make them into powder, then bind them up in silk, and hold it continually before the nose, and smell to it. But of this have you further discourse in the fifth Part, the twelfth Chapter, and sixth Section; the which you may read over, and use it for this purpose.

When a Plague sore appeareth. §. 15.

VHen these foresaid means have been used, and that there appear a Plague sore, then must you follow such things as hereafter shall be set down: bnt before we intreat of that, it is not demanded in vain whence this Plague sore *Anthrax* proceedeth, and of what nature it is; whereof the learned do write in this manner.

Anthrax proceedeth of grosse and hot humours: which when they begin to putrifie, then do they alter into a very hurtful poyson: sometimes it is red, otherwhiles yellow, and sometimes black, which is the very worst and most venemous. For this manifesteth that nature is not strong enough to expel the venemous matter into the utmost and furthest parts, whence of necessity followeth, that the foresaid venemous humours are dispersed in the noble parts of the body inwardly. To remedy the same you shall begin with the letting of blood, and that upon the same side where the Plague sore is: Afterwards you must use boxing and prick the same deep, whereby the grosse blood may be drawn out. Lastly, you must purge the Patient with some of these foresaid purgations that are set down before in the 7. §. And especial heed is to be taken, that for this Plague sore men lye not thereon (as men use to do in other swellings, that the matter might be expelled) but attractive things are to be used in this, for to draw the matter outwards, and that chiefly in the only place of the Plague sore.

In like manner you must lay no hot nor moyst thing thereon, that ingender matter or corruption, but rather such things as dry greatly, and are reasonable cold by nature, that they may flake the heat, and hinder the vapour thereof.

But if that there appear any rednesse in any place of the body that would not impostumate, then are you to use these things following: Take the inside of a Radish, the Radish leaves, Eldern flowers, and Bayberries, of each half a handful, seeth them all together to pap, and then put half an ounce of white Mustard seed amongst it, afterwards make a soft plaister thereof, and lay it on the rednesse. Item, take a black Cockrel, pluck him alive over all his belly, and then bind his belly over the rednesse, or over the swelling, for the natural warmth of the bird will draw out the venome into him. Other slit his belly alive, and so lay it thereon living. Or take a living Pullet, cut him up underneath, and so bind him open against the swelling: hold the head in thy hand, and so let him die. Then shortly after take another, and do as before. Further, lay thereon ripening things and cure it, as the other swellings. Some lay thereon live Frogs.

Or take beaten Tormentil and Ginger, of each a like quantity, and put thereto as much Treacle: afterwards put it into an Onion made hollow, and rost the same in a mild fire, or among the ashes: lastly, stamp it to pap, and stir three yolks of Eggs amongst it, and then lay it thereon.

And the better to draw out the rednesse and swelling, the old Physitians accustomed to make a plaister of Eldern leaves, of Scabious with the root, (to wit, of each alike) and to mingle the same with leaven, and so lay it thereon.

Some do counsel also that you may temper therewith Salt, Salt-Peter and Comfrey. And if you will have it yet stronger, then are you to put powdered Mustard seed thereto, and in like manner Pigeon dung, for that draweth out the swelling exceedingly, and maketh it great; all which aforesaid things you must often cause to be renewed.

This next following hath very great force to draw out the venome: Take coals of the Tillet tree, and make them glowing hot, afterwards sprinkle them with wine and vinegar; when as they are flaked, then bind them warm in a cloth that is wetted in the foresaid vinegar and wine, and wrung out again, then lay these coals warm thereon, and when as the cloth is waxen yellow, then put it away, and take another.

Item, take the roots of Crowfoot bruised small, and apply it on the place where the pain is, and the venom shall be drawn out very much. Others do use this thing following, which is also marvellous good to draw out the Anthrax, that is, the Plague sore. Take a great Onion wherein Treacle is rosted (as is lately taught) or lay thereon a plaister of *Oxyroceum*, which is alwaies found ready at the Apothecaries, and temper as much *Diachilon cum gummi* thereto. You may also make this plaister of leaven, Eldern flowers, and Treacle tempered together: for as it is admonished, this Treacle is above all other things to be commended for this sicknesse, both inward and outward. Also all Chirurgions are here to be admonished, that they have care to open these swellings before they be matured, be it by the actual cautery, or by incision, and that they hold open the same as long as is possible.

Item, the foresaid plaister of *Diachilon* only is also very good for to mature and ripen it.

Or take the common plaister *Diachilon* 3. drach. and the juice of Celendine, and make thereof a salve with a little Wax. Or seeth Coleworts with a little Bacon, and lay that thereon, and when you see that the swelling beginneth to impostumate, then are you to use these plaisters, salves, and other things following; Take Hollihock roots, Scabious, and Mallowses, as much as need requireth, seeth it, and stamp it all together to pap, and make thereof with Barrowes grease a mild plaister. Or temper wheat meal with Sallad oyl till it be a pap, and lay the same thereon.

Another. Take Mallowses, Hollihock roots, Linseed, beaten all together, and wheaten meal, of each a like much; seeth them all together, and pown it to grout; then mingle it well with Saffron, and so lay it warm thereon. Now when as the swelling is once matured, then you must open it out of hand, be it with an actual or potential cautery, or by incision, and so keep the same open. In the mean time while this swelling is a healing and runneth as yet, you must daily give the Patient a spoonful or twain of Scabious water, or Rosewater with fine Bolus, and sometimes *de Species liberantes*, that thereby the poyson may be expelled from the heart. This plaister following doth also ripen very much: Take the middlemost rinds of Eldern, stamp them very small, and temper them with white Vinegar, afterwards strain them through a cloth, and put thereto white Mustard seed beaten, but not too much, for it is very sharp, and make a pap thereof, and lay it on the swelling. Some suppose that this swelling of the Plague doth ripen much if one rub it

over

over by day and night with a Saphire stone: but they that have proved it, and found it to be true, may write. *probatum est.*

If the Plague sore be of a very bad nature, then must the same be burnt out of hand, or a corrasive layd thereon; but if it be of no malignant nature, and not too hard, then must you use drying things that corrode not.

Others bind Pullets or young Pigeons upon it: and after that they have set cups or Horseleaches thereon, wherewith they intend to draw out the venom, to strengthen the part, and to allay the pain.

Some have also for a custome, when as the Plague sore doth shew it self any where, that they make an issue with a corrosive on some place of the patients leg, and keep the same open, whereby all venomous matters thereby might have their course. When as now the Plague raigneth throughout a whole realme or countrey, then is it no bad counsel to do the same, when the patient hath first been purged: and the same might be done on the right leg, four fingers broad under the knee, on the outside of the leg. And this is also good for them that are troubled with the Gout. You may use also in stead of the actual or potential cauterie these salves following: take Cantharides two ounces and a half (the heads and wings pluckt thereof) pownd them small to powder, and temper it with one ounce of Barrowes grease, molten wax, and hony, of each half an ounce, Camphir and Dragons blood of each a drach. and a half. This being well mingled, you must then spread thereof as much as will cover half a Doller upon a cloth, and lay it over the place where the plague sore appeareth, and it will in six or seven hours draw a blister, then open the same that the matter may run out. This being done, let not the patient sleep in 10. or 12. hours, nor drink wine in 3. dayes. And for as much as through these accidents there is commonly great anguish and paine, then you must for allaying thereof use this potion: take Treacle and Mithridate, of each halfa drach. juyce of Scabious four ounces, temper them all together, and give it the patient to drink meetly warm.

Now to kill the Plague sore: take 2. or 3. yolks of new laid eggs, and temper therewith about half an ounce of powdered salt, and lay it thereon new every quarter of an hour. This reiterating must be so often done, because these plaisters are infected themselves through the venom, specially when the sore is broken. And if this be not enough, then take therewith Scabious, Comfrey, and Mallowses, of each as much as you please, and thereof make a plaister. And if that the sore would corrode further, then take fine Bolus, Dragons blood, vinegar, Rosewater, and the whites of eggs, as much as you please, and spread or lay the same plaisterwise round about the sore.

Another; take soot of the chimney, beaten salt, Sage, and Wheat that is chewed in the mouth, of each a like much, and make a plaister thereof with black Sope. And if so be that this Plague sore will not be killed through these foresaid things, then put thereto some Scabious and Comfrey, and then cleanse afterwards the sore with *Mundificativum de Apio*. Take Lovage 1. ounce, Barly meal 2. ounces, seeth them together in water to pap, and put thereto Sallad oyl. You must also often wash this Plague sore, to wit, with water of *Cardus Benedictus*, for that cleanseth and healeth. These ulcers do many times spread wide abroad, whereby the flesh about is spoyled; for this, you must use stronger remedies, as the salve of Egypt, *Mercurium precipitatum*, or that which is better, burning with an hot iron or gold, whereby all putrifying is taken away, and the part fortified: for the actual cauterie is an effectuall remedy that strengtheneth the parts that be of a cold nature, and doth defend them from putrification. Some also do scarify the ulcers round about with a razor, and then spread fine Treacle therein. But as the black edges of these ulcers increase notwithstanding all these applications, then is it a sign that this venom is very strong, wherfore must you burn it deeper, and anoint the scars with sweet Butter, or with pap of Hollihock rootes, or of Mallowses, and Butter together. But when the swelling or ulcers do yeeld matter, then must you lay no more maturatives thereon; that thereby the matter augment not, and the healing be the more hindered. Lastly, you must have care to ingender flesh and skin, whereof we will write and treat further in their due place.

When as this Anthrax or Plague sore is thoroughly killed, then take Scabious, Comfrey, of each a handful, and a little Salt, then temper it together with fresh Barrowes grease, and lay it warm thereon, and charge it new 3. or 4. times in a day and a night.

Another; take Scabious four handfuls, Treacle one ounce, Barrowes grease one ounce, and a half, stamp the herbs and make a plaister thereof, and refresh it often, even as is

aforesaid. You are to cleanse the ulcers with salve of Turpentine, juyce of Scabious, also the yolks of eggs especially when all other accidents are past. This plaister following is also especial good; Take green Rue one handfull, leaven half an ounce, Pepper one drach. Salt a drach. and a half, three or four dry Figs, pownd them all well together, and make a plaister thereof, and refresh it twice a day. It is of a wonderful operation: for it will separate the bad flesh from the good, and that in the space of 2. dayes.

When these swellings come to impostumate, and have need of cleansing, then are you to use the salve *de Apio*, and therewithal you may prepare these things following: take Turpentine (that hath been often washed with water and Scabious) 1. ounce, Saffron 7. graines, and temper amongst it the yolks of 2. eggs.

Or use this thing following to cleanse and ingender new flesh: take Turpentine that is washed with the juyce or water of Scabious 4. ounces, Barley meale one ounce, 2. yolks of eggs, Saffron, *Sarcocolla*, Mastick and Frankincense, of each half a drachme, temper it all together. Thirdly, take small beaten *Sarcocolla* half an ounce, and hony of Roses as much as need requireth for to make a mild salve thereof, and use it so long till it be thoroughly whole. For this also may you see what hath been written in the 5. part the first chapter, 16. §. and further in the 5. part. the 7. chapter, and 14. §. where this matter hath been treated of at large.

When as there is no Plague sore perceived. §. 16.

IF there appeareth no Anthrax or Plague sore, and yet neverthelesse the pulse and the urine sufficiently shewed that a pestilent Feaver were at hand, and that the patient by reason of his age and power may suffer well the letting of blood, then must his Liver vein be opened in the right arme. Other do counsel when as the ague endureth, and his strength good, that the *Salvatella* on his left hand should be opened and to let out 4. ounces of blood.

For letting of blood in the Plague. §. 17.

WE have before declared that amongst all other remedies for this swelling the letting of blood is beneficial, but to the end when need requireth it be not omitted, you shall observe these instructions following. When as after sweating you find that any thing appeare be it a black blister, or any thing else) and that the patient is above 13. yeares old and be strong, then must you let him blood on the same side, and underneath the swelling, and make a good issue that the blood may issue forth the better. If the swelling appeare behind the ears, which the Physitians do call *Parotidas*, or *Gemellos*, even as we in the 1. part, the 9. chapter, 4. §. have shewed, then must you open the head vein on the same side in the arme, and if it will not bleed, then must you open that vein in the other arme. Or if the swelling appeare in the armpits, on the breast, or on the ribs, then must you open his Liver vein in the arme on the same side. Some give counsel that there should be put thereto 3. or 4. Leeches one hour after, that they might suck out a good deale of that venomous blood. But if this Anthrax or Plague sore be any where about the privities or in the groynes, then must you let him blood in the vein upon the foot, or between the great Toe and the next unto it. And if that will not bleed, then must you open the vein in the other foot, and let out more or lesse according to the age and ability of the patient. Some have also anointed the swelling behind the eares with Hens grease: afterwards you must give him the confection *Philonium Persicum*, yet at all times by the counsel of a learned Physitian: also in like manner the *Trochiscoi de Carabe*, and herewith we will conclude.

The government of life in the Plague. §. 18.

AS much as first belongeth to the meat: you must note, that it is not needful that one need in a pestilential Feaver to forbear meat, as in other hot and strong agues, as in the Pleurisie, or continual Ague, and other such like; but that need requireth here, that there may be often given to the patient (yea as some suppose every three or four hours) to eat and drink in the time of the Plague. And it hath indeed been found, that all those that have forced themselves, to eat, were much sooner cured then the other; wherefore do they well, that feed such a patient often with light meates, that are dry

and cold by nature, whereby they may withstand the heat of the ague by their cold, and the moysture of the bad and slimy humours by their drith. These are strained Pease, Barly pap, Oaten pap, Hasel nuts, Capon broth, Hen broth, or of any other young flesh, wherewith Buglosse, Burrage, and such like herbs are sodden, whereof you may make *Panadella* with grated bread. And it is to be generally noted, that you may dresse all his meat with sower things, as with vinegar, Verjuice, juyce of Limons, and such like. But if the fresh broth be too sweet, then may you therewith temper two yolks of eggs, which are first to be beaten with Rose water, and so make thereof a sowerish broth. All sower things are also good for it, for that they provoke appetite, which presently is taken away in these agues by the putrifaction in these diseases, which specially feebleth the stomach, in so much as very often they are addicted to vomit, whereby the patient will also be weakened; for if the patient can keep no meat in his stomach, then can the body retain no nourishment of the meat that is taken. But to return again to the wholesome meat for the Plague, there are also good small Damask Prunes, Conserves of Cherries, Conserves of Raspes, and such like. Also all green herbs are to be stewed, to wit, Burrage, Lettice, Sorrel, with a little beaten Sanders added thereto. The juyce of Limons, of Oranges, and of Citrons, is a special sauce for all his meates.

The most commodious drink that he may drink is Barley water, the juyce of Limons, Oranges, Sorrel, Pomgranats, or tempered with the syrup of the same. Also it may be sodden like a Julep, and the syrup tempered amongst it. The common sort may seeth amongst it Berberries, Sorrell with the rootes, or Quinces chopt small. But when the patient is wearie of this drink, then may he use a draught of Almond milk, or thin beer; and he may also drink for this sicknesse Well water tempered with Rose vinegar, Distilled waters of Carduus Benedictus, Sorrel, Burrage, or water of Buglosse are very good for him. Item, water wherein unripe Grapes are sodden, or mixed with Verjuice; also the syrups of Roses, of water Lillies, Violets, and of Cicorie, and their Juleps, are much commended for this sicknesse. And with all these foresaid meates and drinks is *Manna Christi* prepared with Pearles, for this maladie much commended. Item, conserve of Violets, of Roses, of Gilloflowers, and specially conserves of Cuckowbread, taking the bignesse of a Walnut of it.

Contrariwise, the patient must utterly forsake Wine, and all meates that are dressed with Spices, Fish, Milk, and all rost meat are hurtful unto him, and after meat the patient must keep himself very quiet.

Of a convenient ayre for the Plague. §. 19.

THE ayre that is good for such folkes, must be cold and dry, because the sicknesse requireth all coole things, and that by the drouth all putrifaction may be withstood. Therefore must the chamber (as is said) be sprinkled with Rosewater, and with Vinegar wherein Saunders and Camphire are tempered. Item, the chamber must be sprinkled with all cold and fragrant herbs and flowers, and in case there be any bad favors or vapors in the chamber, then are the fuming candles, or odoriferous cakes to be used; whereof we have largely written before and shewed how they are to be made. Besides these, it is also good counsel that there be kept a good fire burning in the same house, to wit, of Juniper wood, or any other sweet wood. But if so be there be no bad ayre in the patients chamber, then are you not to kindle any fire in that chamber, but use any cold and odoriferous things, and you may hang clothes that are made wet in Rose water, or Rose vinegar, and wrung out again here and there about his bed or couch.

How they shall govern themselves that escape this sicknesse. §. 20.

AS for all them that recover from this Plague or any other lingering sicknesse, all things are good that strengthen the stomach, and provoke appetite to meat, and mildly open the body, and these confections following; take *Mirbalani Chebni, Indi, Rubarb, Cinamom, Carduus Benedictus, and Cloves*, of each one drach. Mastick a quarter of an ounce, Aloe 3. drach. mingle them all together with the juyce of Mints wherein half a drach. of Agarick hath been steeped, then take thereof morning and evening the bignesse of a Chestnut. For this may you also look the foresaid third Chapter,

and twelfth §. where you may find a further discourse of these causes: and further if it be needful (as is rehearsed) then look into the second Part, the 11. Chapter, where touching these things a perfect direction is given.

The seventeenth Chapter.

An Exhortation for them that keep these Patients.

First, they that assist and keep them that are infected with the Plague, must have care that the Patient be laid upon a high couch or bed, that the venomous damps and stench may rest above, and be the lesse hurtful to the standers by. And it were also not amisse that there be a burning fire alwaies between the Patient and the standers by. If there be a chimney in the chamber, then look what is spoken thereof before.

Secondly, when one cometh near or toucheth the Patient, then must his mouth be kept close shut, and draw his breath only at his nose.

He shall anoint his nostrils with Wine wherewith fine Treacle is tempered. The standers by are also to use every other day the Plague pills every time a drachme, or a drachme and a half. He must also take oftentimes Mithridate.

Thirdly, fine Bolus preserveth men from all infection of the Plague, if a drachme and a half of it be taken with Wine and Rosewater.

Fourthly, if you take as much of the golden Egge as the bignesse of a Hasel nut one day one, and another day another; to wit, pills, or any such like. All they that visit them that be sick of the Plague must wash their mouthes with Vinegar, wherein Wormwood and Rue is sodden, before they come at them, and eat some Garlick with a bit of bread. Further, they shall alway hold a Pomander in their hand before their nose.

All what is described in the beginning of the Plague, to wit, how the healthy are to govern themselves with them that have the Plague, is also very requisite for this purpose.

All that is hitherto set forth for this disease are very passing and good means, which God through his gracious goodnesse hath ordained and created for the good and welfare of man, wherefore he will of us for these his benefits be praised, and be acknowledged for the only Physitian both of the body and of the soul: and especially to pray unto him for his blessings, and thank him for the gifts received, for without him all Physick is in vain, and of no effect.

The eighteenth Chapter.

of the Scurvie, Scorbuticus Morbus.



He Scurvie which is called in Latine *Icteria nigra*, or *Scorbuticus Morbus*, is none other but a spreading abroad of melancholick humours throughout the whole body, chiefly caused and proceeding of the obstruction of the spleen. These sicknesses are for the most part incident unto them that lead an idle life, and feed on grosse meats and drinks.

They that are burthened with this disease have commonly a bleak and leadish colour, their breath short with an oppression at the heart, and a lost appetite, wearisomnesse of the whole body, the gums are blew and swollen, quickly provoked to bleed and putrifie; otherwhiles blew or greenish spots over all the body, stiffness in the knees, and most commonly they have black small speckles like Fleabites upon the shins, and above that their urine is commonly brown red.

Thus to cure this sickness the Patient is first to receive an easie purgation, as the potion made of *Decoctum laxativum*, of *Benedicta laxativa*, or of Sene leaves: this being done, then

then may one open his Median vein and let him bleed well, if he otherwise be full enough of blood.

The next day after you must prepare for him this green potion following, whereof we must every day three or four times take a good draught; to wit, in the morning and before noon one time, after dinner two times, and after supper and going to bed a good draught more.

Take *Becabunga* and Watercresses, of each two handfuls, stamp them in a stone or wooden mortar to pap, pour thereto a pint of wine, and a pint of small Beer; afterwards stirre them all together, and strain them through a cloth, then give thereof to the Patient to drink as is abovesaid; and you must continue this till that the Patient be thorough whole.

Another; Take the roots of Horseradish, which is called *Raphanus sylvestris*, as much as you think good, grate the same, or beat it small to pap, and pour unto it the moyty Whay of milk, and the other half Rhenish wine; or you may take some small beer as much as you please, and then mingle it with stamped Horseradishes: afterwards strain it through a cloth, and drink thereof three or four times a day, as is abovesaid.

Item, take Scurvigrasse two handfuls, or as much as you please, stamp it to grout in a stone or wooden mortar, temper it with as much small beer and wine as you think meet, or after as you can drink it, for the stronger the better; lastly, strain it through a cloth, and drink thereof as above.

And if it come to passe, that in this sicknesse of the Scurvy, the gums of the Patients mouth were utterly spoiled and putrified; then wash the mouth with wine, and anoint the gums with sirup of Mulberries and with Hony of Roses; and if need so require, then must you anoint your gums with the salve of Egypt, called *Unguentum Egyptiacum*. This may suffice for the cure of the Scurvy.

The nineteenth Chapter.

Of the detestable sicknesse, Drunkenesse.

IT will perchance offend the gentlemen drunkards, that I have here put their sicknesse of drunkenesse after the infectious Plague, and Agues, and that I have compared their sicknesse to those: but I will omit here the losse of everlasting life, disdain of humanity, and credit, consumption of worldly wealth, strife, murder, blasphemy of God, disclosing of secrets, whoredom, and many more ungodly works that ensue thereof: wherefore we will here only treat of the hurt that the body may hereby take thereof, and let other judge afterwards, whether this sicknesse be not worse then the Plague it self. For Solomon speaketh not in vain, that Drunkenesse hindreth all wisdom, which cannot be otherwise confirmed then that it maketh a man a fool; darkneth it not the understanding? infeebleth it not the brains, the memory, and all the senses? bringeth it not more forgetfulness with it, then is perceived in young children? Behold only how the hands, the feet, the head, yea the whole body tremble and quake; how the sight is darkned, the tongue stammereth, and how that there is not one member of the body that is able to discharge his duty aright. Yea, say they, this sicknesse hath neither need of the Physicians nor Apothecaries counsel, make thereof as weighty a sicknesse as you can, it may be holpen with a very pleasant medicine, that is, with a sweet sleep. Whereunto I say and answer; Oh good drunkard, there followeth with the time some other thing thereof, to wit, that thereby the good complexion of your Liver is spoyled, so that it doth not ingender any good blood, but other bad humors whereby the dropsie afterwards ensueth, or it doth so inflame the same with his sliminesse, that the whole body will be filled with *Cholera*, that lastly spoyleth and fireth the whole masse of blood, whereof then is caused fearfulness, frightings, speaking in the sleep, heavy dreams, the losse of all good colour, of natural seed, unfruitfulness, leprosie, and lastly, a madnesse it self.

Item, the Palsie, Lethargy, the falling sicknesse, and divers such cold diseases. Is there not provoked through this drunkenesse a corruption of the stomach? the parbreaking of slimy and grosse humours? weakening of all the members, the gout? and to conclude, an untimely death? so that it hath been seen, that some in their drunkenesse have remained

remained dead. Who is it then that doth not take this drunkenesse and swelling or gulling, for the most contagious, perilous, and sodainest sicknesse? Wherefore to help this extreame sicknesse, there is no certainer nor speedier remedy, then *Sobrietas*, which is sobriety, and fasting or abstinence; and albeit that this receipt seem to be altogether bitter, sour and unpleasant for these Ale knights, yet notwithstanding it will expel the foresaid malady, it sharpeneth the understanding and wits, it maketh a good stomach, whereby good blood is ingendred, and bringeth to the body none other but health. I conceive that it strengtheneth the vital spirits of all healthy bodyes, causeth godlinesse to serve their Creator, to seek his glory in holinesse and righteousnesse, and to obey his commandements.

Whereas then some have so weak a stomach, that they are of necessity constrained to drink Wine; notwithstanding are so feeble of brain, that how soberly soever they drink it, it disturbeth their heads and maketh them drunken. For this purpose may these things following be used; to wit, juyce of Quinces, or raw Quinces well chewed, and the juyce taken down; likewise the juyce of Citrons, and Lemons, or of their sirups, do hinder drunkenesse: Honey is also much commended if it be taken after much drinking of Wine; for thereby will the vapours of the wine be so driven downwards, that it cannot weaken the understanding nor the brains. Bitter Almonds confected, Conserve of Gilloflowers; after that you have drunken much, do prevent drunkenesse. In the old time men did make a Garland of Saffron flowers and did wear about it on their heads; the same vertue is ascribed to the blew Violets. And it is said that white Coleworts cut into Sallads and the same eaten, or the seeds thereof chewed in the mouth should hinder drunkenesse: for the juyce of Coleworts, or the pith of the stalks doth stay the vapours of the wine from ascending into the head. The precious stone Amethyst should also preserve man from drunkenesse.

But for to defend and prevent all contagions that proceed of drunkenesse, we will add some things more. First, he must be urged to vomit with *Oxymel* of Squils, with Radish seed, with a feather dipped in oyl and put into the throat, and thereupon he must fast and sleep; and after he awaketh again, you must froth his members, to wit, his hands and feet, with warm water, wherein is sodden Roses, Cammomil and a little salt, and tempered with some oyl of Violets, whereby the vapours may be drawn downwards.

Item, lay a cloth upon the head that is made wet with the juyce of Cucumbers, Purslain, or in any of their waters; the Patient must keep himself herein very sober, and use light meats, Coleworts, Lentils, young Pullets, and young Pigeons drest with the juyce of Lemons, and Pomgranats: the prepared and confected Coriander is also very good, and sleeping thereupon until all the wine be digested, which may be seen by the concoction of the urine. It chanceth oftentimes that drunken folks have great thirst, which if it cometh not through the abundance of wine, then give them fair fountain water to drink, and sour fruites to eat.

You have also an especial thing in the first Part, the 12. Chapter, and 4. §. which is good for drunkenesse and thirst after drunkenesse. There is also a great difference in drunkenesse; and that according to the nature of them that are drunken.

He that is sanguine doth sing, dance, laugh, and is merry; he may be compared to children that soon laugh, and for the most part know not why nor wherefore: and when as a long time they have been merry, then begin they to sleep till they have slept it out.

The Cholerick man is in his drunkenesse angry, raging, clamorous, addicted to fighting, and will not be corrected nor admonished of any body, one cannot bring them to bed, they have much babbling, and are much bragging.

The *Phlegmatici*, they will be weary, Lazie, sleepy, and keep themselves quiet.

The *Melancholici* are sorrowful; bewaile sometimes their sins, their friends disease, and that is the greatest impfection of their drunkenesse: they are therein like to the Apes, but in this they are all alike, that they stammer with their tongue, they reel, and tarry not by their right wits.

How hurtful also drunkenesse is, doth appear in many places of this our Book of Physick; where we admonish all men to refrain it; and that not onely of this unmeasurable drinking, whereof we now make mention, but also where all expert Physitians do forbid wine. And we will for a conclusion add this to the rest, that the Rape wine and Beer, wine drunken after meat, doth make one more drunken and sleepy, then any other kind of

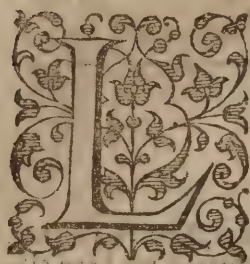
Rhenish

Rhenish wine. And it is a common opinion that watered wine doth sooner infect the head, then pure wine. But this is to be understood of grosse and thick wine, which by the putting to of a little water is the more subtiler, whereby the vapour sooner fumeth into the head.

You have also many remedies before in the first Part, the first Chapter, and 8. §. that are commodious for the pain of the head through drunkenness.

The 20. Chapter.

Of Frighing and Fe. r.



Let no man wonder that we speak of Frighing amongst other sicknesses; for it is not onely found by experience, that through many sorts of distemperature of the blood many sundry sicknesses are provoked, but also a sudden death it self; whereof cometh not onely the forementioned, but also thereby is caused an inestimable fear and faintnesse of heart, whereby they become most unfit for all worthy and knightly prowesse, and are deprived of all counsel and indeavours. Of this faint heartednesse and fear, the Philosophers do write, that the same for the most part do raige and dwell in the heart of such as are of a cold nature, which being sodainly and hastily set upon, their subtillest blood runneth with such a stream to the inward parts of the body, and towards the heart, that it seemeth, that the natural heat should be suffocated; whereby cometh such bleaknesse and quaking, yea sometimes swoonings, debility of the sinews and muscles, that it makes frighed persons very feeble and weak, whereby also the motions of the muscles are so disturbed, that both ordure and urine slides from them, their teeth chatter for cold, they are thirsty, and the whole body shivering and shaking.

For this are two principal and also certain remedies (even as *Horatius* saith) to wit, that one should build a wall of steel about him, that is, shall alwayes have an upright conscience, that cannot accuse him of any misdealing.

Secondly, that he fear God, and have righteousness alwayes before his eyes; which medicines do so free men of all frighing, that (like as *David* saith) it will alwayes go well with him: and know for certain, that God of his goodnesse hath with his holy Angels (as it were a strong tower) compassed him round about, whereby he will defend him.

But the faintnesse of heart is also to be holpen with natural medicines. Note therefore, that when the blood through frighing is stirred, and runneth towards the heart (as it indeed hapneth) then must of necessity the trembling and quaking follow after it: for which you have in the second Part, the sixt Chapter and seventh §. a very good Eldern water, and many other things described. When a woman (with child especially) is frighed, then do some bid, that there should be taken a quarter of an ounce of clarified hony, and therewith some scraped Nutmeg, and so eat it all together.

Wine moderately drunken, maketh the fearful and faint hearted men, stout and courageous.

And it is a common custome, if any be fore frighed, that he be admonished to make water, and if there be any that after such frighing can come hardly to himself, and fall into a swoone, then is he to use those things that strengthen the heart, for which there are many remedies described in the second Part, the sixt Chapter, and first §. and also afterwards in the description of the heart.

The 21. Chapter.

Of Trembling.

Orasmuch as the trembling or quaking is a sign or token of fear, (yea for the most part is caused thereby) therefore it might be needful to write somewhat amply thereof: But we have made in the first Part, the twelfth Chapter, and 12. §. a long discourse thereof, and therewith also shewed, that this is a disease of the Brains.

Also of the trembling and panting of the heart, hath been spoken at large in the second Part, the sixt Chapter, from the third §. unto the sixt §. Wherefore I do suppose, that it were needlesse to discourse any further thereof at this present.

The 22. Chapter.

Of the Impediments that come of Falls.

Into what diseases men may fall, by falls, stumblings, blowes, pinches, and such like, is sufficiently known to all men; whereof we have also written in divers places, and especially in the second Part, the 5. Chapter, of the vomiting of blood; and also in the 18. §. of the clotted blood, where very good remedies are described, and therefore here but a few declared.

But if any be bruised much through a fall, then have the Chirur gi- ons a special experiment, that they speedily flea off the skin, of a Wea- ther, the which they must lay warm round about the bruised or wrenched member; and keep it warm; and this should help in one day.

Brimstone sodden in strong Wine, is also very good: In like manner pownded Gar- lick tempered with Barrowes grease.

Item, take Bran of Rye meal, the roots of *Ebulus*, of each a like quantity, seeth them together in a little Vinegar, and so bind it upon the wrenched or bruised part.

There was once a child fallen out of his Cradle, who thereby had got a swelling on his arm, which was healed by anointing it with oyl and salve of Roses.

For this also do serve all golden and waters of life, principally if any swooning were at hand, the same waters drunken and laid upon the bruised member, and anointed doth heal.

And if the dead Palsey or falling sicknesse joyn with it, then look into the first Part, the 12. Chapter, in the end of the 13. §. where are shewed some good remedies commo- dious for this purpose.

And if the joynts be removed from their natural places, then read the description of the Crook back in the second Part, the fourth Chapter, and 2. §. In like manner also of the dislocation in the fourth Part, the 7. Chapter, and 1. §: where very good remedies are described.

The end of the sixth Part.

The



The seventh Part of this Book speaketh of certain Poysons, and Venoms, of Plants, Mettals, and Beasts.



He miserable life of man is not subject to sicknesses and diseases enough, as well inwardly as outwardly, but there must be divers venomous things to hurt and annoy the same, which are almost among all creatures, and with such hurtful quality indued, that they bereave men of their lives, some sooner, and some later. But God of his goodnesse hath ordained innumerable and wholsome means for it, and that almost in the smallest creatures, as in Herbs, Roots, Earths, and other: amongst which the simplest in sight have otherwhiles the most vertue to resist the strongest poyson; preserving both man and beast from death, even as hereafter may be seen in many places, which ought to admonish us to praise and thank God Almighty for our health, and to acknowledge him to be the fountain of all goodnesse. And to speak and treat thereof in this our Book of Physick, we purpose to rehearse them in this seventh Part, wherein shall be only admonished of such poysons as are known in *Germany*, and (as one may speak) are every day before our eyes. For what poysons are or may be found in the East, and in *Africa*, it were superfluous to speak of them at this present.

We will part these poysons or venoms into three kinds; whereof the first shall be the vegetables, as Herbs, roots, Plants, Seeds, Juices, and such like: the second sort are the venomous Mettals; the third sort are certain Beasts, and whatsoever else cometh from them, whereby men are harmed: so that the summe of this seventh Part consisteth in two things.

First, to know all the venoms whereby heed may be taken to eschew them:

Secondly, if it so chance that any one have taken any of them unwittingly, or were ministred unto him by another; how that one may help him, and shew how that venom might be withstood, and how to extinguish his deadly quality. For it is very needful that every Physitian or householder be provided with good remedies against all manner of venome, whereby he as soon as need requireth, may have somewhat in readinesse that he may minister against the venome so taken. For in all such causes there serveth no delay; as there be but a few venomous beasts and other, which if they be not remedied out of hand, do so infect, that afterwards they remain irremediable, as we have also shewed in other places.

And therefore must we watch and meet with these venomous and hurtful things, imitating the first rule, if any man be poysoned by meat or drink, then is a vomit the principallest remedy. Or if he have received any venom through thrusts or biting, then must you set cups or boxes with pricking thereon, scarifying or cauterizing the sound flesh about the wounds, and at the last if need be, cut off the whole joynt or member. And those thrusts and bits are to be cured by some injection and application, so to hinder the violence and operation of the poyson. The poyson taken inwardly is subdued through tart and sharp wine, and other means: and lastly through purging, sweating, and such like, as hereafter shall be taught. Regard is also to be had of the quality of the venom, and of the strength of them that have taken it; that the strongest poysons may be expelled with the strongest remedies: and the smallest venoms with mild medicines and remedies. Also regard must be had to the time of the year, and to the age of the poysoned person. This is now briefly prefixed for a Preface; we will now proceed to the remedies.

The first Chapter.

All those things that are good against Poyson.



ALL that by the learned may be used against Poyson, shall here be described and specified; and we will shew and name those things that are well known, and easily gotten. For what may it profit us to counsel any man to take the gall of an Elephant, the blood of a Crocodile, and the Eggs of a Tortoise in the Sea?

First, Verjuice (which is of himself good alone) or sirup made thereof, is very good, for it withstandeth all Poyson.

The roots of Valerian, brown Betony, and Rue, of each a drachme, taken with Wine, is also good against poyson. Conserves of Gilloflowers and their Wine are also good for the same: the Bevered, the conserves and wine of Burrage do also withstand poyson. In like manner also the juyce and the sirup of Citrons, and all that is made thereof.

Carduus Benedictus leaves are also marvellous good against all venom (it is said that Frederick the Emperour was the first that brought the same herb out of Greece into Germany) for the juyce, water, powder, and seed of it are all good against poyson.

Fennel seed is also much commended, Sealed earth (if it be right) is of all Physitians accompted for a noble medicine against all venom.

Pencedanus and wild Radish are also much commended.

Wine of Harts tongue is also used for the same, albeit the ancient Physitians do make no mention thereof.

The Conserves of Eldern flowers is also very good, and is accounted a conserve for the common people.

The Conserves of Hyslop, and the wine of the same, doth also contend with venome. Nep, Comin, and Caraway, are more strong then the Fennel seed, *Agaricus* is good if a man will purge.

Angelica is of all Physitians accounted good against all manner of venom, and recommended by the name *Laserpitium*.

Eringas withstandeth all venom. The *Oleander* which the Greeks call *Nerion* and *Rhododendron* is also commended. The long Hartwort is also good. Rue hath an especial efficacy against all poyson: and in like manner the seeds of wild Rue; Rosemary is also praised of some: the learned write not any thing thereof. *Sagapenum* and *Serapinum* is also accounted good for it.

Wormwood, and all that is made of Wormwood is marvellous good against all venom. The compounded things that are commodious against all venom, shall hereafter follow.

An Exhortation for all those that are afraid to be poysoned. §. 2.

ANCIENT Physitians were wont to have an old Proverb, and to say, that Venome is so proud that it dwelleth commonly in Gold and Silver: whereby they meant, that great personages that eat and drink out of Gold and Silver, are in greater danger to be poysoned, then the common people that do eat and drink out of earthen dishes; wherefore must such high personages that are afraid to be poysoned, diligently take heed of the meat and drink that they eat, and that are drest of divers things.

Also they must not take too much of all sweet, salt, and fowr drinks; and they must not eat too eagerly nor too hastily, and they must at all times have great regard of the first taste of their meat and drink.

But the most surest way is, that before the mealtide he take somewhat that may resist venom, as Figs, Rue, or Nuts; each by himself or tempered together. The Citrons, Rape seed, Nep, or any of those that are described before, the weight of a drach. taken with wine, now one, and then another, is very much commended. Sometimes also two Figs with a little Salt, then again Mithridate or Treacle, and such like more may he use before the mealtide.

When any body perceiveth that he hath taken Poyson. §. 3.

BUt if one be sure and perceive, or certainly know that he hath taken poyson, then must there be no long disputing what is to be done: for in case that one will be long a counselling what shall be done, then will the venom in the mean time infect his blood and other vital parts: whereby the party may be neglected, and afterwards also remain incurable. Therefore must the common means be used (as is said before) to provoke him to vomit and cast, and that through the taking of luke-warm water tempered with Sallad oyl, or with sweet Butter.

There are here and there in this Book divers remedies expressed, whereby vomiting is to be furthered, which may be used for this purpose, and you may seek for them in the Table. And as soon as the Patient hath vomited, then are you to cause him to have a loose and open body, which may soon be brought to passe with a strong Clister, whereby the remaining sharpnesse of the venom, that might remain behind in the stomach, or in the bowels, might be driven out and expelled.

The signes when one is poysoned. §. 4.

ALbeit that the signs of those that be poysoned, and the nature of the Poyson taken, or the biting of a venomous beast are divers (as shall hereafter be more at large declared:) neverthelesse can it not be but good and requisite to comprehend them all under one.

First they get a vehement pain in the stomach, in the belly, and in the bowels, pain of the Liver, the kidneys, and the bladder. Often they get a hoarsenesse, gnawing and biting, shivering, cold, dumbnesse, and convulsion of the sinews, feeblenesse of the pulse, the Lethargie, swimming of the head, darknesse of sight, and a shortnesse of breath, yea that they seem to choke, great thirst, bleeding, lack of appetite, great heat, feeblenesse of the face, losse of understanding, of might, and more such like symptoms; yet hereby cannot sufficiently be known the nature of the poyson that hath been taken.

For example, if any man hath taken *Cantharides* (which are Spanish Flies) he getteth diseases in the tongue, in the stomach, and in the kidneies, the bladder is inflamed, he can scarcely make water, to wit, without infinite pain, blood, and great sharpnesse. The Caterpillers of the Fir tree called *Buprestes*, and the *Salamandra*, do also cause the fore-said accidents.

Item, all those that have taken *Opium* do fall into a very deep sleep, or altogether into a malady, that is called *Lethargus*, to wit, the sleepy sicknesse, they get bleak spots, they wax sluggish, cold and stiffe, and are deprived of all their senses.

The like chanceth to them that have taken the juice of *Mandragora*, or the juice of Hemlock.

The Henbane seed maketh men not onely foolish and raging, but as it were mad, or as if they had taken *Aconitum*: they be not onely choaked that have taken *Aconitum*, but also those that do take Toadstooles, Ceruse, Gippes, and Oxe blood: but (as it is said) we shall hereafter further discourse and admonish at large of this matter.

Here we will most of all intreat of those poysons especially that grow, and whatsoever also proceedeth thereof, and adde unto them their Latine and Greek names.

The

The second Chapter.

Of the venemous Plants and such like.

THe *Mandragora* is not otherwise in Latine, nor in Greek, and is by good reason placed amongst the venoms, for that by her nature which is cold in the 3. degree, it otht oboke one: and when one taketh too much of the juyce, then causeth it a sleep unto death. It is also very dry, yet may with discretion the weight of a drach. be given thereof as need requireth; for the learned write, that if any man be too sore frighted or feared, so that he must be cut or burnt, then must there be given 1. drach. of this root unto him, and he shall then fall into so deep a sleep, that he shall 3. or 4. hours long remain unsensible, in which space the Chirurgions have time enough to do their work.

But what the Toothdrawers or Mountebanks do with this root of *Mandragora*, (making the people beleve that they grow under the gallowses of the urin of the hanged theeves, having the form of a man) is known to all men.

Henbane is called of the Greeks *Hyosiamus*, and at the Apothecaries *Iusquiamus*, which is almost as much to say, as hogs beanes, and that by reason that this herb is deadly poyson for swine, if they be not presently well washed, and drink much, or do eat Creuets, which have a special operation against this poyson.

This Henbane is of three kinds: the one hath red flowers and black seed; the 2. hath yellow flowers and yellow seeds, and are both by their very cold nature venemous; the third hath white flowers and white seeds, and is also cold in the third degree, which of the Physitians is very aptly used in some causes; but if you cannot get the white, then take the yellow, and leave the black. You may make of the new seed a juyce, which is dried in the sun, but it may not be kept above one year. When you have taken this juyce, then will it make one frantick, and as he were drunken, but by certain medicines the same will quickly away. You must take therefore the milk of an Asse, or in stead thereof Goates milk, or Cowes milk.

Item, Hony water is very good for it, if he drink much thereof; when you are weary thereof, then cease, and then drinke again afresh. Water wherein Figs were sodden, is also very good for this. Cucumber seeds or Pingles sodden in wine and so used, are good for this purpose. Item, wine that is somewhat salted, and tempered with Barrowes grease, is also good.

Item, there is very commodious, for it Nettle seed, Cicorie rootes, white Mustard seed Creses, Radishes, Onions, or Garlick, any one of these taken with wine, and then afterwards the patient laid to sleep, even as one that is drunken.

Coriander is a known seed, called in Latine *Coriandrum*, and in Greek *Corion* or *Coriannon*. The learned have divers opinions of it, *Dioscorides* writeth, that it is cold, but *Galenus* and his followers do reject this opinion, and saith, that it is hot, or at least somewhat warming. And albeit this seed be somewhat venemous, yet may the same easily be corrected, to wit, when it hath been steeped in Vinegar, and is dried again, and then may it be used in many medicines as you may find every where, &c. Take prepared coriander &c. The nature of his venom is, that when one eateth too much of this seed, or drinketh too much of the juyce, then will the head be thereby so out of frame, as if a man were drunk; it maketh one hoarse, and as if he were dumbe, or if he speak, yet are they but unreverent words. In fine, it is not without great danger; for it hath been often found, that after the taking of the juyce death hath followed, therefore it is good counsel that you use of this a little, and but seldome: yea some will correct the Physitians that daily use this seed for strengthening of the head, by reason that it is much contrary to the head, and noysome. Now to take away the venom of the seede, you are first to cause the patient to vomit, and that with oyl called *Irinum*, or in stead thereof with oyl of Olives, both of them taken with the warm decoction of Wormwood. Also you may fry an egge or two in this oyl, and mix it with pickle of salt fish, and so drink it, or the pickle alone, well salted Henbroth, or Goose broth. In like sort sodden wine mingled with lee, are very good for it.

Nardus seeds or *Nigella* seeds, called in Greek *Melanthion*, and in Latin *Nigella*, by reason

reason of his blacknesse. There are four kinds of it, two black, the which (by reason of their pleasant smell) are planted in the gardens: another which groweth of himself in the fields; the 4. sort is yellowish and hath no difference from the black kinds. The nature of them all is hot and dry, which maketh them venemous, when one taketh too much thereof he is in danger of death. And herein is a wonderous work of nature, that contrariwise it resisteth poyson and in old time (by reason of his pleasantnesse) was baked in bread. For what diseases then this seed is good, that is shewed and taught in more other places.

Milk thistle. This root the Greeks call *Camaleonta*, for that the leaves do alter their colour after divers sorts, according to the nature of the ground, now black, and then green, now blew, and then yellow, and into divers other colours: In Latine this herb is called *Carduus Suarinus*, that is Sowthistle, for that it killeth hogs if they eat this herb mingled with Barly meale. In like manner it killeth Rats and Mice if they eat thereof, and drink not thereafter immediately. The Apothecaries call this herb *Cardopatum*. Because that this is hurtful to the said beasts, therefore cannot it be but hurtful to men if they eat too much thereof. And the same is manifested by his nature, for that it is hot in the second degree, and dry in the third, yet this root is often used for many things, and highly commended, and that most of all against the venom of the Plague. There are two sorts, black and white Milkthistle, both of one nature; notwithstanding there is here to be noted, that the black is to be used onely outwardly.

The Yewtree do the Greeks call *Smilax*, and the Latinists *Taxus*. This tree is well known, it groweth prosperously in cold and shadowie places, for such is his nature. That he is placed amongst the venoms, is not without cause; for it hath been tried, that if bottles be made of it, and the wine kept therein a certain time, it killeth a man. In like manner doth the fruit of the same tree which groweth in Spain. Moreover it is said that who-soever sleepeth under the shadow of this tree, or upon the leaves, and specially upon his blossomes, must die, for that the whole body will thereby be overcold, that a man must die sodainely. His leaves are not hurtful for the wild beasts, but onely for such beasts as do not chew their cud, as the swine, Horses, Asses, &c. they are killed with it. It is said also, that if a copper naile be strook into his stem or body, then will this venom vanish away. His smoake should kill Mice, and his venom will also be taken away by the same means that hereafter is prescribed against the venom of Hemlock, where you may seek and finde the same.

Wild Cucumbers and their juyce *Elaterium*, whereof is so many times admonished that men must deale with it warily, and use but a very little at one time, except it be in grievous sicknesses, as the Dropsie, and such like, the Greeks do call this herb *Sicyagrium* which is wild Cucumbers, for that the same are like to the tame Cucumbers. When these wild Cucumbers are ripe, and softly handled or wrung, then break they open, wherefore you must look to your eyes for they are hurtful. In Latine it is called *Cucumis Anguinus* and *Erratius*. The Apothecaries and common people call it a wild Cucumber. His juyce is *Elaterium*: it is made as well of the roots as of the leaves: but it is not so forcible as that which is made of the fruit. Of all medicines, there is none that continueth longer good then the same: for *Theophrastus* writeth, that it hath been found good and forcible 200. yeares, and it ought not to be used until it be 3. yeares old; it is hot and dry by nature, for which cause *Dioscorides* doth place it amongst poysons. It is so vehement, that when a woman useth it in pessaries it killeth the fruit. But we have written of it also in the Introduction.

Fleawort. The Greeks do call the seed of this herb *Psyllium*, and the Latinists *Pulicarium*, by reason that the seed is like to Fleas, or that it hindereth the breeding of such vermin: the Apothecaries do keep both the Latin and the Greek names. It is (as some say) cold in the second degree, and is measurably dry and moyst. Others do ascribe great cold unto it, wherewith this following doth agree. Albeit this seed be comodiously used, as many places of this book may witness, yet hath it neverthelesse his venom, to wit, when one useth too much thereof, for that it maketh the whole body cold, sluggish, feeble and unapt. Against this may be used that which is prescribed for Coriander.

Crowfoot the Greeks do call *Batrachion*, the Latinists *Ranunculum*, that is Frogwort, either because it willingly groweth (as Frogs do) in moyst places, or for that the Frogs gladly hide themselves under it. Some call this herb *Flammulam* by reason of his burning nature: for being applyed green, it doth not onely excoiate the place with pain

but also if the flowers ly long thereon, it maketh a hard escar: the beggers have learned this so well, that therewith they open their legs, and make them sore, that they are loathsome to behold, to the end that thereby they may get the greater almes. As much as appertaineth to the venom of this herb, it is by nature hot and dry, so that it burneth not onely the outward parts, but also the inward parts, when it is taken inward. The root dried provoketh needling, if one hold it a good while at a tooth, it dryeth so much that it falleth to peeces.

Apiastrum, which the Apothecaries do call *Apium risus*, is also of the same nature. We call it water Crowfoot: it is with us very sharp, but much sharper and more venemous in the Iland *Sardinia*. All that eat thereof are deprived of their understanding, the sinewes of their mouth and their lips are so mightily convulsed that the patient seemeth alwayes to laugh, when neverthelesse he dyeth; whereof the vulgar proverb is sprung, *Sardinia risus*, which is, *Sardinias laughing*, that is as much as when one laugheth where he had more need to weep.

Now to cure this venom, you are to give to the harmed abundance of hony water and milk to drink, and anoint the body with some warming salve, or to put the patient into a bath of warm water, among which oyl is tempered; and in fine to use all things for this purpose that is to be used for the cramp and convulsion of the sinewes.

Nightshade do the Greeks call *Strichinos* or *Trichnos*, and the Latinists *Solanum*, the which name the Apothecaries have turned into *Solatrum*. Hereof are 4. kinds described by the learned, whereof the first is garden Nightshade, which may be eaten among other pot herbs. The 2. sort are the winter Cherries, whereof we will not write any thing. The 3. sort provoketh sleep. The 4. sort maketh men mad and out of their wits, wherefore it is called in low Dutch, *Dulcruyt*, that is *Maddingwoort*. The Nightshade that provoketh sleep, is cold in the third degree, like to *Opium*, whereof we will speak shortly, but it is not altogether so cold; and albeit that sometimes the root of this herb is taken for the drop-sie, yet notwithstanding shall the same be forborn; for it hath often happened, that when one hath taken too many of the berries that he thereby is become raging and mad, yea stiff over all his body, as though all his joynts were dislocated. This stiffness accustometh commonly to endure three dayes, so that some deceivers accustom to use the same to bring men into a misbeleef, as *Plinie* writeth. If one take the weight of a drach. of this root, it maketh a man lusty, friendly, and causeth wonderful fantasies, so that they seeme to be foolish, and to have forgot all shamesfastnesse. And such as take two drach. thereof, they will be wholly mad and raging; and if one take half an ounce, then will death follow. for the said *Plinie* writeth, that the Greeks with such like meriments have plaid the fooles: whereby may easily be noted, that these two species of Nightshade ought not to be used for any medicine inwardly. And this foresaid making mad is none other then the Greeks call *Dorycnion*, which was used in old time for the poysoning of arrowes. The tast of this herb is like milk, it provoketh hoarsnesse, it hurteth the tongue by his moysture, it expelleth blood by vomit, driveth out matter and filth by stoole, even as they that have a red or bloody flux. Thus before those and such like accidents do appear, you may use these remedies following, to wit, that the patient take much Hony water, wherein Violets are sodden, and then vomit it out again. In like manner are you to use the milk of an Asse, Goates milk, or new warm wine, wherein Annis seed is tempered, or wherewith bitter almonds are mingled. The water wherein Mussels, Crabs, and such like are sodden is very commodious to be drunken for it, yea mussels, themselves eaten raw, and likewise clifters: and in fine all that may draw the venom out of the body.

Needlingwort is of two sorts, to wit, white and black Needsworts: the Greeks call it *Elleborus*, and the Latinists *veratrum nigrum*, whereof we have at large discoursed in the Introduction. We take this herbs name of the operation, because it urgeth needling. The ancient Physitians make much ado with it, and committed many follies by it. Both these rootes are in use, yet it is with them as with other things, that whosoever taketh thereof too much it is poyson, and bringeth him into the peril of death.

These rootes are hereby known to be venemous, when as they are digged up, and that the vapour of them riseth into the face of the digger, that thereby he hath great pain in the head, and swelleth much: wherefore it must be digged up speedily, and the digger ought to stand with his back to the wind, and to eat some Garlick before, and then drink a good draught of wine after it. Black needling wort killeth horses, oxen, and swine, and purgeth downwards. White needlingwort is not so hurtful for cattel, and purgeth upwards.

The

The Physitians specially forbid that none of these rootes should be used in women, old folks, nor children, nor in them that have a short breath.

Poppie heads, and the juyce of them, called *Opium*, the which is known with us very well, is called of the Greeks *Mecon*, and of the Latinists *Papaver*. Some of them have red flowers, which are *Corneroses*, the which if one plant, they bear white, gray, and black seeds, of which the white are the best, and the black the worst. All their natures are cold until the fourth degree, therefore not onely the seed, but also the whole herb provoketh sleep. There is also a yellow sort; but the same is hot and dry by nature. And by reason of the extreame cold, is this herb numbered amongst venoms, (not if it be measurably used) that bringeth any hurt with it, for that the seed thereof is baked in bread, but onely when one taketh too much thereof, and that chiefly of the black, which is much stronger then the white, in provoking sleep, for thereby is the sleepe sicknesse *Lethargus* caused. And of that black Poppie seed, or of these heads (the which grow not in this countrey, but elsewhere) is the juyce made; dried, and afterwards is called *Opium*, which is used in many places of this book. But if you are to use it inwardly, then must it (as we have often admonished) be warily taken in hand: for if there be too much given thereof at once, then doth it cause a man to sleep so long till he die; therefore there are a number of ancient Physitians that affirm that none ought to use little or much of it, to wit, inwardly, but to leave and refuse it as a very hurtful poyson; but if it happen that any have taken thereof too much, then are you to give unto him salt with *Oxymel* to drink, even as is to be done when any body is poysoned with Toadstooles.

Toadestooles do the greeks call *Mycites*, the Latinists *Fungi*; whereof are many kinds and some when they are drest cannot hurt, yet at all times give no good nourishment, for that they are hard of digestion, and are avoided downwards, as they were taken. In fine, all learned men agree in this poynt, that some through a secret nature and other through their quantity, kill one no otherwise then as if they were strangled with a cord or rope. Wherefore it is rather a bravery and an intollerable lickerishnesse of them that eat the same, and put their health in danger, then any part of wisdom.

Do not we read of the Emperour *Claudius*, and of whole families, that meeting together at bankquets, and eating of Toadstooles, have dyed instantly; Wee speak not here of those that eat the same moderately, and onely for pleasure, and yet that they do no great good to those that use them: for they augment the cholerick humours, and inflame all other bad humours of the body. One may know them hereby, that in dressing they wax hard; they also get a venemous nature if they grow about rustie iron, or any foul thing. Item, by any venemous beasts, as Adders, Snakes, Toades, and such like, when they have their holes thereabout, and so infect the same.

Wherefore it is to be well noted, that when any have taken thereof, and find any hinderance of the breath, or otherwise find himself ill at ease, that then the patient must immediatly be caused to vomit, whereby the poyson may be cast up; which may be done by the taking of the pickle of fish and lee mingled together, for by the decoction of *Marjoram* and *Hyslope*. The force of this venom may also be allayed by Hens dung taken with vinegar.

Esula, all the venemous herbs that give milk, are 7. in number described by the ancient Physitians, and all of them are called of the Greeks by one name, *Tithymalon*, and of the Latinists *Herba lactaria* as milk herbs, the Apothecaries call it *Esula*: of these herbs there are some species unknown, wherefore we will not wast much time in describing them: all together (yet the one more then the other) are hot in the fourth degree, and dry above measure; so that if one break a sprig thereof, and holdeth the same to his tongue the space of many hours, he cannot be rid of the burning. Also if you lay the powdered herb on the whole skin, then beginneth the same forthwith to inflame and burn, so that it seemeth that a cole fire lyeth thereon.

In like manner also doth this roote manifest his venom first in the digging up, whereby the digger and also the preparer are to expect more danger then hath been told of neefingwort, and by reason of her great venom, is this root but feldome used by famous Physitians for the purging of superfluous *Cholera* and *Melancholia*, even as you may see in some places of this book: but how a man shall prepare this root, that have you before in the Introduction.

The herb *Wolfsbane*, and specially the root, is of the ancient Physitians and Poets accounted

accounted the most venemous Plant; so that when they will once talk of Poyson, they call it *Aconiton*, with which name the Greeks and the Latinists call Wolfs-bane, which is of two sorts, whereof the one is called *Perdalianches*, for that it choketh the Panthers, and hath a root that at the end is like the tayl of a Scorpion, which is called of the Apothecaries *vna versa* or *Lupina*. The other sort is called of the Greeks *Lycottonon*, which is Wolfs bane, for that specially more then any other beasts, it straightway stranglenth the Wolf, notwithstanding that it also killeth the Foxes, Swine, and all other wild beasts, if the powder of this root be strewed upon any thing that they come to eat. In fine, of all venomes there is none that sooner killeth and taketh out of the world, and that not onely when one taketh it inwardly, but also when one toucheth it. For if one touch any she cattel therewith about their members, then must they die the same day. His nature is to corrode continually inward, and maketh the parts that it toucheth stinking. Both of these sorts grow much in Germany in the vallies and on high hils. And verily there is another wonder of nature with it, to wit, that this venom most mightily withstandeth all other venomes: as for example, when one taketh this Wolfsbane or Monkes hood, then must he expect none other but present death, unlesse there be a another poyson before in the same body, as if one were stung before with a Scorpion.

Wolfs bane finding another poyson in a mans body, opposeth it self against it after a most yehement manner, and expelleth it, yea and combateth against it no otherwise but as a warrior that omitteth all other things, and setteth onely upon his enemy, in which strif they remain both slain, and the man retaineth his life. As soon as one hath received this poyson of Wolfsbane there cometh a swimming upon him: chiefly if he would arise his eyes will run, he feeleth great anguish in the breast, and in all inward parts: his breath will be short and grievous, therefore it is needful that you endeavour to expel this poyson by vomits and Clifters. First, there is good for it sodden Marjoram, Rue, Horehound, Wormwood, and Wormwood wine, Housleek, Southernwood, Milk thistle, wild Cypres, and more such like. In like manner also the right Balsam, if you give it with the weight of one drachme, with Hony, or with milk, Bevercod, Pepper, and Rue of each one scruple, may be taken with wine for this purpose.

Also the rennet of a young kid, of a young hare, or young Roebuck drunken with vinegar, is also very good.

The wine wherein a peece of glowing gold, a peece of silyer, or a glowing iron is quenched, is also highly commended for it. Or lee and wine, wherein a hen is sodden. Fresh broth made with Beef, mingled with wine and drunken. The herb of wild Cypres is also very requisite for it.

Hemlock is well known every where, and is called of the Greeks *Conion*, of the Latinists and Apothecaries *Cicuta*, but by us it is called Hemlock. It killeth men, and that very extreemly, if any one take of his juyce. It is a very cold herb, and therefore very venemous. With this herb have the Athenians gotten the name of Tyrants, for that there-with amongst many other they murdered *Socrates*.

Against this poyson it is very good that one do drink much strong wine, and that be-times before the poyson passeth to the parts of life.

It is also taken to be certain and sure, that if his juyce be tempered with wine and drunk, that there is no counsel nor help to be expected against it.

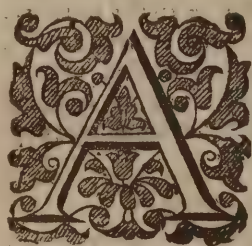
Outwardly the Hemlock is to be used in some accidents with advantage, as hath been shewed in divers places of this booke.

Of all they that receive this poyson, their head seemeth to run round, and their sight so darkned, that at last they can see no more, they wax hoarse, they lose their understanding, the outward parts wax cold, and are convulsed as if they had the Cramp, the pulse will be still, the breath tarieth behind, and they dei miserably. Wherefore (as in all other venomes) the patient is straightway to be made to cast and vomit, to minister Clifters, and continually ply him with wine, giving him Asses milk, Cow milk, Wormwood, and pepper, tempered with wine and Rue. Item, juyce of Mints tempered with wine, is here much commended. In like manner also *Ameos*, Cardamom, or Storax, the weight of half an ounce, Pepper with Nettle seed, and Bayberries drunk with wine. Item, Vine-cuist excessively drunken and vomited up again, is against this sort of poyson much commended.

Dogs bane is called of the Greeks *Ephemeron*, for that it killeth a man in one day. And

that we may make difference of this root from such as are not venemous; namely from the Liriconfanie, we will add Colchinon with it; by reason of the countrey where it groweth in great abundance, and most venemous, the Latinists call the same Bulbum agrestem, and the Apothecaries Hermodactylum. They grow almost in all meadows in Germany, and are sweet in the mouth, whereby the ignorant (by reason of their pleasant tast) may be easily deceived, and allured to eat thereof, whereby they are in danger of death: for as soon as they come into the stomach, by and by they feel a burning and a pain over all the whole body, as if they had been burnt with Nettles, they feel also a gnawing in the bowels, the stomach will be hot and oppressed, and in time there cometh a lask after it, so that the scrapings of the bowels and blood doth follow, and lastly death it self. For this are all remedies good that are prescribed against the venom of roadstooles, to wit, vomiting and Clisters. It is good before the venom get the mastery to drink water wherein is sodden Oaken buds, Acorns, Pomgranates peels, or wild Thyme, and is mingled with milk. Item, you may also use one of these juyces following, as the juyce of Cicory, of Blackberry leaf, of Myrtles tempered with wine, the inward parts of Chestnuts powdered and mingled amongst it is also very good. In like manner it is especial good to drink Marjoram with Lee. And above all things, there is nothing better then Cow milk, or the milk of a Buffel drunken in great abundance, and held in the mouth: for if one have such milk: it is no counsel to seek any further for any other things.

The third Chapter.

Of the venemous Mettals, and such like.

As we have spoken in the description of the foresaid venemous plants onely of such as are well known in this countrey, so we will here treat of certain mettals, and of all that commeth thereof and teach also thereby when any body is poysoned therewith, how that venom is to be resisted. Ceruse, the Latinists call it Cerrusiam, and is taught by Dioscorides that the same is made of lead by the vapour of the vinegar. That art was found long ago, but now at this time is it made more easie. The Ceruse taken inwardly, is deadly. Through the taking of Ceruse followeth hoarsenesse, cough, drouth of the tongue, coldnesse in the outward parts, losse of understanding, and the members will be thereby weary, sluggish, and feeble. These accidents are to be holpen by these meanes following, as with Hony water, with sodden Violets, or Mallowes water, with warm milk, with beaten seed of Sesamum sodden in wine, with Lee that is made of Vine ashes, with oyl of Marjoram, or with Oleo Irino, or with water wherein Peach kernels are sodden, Pigeons eggs with Frankincense, sodden Barly and Prunes, you may give any of these these things which you will, and as often as you will, and cast them out again. In like manner there is good for this Scammonea sodden with hony water.

Gips is very like unto Chalk, for it is made of many stones by Calcination, and also digged out of the Earth. His nature is, that when it is made soft with water, it is immediately altered againe into a hard stone; the same doth it also in the body of man whereby it strangleth presently: wherefore all that is prescribed against the venom of the roadstooles, is also good for this. Item, oyl that is sodden with Mallowes in stead of water, by reason that it is fat, provoketh a slippery passage for vomiting, and hindereth also the exulceration of the passages. Likewise there is also good the oyl of hony water, or dry Figs sodden therein and so drunken. The lee which is made with the ashes of the fig tree is marvellous good for it: or in the place thereof you may take the ashes of Oaken wood, and eat figs. Also you may use the ashes of the Vine, and temper the same with wine and drink much thereof, and then cast it or vomit it out again.

Lime and Gips are very like one to another, and they match one another with their venom. The red myne, whereby some do understand the red lead, and some simple, or mine of the Quicksilver, Sandaraca, Auripigmentum, which is Orpiment, they are for the most part all of one nature, that they torment the intrailles with an intollerable pain, and in case that there be no remedie had for the same in time, then doth it kill him. We will also add to the former the yellow, red, and white Ratsbane or Arsenicum. For this is

commodious all that expelleth venom, abateth his sharpnesse and looseth the belly, whereof there is much written before. The iuyce of Hollihocks and of Mallowes is special good for it, by reason that they are both of them mollifying. For this also you are to give him a potion wherein Linseed, and Rue are sodden, or milk tempered with hony water must he drink unmeasurably. In like manner also all fat flesh broth.

Quicksilver is called in Greek *Hydrargyron*, which is water silver, and in Latin *Argentum vivum*, we call it in this countrey Quicksilver, and is of Plinie, called a venom exceeding all other venoms. It doth also manifest the same in mans body, not onely taken inwardly, but also anoynted over the outside. That it is such a poyson not onely of the blood but also of the venemous pocks, and of other maladies more, as you may see and read before in divers places of this book. Some do say, if one drink it, it presently runs through the body: but if any such thing happen, yet notwithstanding there remaineth somewhat thereof behind in the body that doth hurt the same and the intrailles. For the remedy of this poyson, one must drink much milk, and then vomit the it again: or instead thereof Wormwood wine, or water wherein Smallage, the seeds Clary, and Marjoram, or Hyssope are sodden. For this is also very requisite small field gold, which doth draw the Quicksilver unto it in a wonderful manner, as by experience may daily be seen at the goldsmiths and other, how quickly it cleaveth to the gold, and when it is warm it mingleth it self with the gold, where neverthelesse all other things that are cast upon it are expelled from it, and swim on the top of it, and letteth them not fall to the bottome. There may also be well used, against the venom of Quicksilver all that standeth written against the litharge of gold. Further it is well known to all the world that there is no stronger venom then the Mercurius sublimatus, like as all Chirurgions and Pokmasters do find by experience, when as they do use the same in any ulcer. How one shall prepare the litharge of silver, Plinie doth teach the same diversly, we will here admonish of his poyson: when the same is drunken, then doth it make in the body, and in all the intrailles, not onely an anguish, but also an extreame pricking and pain, it pierceth the inward parts, by his weight, it stayeth urine, it swelleth the body, and procureth a leaden colour. When as the patient hath vomited exceedingly, then are you to give him wine to drink with the seeds of Clary sodden in it, Myrrhe, Wormwood, Isop, seeds of Smallage, pepper, Ligustrum or dried Pigeons dung.

The fourth Chapter.

Of the venomes that come of Beasts.

WHat great commodities Almighty God hath given unto us in Beasts is sufficiently known unto all the world, and the same is to be seen in the foresaid parts, of this book, and in divers medicines. For behold what is more base and lesse esteemed then the Earth-worms that breed in the stinking dunghils, and also live therein, neverthelesse they are used in grievous sicknesses both inwardly and outwardly with great good. The venemous Scorpions and Vipers are wholsome medicines against venom and other diseases, and yet more such like, whereof one might write whole books, as the books of all Physitians and Philosophers do testify; yea it hath been found oftentimes that the ordure of some beasts hath holpen in deadly sicknesses.

But to the contrary, there are four little beasts not fearful but hurtful, against which hurts and harms there are here very good remedies taught to defend and preserve one from them. For what is more frendlier beast towards men then the dog; what beast is more obedient, and can be lesse without the company of men; Yet it is not unknown to all men how hurtful and perilous the biting of a mad dog is; for if there be not presently very good remedies used against it, then will the same man be mad also, and all other men that shall be bitten by the said mad man. Wherefore we will in this fourth chapter speak of certain venemous beasts and worms, whereof by the grace of God (in regard of the South countries) have but a few in Germany. Wherefore we will omit *Basiliscus*, *Amphisabna*, *Cerastes*, *Dipsades*, and such like venemous beasts more, which are to be found onely in Africa, and admonish of those that are known of us, and add unto them the remedies that are requisite against their venom.

The first are the Ants or Pismires, which truly are provident and laborious little beasts, whereof we will not here describe the nature, but will discourse so much as serveth to

our purpose. Then it is found, that men through their pissing feel in their skin, that which is greater than is the stinging of Nettles, for the place thereof swelleth. They annoy also thereby all herbs and trees. And for to drive away the same from thence, you are to take Cow dung, and temper it with vinegar, and therewith annoint the body of the tree, or take Pitch or Rosin for it. They shun also the smoak of Brimstone, and the fume of Marjeram in such sort, that thereby they forsake their holes. Some affirm the same also of Cicory, or (that is better to be believed) of *Esula*, which herbes and the smoak of the sulphur doth not onely hunt them away, but also killeth them. These Ants and their eggs are also used in phyfick.

When any man is stung with Bees, Wasps, or Hornets, then doth he not onely complain of great pain and heat, but also of great swelling of the place where he is stung, whereto you may use this following most commodiously: or stamp Hollihock leaves and lay them moist thereon. You may also do the same with the flowers of Baulm. The same doth wild and tame Rue, the milk of new Figs, salt fish, and the pickle of the same.

Item, sea water, when the place is often moistened therewith. Take Treacle or Mithridate as big as a hemp seed, and annoint it thereon, or if you have nothing else, then take the moist earth out of the garden, and annoint it therewith. It is said that if one be once bitten of a scorpion, that then never afterwards neither Bee nor Wasp will bite him. The same is also written of the worms that grow on Coleworts, when they are tempered with oyl, and annointed therewith. This is also worthy to be thought upon, that when one beareth any odoriferous things, that then the Bees are the readier and greedier to sting the same party than otherwise. Although that there be no *Cantharides* or Spanish flies in Germany, yet are they common at all Apothecaries. They are also very much used of the Chirurgions, and of other, as may be seen before in many places: but by reason that some most unproviently take the same in hand, and also will use them inwardly, therefore I cannot conceal their poyson. These Spanish flies breed of the Caterpillers or little worms of the figtree, Pear tree, Fir tree, and Rose tree, &c. and when one drinketh them, then follow there afterwards all manner of painful symptomes, for that one may feel from the mouth even to the neck of the bladder a sharpnesse and a great exulceration: and he supposeth that he alwaies smelleth pitch, the right side swelleth inwardly, the urine will hardly voyd, and passeth away with blood, and in going to the stool there avoideth the scrapings of the bowels, like to them that have the bloody flux. They lye in great smart, are also feeble and impotent. The head swimmeth so much, that otherwhiles they fall to the earth, until at the very last they are bereft of their understanding. And to remedy these grievous accidents, there must be given to the patient Sallad oyl or some such thing to drink for to bring him to vomit: and when this is done, then are you to minister unto him a clister that is sodden with Rice, Hollihock roots, Fenegreek, Linseed, Mallows, and such like. If one may get the right *Nitrum*, then is it very commodiously used with *Oxymel* (our Salt-peter is not right *Nitrum*) whereby the rest that remain sticking in the stomach and in the bowels might be washed off and expelled. Afterward you are to give him wine and sodden Must to drink, wherein sodden Pingles or Cucumber seed. This may also be effected with milk or honey water: and in like manner also Goosegrease and sodden wine. There is a pap of Barley meal to be laid upon the swollen place, made with hony water. It is also to be noted, that at the first there must no plaister be laid thereon, for that will do more hurt than good.

When all hath been done that is abovesaid, then are you to annoint the body with oyls that be warm by nature, and then to bathe after it, so that thereby all that may hurt the body might be drawn out. You must also see that the patient have alwaies a loose body. He may eat Cockrels, young Bucks or Kids, and Swines flesh that is very fat: And he shall also seeth Linseed with it, for that mollifieth and dampeth the eagernes of the poyson. He shall drink excessively sweet wine. The rinds of Frankincense and sealed earth, the one or the other, the weight of a quarter of an ounce taken with Must, is also much commended. Item, there is good for it the decoction of Penniroyal. Item, Orage, stamped Rue, and the juice of the same drunken with wine. In like manner also Cow milk, that is described in the third part, the twelfth Chapter, and eleventh Section beginning thus, Take *Gentian*, &c.

But above all these are the Antidota good, as also both the Treacles, the Mithridate, *Alexipharmacon*, and such like.

It hapneth also oftentimes, that the people that travel through the country do unawares drink an Horsleeche, which according to the old wont without interceasing sucketh blood, within the body: but if it remain hanging within the throat, then may it be seen. But when this hapneth, then must good heed be taken that you venture not to get it out with any tongs or other things, for that commonly they leave their teeth sticking in the flesh, whereby afterwards grow grievous impostumes; and it booteth not thereto that they be cut off, they leave not therefore their sucking: and if they fall deeper into the body, and come to hang at the mouth of the stomach, that is easie to be known by their drawing. Thus for to cure that accident, he is to drink pickle of fish, or any other salt water holding it in the mouth and to gargarize therewith. Item, Angelica sodden with Beets. Further take Rue, seethe it in vinegar, and drink it, or hold it in the mouth, according to the place where the worm is fastened. Or take vinegar that is heated with a glowing iron, melt Butter therein, and give the Patient to drink of this vinegar: For this is also very good the meal of Lupines tempered with water, and the same holden in the mouth. The Woodlice are a filthy stinking vermine, nevertheless they are said to be good against all venome, which if they be burnt, and the fume of them received, they cause the Horsleeches to fall off.

The Flea is a vile troublesome and bloodthirsty little beast, which vexeth both man and beast: To drive them away or to kill them, there is no fitter means then that you keep the chamber alwayes very cleanly, sprinkle it with water, and sweepe out the same clean, for that they do grow out of dry dust. Item, you may also use these things following: Seethe Coriander in water, and therewith besprinkle the chamber, and also let the linnen be washed therein: This same driveth also lice away: yet note that of late was written of the Coriander, that thereby the head take no hurt. Item, take Coriander, wilde Thyme, seed of Tribulus Aquaticus: and Eldern leaves, seethe them in water enough, and besprinkle the chamber therewith; this driveth away and killeth the Fleas. The same vertue is ascribed to the smoak of Penniroyal, and the powder of Rue strowed in the chamber; and all those things that may be used for Lice and Woodlice.

The Italians and other nations more have a mind to eat Frogs, which other nations do abhor, but we will dissuade all the world from them, and especially such as breed in stinking ponds and waters, and are dun, which are not like the right frogs, for they provoke a swelling of the whole body, with a bleak and yellow colour, like unto the Holly tree: thereupon followeth a short stinking heavy breath, hoarsnesse, and effluxion of the natural seed. Now then for to remedy this mischance, you must let the Patient vomit mightily, and drink over much wine. For this also may you give him of the Cipres root beaten a quarter of an ounce.

Further, you are then to admonish the Patient that he endeavour himself mightily to run, and walk much, or take some other exercise in hand, thereby to sharpen the body; and he shall bathe every day.

We have said before, that there is no more perillous venome then that of a mad dog. And concerning the madnesse of a dog, it is most perillous in hot times; as when the Sun entreth into *Leo*, to wit, in the moneths of July and August; which 30. dayes we do not onely call the Dogg dayes of the Dogg star, but also for that dogs in those dayes are most inclined to madnesse, and then hurt men most of all: wherefore the hunters during these 30. dayes ought to give to their hounds meat tempered with hens dung. This madnesse ceaseth also of it self when it beginneth to freze, and that but seldom.

The signs of a mad dog are these, he will neither eat nor drink; and he someth at the mouth and nose, beholdeth every one overthwartly, and with a heavy look, and biteth as well men as beasts.

If a man be bitten by him, then is there at the first no other accident perceived; but onely that the wound cleaseth it self, and is very painful.

Afterwards there followeth thereby a marvellous extremity, which the Greeks do call *Hydrophobas*, which is the fear and fright of the water, which oftentimes in the dogs and in men is so forcible, that they come out of their wits. Notwithstanding that they fear most of all the water, yet nevertheless they throw themselves into it and drown themselves.

This fear of the water they get not all at one prefixed time, but they get chiefly the same (that neglect the bite most) about the 40 day, some after the sixt moneth, yea some also very well a year afterwards.

The ancient Physitians do write that this franticknesse of the biting of mad dogs hath manifested it self 7. years after that they were hurt by them.

They that are infected with this disease, do also get a convulsion in all the sinews of the whole body, and chiefly of the face, it will be red, and thereby cometh a great sweat, and extream feeblenesse.

Some can abide no light, and others are vexed with intolerable headach, many howl like Dogs, and bite all others that they can come by, who will be afterwards as mad as they. The ancient Physitians write also that they be very few that do recover.

Yet for this hath been found many wholesome remedies, whereof we shall speak hereafter.

There are two kinds of means; the one common, which is good against all bytings and stinging of all venomous beasts: the second, that is good alone against all byting of mad Dogs, if one do but presently put in practise. But if it be deferred too long, it is used in vain. First, there are some things that a body must provide to have alwayes in a readinesse, that the same may immediately be adhibited.

Take for this Crevets, and burn them with as much of the roots of Briony to ashes; then pownd them small and preserve them. Secondly, have alwayes in a readinesse some small beaten roots of Gentian; and then if there be any bitten, cast in 12. ounces of strong Wine, two spoonful of the Ashes of Crevets, and a spoonful of the foresaid roots, and then drink this at 4. times, to wit, in the morning early.

Item, for this is also commended the shels of the Lobster if they be powdered in drink.

Item, one other more that is made of Crevets, and is very like to the former, to wit, as hereafter followeth. Take Crevets that are taken in July and August, burn them alive to powder in a luted pot, and then give the powder in drink with Treacle, to wit, one drachme and a half with water of Scabious.

Take also 2. or 3. drachmes of this powder, and drink it certain dayes together with the water of Fumitory.

Another; Take Gentian, and Myrrhe, of each one drachme, Ashes of Crabs a quarter of an ounce, give thereof every morning with Wine: or if the Patient be full of heat, then take fountain water instead of wine.

Item, the juyce of Balm is also very good for this; or to beat the leaves to powder and drunken with wine. In like manner one may also twice a week take a drachme in weight of the great Treacle, or of the Treacle *Dintessaron*, be it with Wine or any other distilled water.

You have also in the sixt Part, the 15. Chapter, and 12. S. a water of the great Bur, which is also wonderful good against the byting of a mad dog.

Now a dayes is much commended (and that by experience) the juyce of Quinces if one take thereof once a day 3. or 4. ounces, that the same will marvellously preserve one from this venome.

And now to preserve this juyce, you must let it seethe so long by a milde fire till that the skum is separated and taken away; then you may preserve it in a glasse with a narrow mouth, and pour thereto a little Sallad oyl: it is also good for all other venomes.

It is also written that clarified Hony taken daily, should preserve one that he cannot be annoyed with the byting of mad dogs. In like manner if one eat the Liver of the same mad dog, that the same should preserve the bitten person from all symptoms.

The wilde Roses powdered and drunken, are also found very good for it.

Besides all these foresaid remedies, one may use things that cleanse the infected blood, which one may do with these medicines following, if the same be drunken 14. dayes together; Take sirup of Fumitory, of sweet Apples, and of Pomgranats, of each half an ounce, water of Fumitory, Buglosse, and Cicory, of each one ounce, mingle them together and drink it fasting. Afterwards use this purgation; take new Cassie three quarters of an ounce, confection of Hamech one quarter of an ounce, Inda one drachme, make a Bolus or bit thereof with Cinamom and sugar, swallow it down in the morning, and fast six hours after it. For this is specially commended, *Hiera* with Coloquint: for this is also good thick milk; called *Lac scistum*, for that it looseth, and doth withstand the venome. And as soon as the body is purged, and after that all the foresaid remedies have been used, it is then requisite, that one think upon the byting or wound. First, the byting is not to be healed, but it must be well rubbed with Garlick, vinegar and salt, so long till it come to bleed apace.

Some

Some bind thereon living Hens and Pullers; but look what is written thereof in the description of the Plague, whereas we have spoken of the Plague sore.

Make also a salve of the juyce of Onions, juyce of Rue, Vinegar, and Hony, wherewith anoint the wound 3. or 4. dayes together keeping it clean, the which will bring all things in security.

This doth also Garlick fryed with Butter and layed thereon. Or an Onion made hollow and filled up with Treacle, and roasted in the ashes, whereof we have before admonished. And you may also take two handfuls of Rue, fry it twice in Butter, and apply it twice a day to the wound. Others take Garlick, Rue, salt, Frankincense, Myrrhe, of each a like much beaten all together, and a plaister made thereof with wine.

Take Chervil seed, see the it in fair water and drink thereof, wash the wound also therewith: this is good without and within.

The powder of Vervein is also commended for it that is gathered between both our Lady dayes for to strew on the wound.

There is also good for it all Nettle waters drunken; likewise the Nettle seed stamped to grout and laid upon the wound. The Fennel root is used after the same manner. These are now things that may be used outwardly, and that not onely 3. or 4. dayes as some suppose, but also some dayes together with other things more.

For as we have admonished before, this venome doth otherwhiles not appear in a twelve moneth after it: as may be seen, if one be bitten with a mad dog, and handleth a Raven within a year after, that the same foul will be mad, or the man will be mad again.

It is also especially good that the wound be anointed within and round about with Treacle or Mithridate. For this also are requisite the peel of new Melons and Pompeons beaten and mingled with wine, and laid over the wound.

Item, new Onions tempered with Vinegar, or if the same cannot be had new, then are the same to be sod, and to drink the decoction, and lay it also on the wound, or tempered with hony and wine, and so let it lie three dayes thereon.

The kernels of nuts being chewed by not fasting and laid upon the wound, should do marvellous much good.

Or take great roots of Smallage, see the them in water and drink the decoction thereof: stamp the roots and lay them on the wound.

Item, Rue mingled with Salt, these and the like things may be used at the first without all danger. But in case that the venome of this mad beast lyeth hidden and dead a while, and the Patient thereby supposeth to have escaped all peril, the which neverthelesse yet sheweth it self afterwards, wherefore there are divers that have a manly heart, and had rather live a painful life, then to die a painful death.

Of the actual cantery and Incision.

Some that will play surely, and will prevent all these before mentioned mischiefs, do begin this cure at the first by incision and adustion, so that they cut out the sound flesh round about the wound according to the situation of the member, and also draw out the blood, and make the wound much wider; for how much larger the wound is, so much the better will the blood be drawn out, and the better is the wound to be handled, which is to be committed to the expert Chirurgions: but burning is better then cutting for it, and it is commended to be more surer and more forcible, because the fire tameth all venomes, and letteth not the same pearce any deeper into the body; and also the wounds heal not so fast, which must be kept open so long as may be.

These things following are very requisite for to keep the wounds open, as all salt things, powdered wild Garlick, juyce of Onions, and powdered Wheat that is made moist. These things make the wound wider; and after such kind of incision or adustion set on boxes, and scarifie the sound flesh, that thereby the infected blood may be sucked out. And if it be perceived that the wound heal too fast, then must the same of necessity be opened again with fire or with incision, that there be no venome included. How the wounds are to be cured, that is known to all Chirurgions.

To conclude, this is to be added in case that neither the easie remedies now mentioned, neither yet the incision nor adustion had been used at the first, then are they to be omitted and left altogether, and not put the Patient to such pain in vain, for then cannot the venome that is spread over all the whole body, be drawn any more to the wound, neither be drawn out.

An order of dyet for them that are bitten by a mad Dog.

ALL they that are bitten with a mad Dog, must use those things that do withstand poyson, and interrupt the violence thereof, that the same penetrate not to the inward parts. For this doth first of all serve strong wine sodden throughly, and Milk for his drink; it is also good that you put into his meat, Garlick, Onions, and Leeks: let him use Treacle and Mithridate sometimes. He shall feed every day upon eger and four meats that do hinder the venome. Sweating before and after meat is also very good for him. But above all things is the Ellebore highly commended, if he use the same but once in 40. dayes; for it is proved already that those that were vexed with the fear of the water, that they were onely cured by the taking of Ellebore, when as they had used all other means and remedies before.

Toads are beasts well known, that are full of cold venome. Against this is to be used all that which is described against the venome of the Frogs that haunt stinking pools.

That Lice be loathsome and filthy vermine and beasts, is known to the whole world, and hath sufficiently been shewed in the first part, the third Chapter, and eight §.

Milk that is turned doth sometimes very quickly strangle them that do drink the same, for that through her letting it stoppeth the pipes of the Lights. Against this must the Whay of milk be tempered with Vinegar, and given to the patient to drink, and the patient compelled to take it. The same doth also dried Nep, and the juyce thereof. In like manner also Angelica tempered with vinegar and water.

Item, Thymus with wine and lee, and some ashes with it. All salt things must be shunned, for thereby will the milk be turned more. In like manner must heed be taken from vomiting, for the clots might very well strangle one.

Oxe blood is very grosse when it cometh first from the Oxe, it will be soon hard and clotted: this stifeth a man also if he drink thereof, for it setleth it self at the *Vula*, and strangleth a man, it refrigerateth the sinews of the throat, whereby the same is stopt, the tongue will be red, and one may see some part of the blood sticking between the teeth. He must also be kept from vomiting, for the clotted blood remaineth in the throat. In this must the blood be resolved and the body opened. And for this are special good great Figs that are not very ripe, and yet full of milk, when they are given with Vinegar and water. The juyce of Bean straw with Vinegar, and Goose grease eaten, or used otherwise is also very good. All they that do recover of it, do avoid much filth and other matter through their stooles, and the belly and stomach must be often anointed with Barly meal and Hony tempered together.

Caterpillers (which are the right destruction and spoil of all Plants and Gardens) are also in some sort venomous, yet the one more then the other; but they that live on the Fir trees are the most venomous. If it chanced that any body swallow one of these, then presently doth he get a great pain throughout the whole mouth, and therewith a swelling of the belly, of the tongue and the stomach, with a pain in the belly, that it seemeth that his belly is full of Worms, his whole body will be burning, and getteth a great distemperature in the stomach. This venome is to be remedied with those things that are ordained against the venome of the Spanish Flies; but in the stead of Sallad oyl, the oyl of Quinces is much better.

Snakes and Adders are of divers sorts throughout the world, and Africa, Media, Ecbatana, and Trpoglodytis are marvellous much Plagued therewith, even as now adayes Italy is in some places. Wherefore may Duch men and English men account it for a blessing of God, that they cannot say as men do of Africa, that there are more men slain by venome then by the sword. And because this seventh Part discourseth onely of poyson of venomous beasts, we will add here to the rest all the principallest things that are set forth by the learned against the byting of snakes and such like venomous beasts.

Wherefore we will speak first of the root of Aron, that is, Cuckopit; when Snakes are smoked therewith, then will they be all as if they were drunken, and remain stiffe. In like manner, when this root is beaten to powder, mingled with oyl of Bayes, anointing the place therewith where they do use, then will they be hunted away. This root is also to be drunken in red wine against all venome.

If the fruit of the tree Platanus be taken with Wine, then doth it withstand all stings of Snakes and Scorpions.

Elecampane roots drunken in Wine, are also good against the stinging of venomous beasts.

The root of *Mandragora* is also good for it, principally if any must be cut or adusted, for these venomous beasts bitings, for it bringeth the Patient into a deep sleep, and maketh him wholly insensible, even as before we have taught.

If *Ebulus* be set on fire, then doth the smell of the same drive away all manner of Snakes. The leaves thereof layed in wine, and drunken thereof, are also good against all kinds of poysons.

The leaves of the Ash tree wrung out, and the juyce thereof drunken, and laid upon the biting, withstandeth the poyson of Snakes as vehemently as any thing in the world: For this tree hath such antipathy with the venom of Snakes, that the Snakes shun the shadow of this tree. *Plinius* writeth also, that if one compasse them in one place with fire, and another place with Ashen wood, that they had rather run into the fire then be touched with that wood. This bad worm doth also not creep out of his winter hole, before and until that the Ash tree beginneth to blow, the which is a marvellous work of nature. Moreover, the Ash tree shall not let his leaves fall before and until that the Snakes be cropen again into their holes.

Right Balsam is commended against all venom of Snakes: but by reason that we have not the same, there are many kinds thereof distilled, wherein every one is to use all diligence that he can to attain to the right Balsam as neer as he can possibly: whereof you shall find divers descriptions in the last Part, where you shall also have living and golden waters which are very commodious for it. And for that England and Dutchland (as is already said) are almost free from these bad beasts; we rest contented with the easiest and best known things: in like manner leave the Balsamum artificiale to the charge of the Chirurgions. *Tencrimum* do the ancient Physitians say to be the most precious remedy against the venom of Snakes, whether it be taken in drink or laid upon the bite. In like sort the great *Tencrimum*, whether the same be taken green, dry, decocted, or the juyce thereof.

Mugwort is also taken to be very good for the byting of Snakes, if the same be laid in wine, and some thereof drunken and laid upon the wound.

Betony and all herbs of that vertue, as Gilloflowers, &c. the ancient Physitians do write to have such power against the biting of a Snake, that if this herb be laid round about her, she had rather be killed then creep over the same herb: for which cause the wine and conserve of this herb are highly esteemed: so is also the powder and seeds of the same.

Bevercod is good for many things, as is sufficiently before declared in the description of other sicknesses. And amongst other it is also good against the biting of Snakes, and biting of other venomous beasts, if the same be mingled with other things, according to the importance of the beast that hath so bitten. This if it be used in time of need, you may take thereof half an ounce with wine.

Bucks and Goats hair set on fire driveth away all Snakes.

Pennyroyal withstandeth all Snakes by nature, by reason of the favour or smell: wherefore it is to be strewed upon the place whereas the Snakes have bitten one, and to be drunken with Wine.

Purslain eaten and applyed also upon the sore, draweth out the venom. It is also good for all other kinds of poyson if one drink the sap thereof with Wine or Hony: but the wild Purslain is the best.

The juyce of the flowers of Selfheal drunken with Wine, should be good for all the venom of beasts.

The nuts of the great and small Cypres trees, which may be had at every Apothecaries, stamped and drunken with Wine, are also good for this. In like manner the same Cypres herb (which is to be found in many gardens) is very highly commended, for that it withstandeth all poyson of Snakes if it be drunken with Wine.

Nardus seed is renowned to drive away Snakes by his smell and favor.

Dill mingled with Rue and Swines bread, with Pepper, and so given to eat, is good against the byting of Snakes.

Acorns are also good to be drunken against this venom.

Hens eggs hard sodden, and tempered with Cresses are good, being laid upon the byting of Snakes.

Vervein steeped in wine and drunken, is very good likewise if it be laid thereupon.

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The root of Gentian is in divers manners good against venom, as before hath been declared, but chiefly against byting of Snakes; it is commended above all others if one take a quarter of an ounce thereof with wine.

Pease meal tempered with Vinegar, drunken and laid upon it, is also very good.

The smoke or fume of Asses lights will also drive away venomous beasts.

Venomous beasts cannot abide the smoke of Ferne, wherefore it is good that it be strewed upon the places where they haunt.

Fennel, and especially the seed of wild Fennel drunken with wine, is much commended for it.

Hair of Womens heads burnt, hath a marvellous power to drive away Snakes and Spiders.

Galbanum is a gum that driveth away all venomous worms. The herb Cuckowbread, the weight of a drachme drunken with Wine, hath many times been approved.

Barly meal laid on with vinegar, withstandeth venom. Some do give the root of Celendine, the weight of 3. drach. with Wine, or make thereof a salve, and lay it on the venomous biting of a Snake.

The brains of a Cock or Capon are also a good for this being used in meat.

The seeds of Mew is amongst other seeds most commended if the same be drunk with bitter Almonds, or the juyce of this herb with bitter Almonds and with wine. In like manner also, if one be anointed with the oyl thereof, then doth it preserve him against the biting of Snakes.

Hares rennet is very forcible against the venom of Snakes, and also for more other things.

Heath *Erica* is much commended against the venom of Snakes.

Harts horn hunteth them also away through his smell.

The round and long Hartwort, the weight of two drachmes drunk with Wine, or tempered with vinegar and laid thereon, is also much commended.

Dogs Garlick that groweth in Vineyards, is also very forcible against the venom of Snakes.

Clevers have also a special force against Snakes and their venom, if one drink the weight of a drach. of them.

Melilot hath this nature also, that it is said, that there was never seen a Snake to have come near this herb. In like manner the seed of it is much commended being taken with wine.

Garlick driveth away all Snakes through his savour and smell: it is also very good against all venomous stings of beasts; and if one mingle it with bread and Hony, then may it be eaten for that intent.

Coleworts with Barly meal laid thereon, or the juyce thereof tempered with Vinegar and Fenegreek seed, is also very commodious.

Corn Mints do also drive Snakes away.

The dung of all four footed beasts tempered with Wine, and laid thereon, is also commended.

Crabs that are caught in fresh water, and in the Sea, are also very commodious for this, as we have admonished in other places more.

Wild Thyme hath also great vertue for it when the leaves thereof be drunk with wine: and the smoke thereof driveth them also away.

All pickle of salt fish is also highly praised for this use, as hath been taught elsewhere.

The roots of Lovage with Barly meal, or tempered with wild Baulm and laid thereon, is also very commodious.

Bayberries tempered with Wine and drunken, is good against all cold venom.

Eringus the weight of a drachme drunken, tempered with water, and layed thereon, is also good.

A live Mouse applyed to the place hath a special vertue for to draw out the venom; howbeit Hens, Pullets and Frogs are also very commodious for it, as we have oftentimes shewed before.

Must drunken is an utter enemy to Snakes; so is also sodden and falsified wine.

How forcible Nuts be, not onely against Snakes, but also against all venom, if one use

use them with Figs and Rue, we have oftentimes declared before.

Oleander which the Greeks call *Rhododendron*, is marvellous, for his leaves are venom to all fourfooted beasts, and yet a medicine for men against the venom of Snakes sodden with Rue in wine.

Earwax rubbed on the byting asswageth the pain out of hand.

Piony roots, whereof there are two sorts, are both of them good for this purpose.

Pepper is for all cold poisons measurably used, taken for a special medicine, even as we have declared in other places more.

Pistacies are also very good against all poyson.

That Rue is good against all venom, and against the byting of Snakes, we have already said in many places.

The rennet of Faunes that die in their dams bellies, is commended to be marvellous forcible for it.

For this is likewise commended the Madder.

Radishes sodden with water and vinegar, and laid thereon, are accounted very good.

Great Centorie, which is called *Rapontica*, the weight of a drachme of it given with Wine.

The Water of Larks spurs is said (being drunken) to be good against the byting of all venomous beasts, if the byting be washed with it. The same is also to be used against the Plague.

The juyce of white water Mints a quarter of an ounce drunken with three or four ounces of Wine, and the byting washed therewith is much commended.

The seeds of yellow Rapes or Turneps, and also the roots and the herb carried about one, will preserve him from the byting of Snakes: and if any body be bitten, then must the seed with the grease of any birds be stamped and laid thereon. The seed of the common Rapes is very good against venom, being taken in the stead of Treacle.

Salt is very good against all poison.

Sugar is to be tempered with oyl, and laid thereon.

Swines bread hath a great vertue against all venom, as we have admonished in more other places.

The juyce of Scabious is also taken to be very good against all venom of Snakes and Scorpions.

The three sorts of Dragons do drive away all venomous beasts if one carry the root about him. It is also good (being drunken) for them that are bitten of them.

Leeks are also good when they are tempered with vinegar.

Mustard seed is to be mingled with vinegar, and applyed thereon.

They flye from the fasting spittle of man, and if they get it in their mouth, they must die thereof.

Southernwood strewed on the place where the Snakes haunt, or where fume and smoke thereof is, driverth them away. Also Southernwood is good against all venom, being taken inwardly and applyed outwardly.

Codwort (which in Latine is called *Asper*) is also for this highly renowned.

Syrax Calamita, as the sent thereof is very acceptable to all men, so contrariwise there is nothing that Snakes may lesse abide.

Tamariscus is good against all poyson.

Woodlice (albeit they be loathsome worms) neverthelesse they are above all things commended of the renowned Physitians against the poyson of Snakes, and also against all other poyson.

If the venomous Snakes ever come to sent or smell the leaves or wood of Juniper, then creep they away: they are also good against all venomous beasts.

Lysimachia is also commodious for all these things.

The juyce of Onions applyed to the biting of a Snake and tempered with Hony, is very good against all venome.

The Gnats that plague beasts and men with their sting in Sommer, and in like manner all plants are depelled by the smoke of Pomgranate peeles, and of *Galbanum*, also by the smoke of *Nardus* seed, and Lupins.

But for as much as (through the grace of God) we have no Scorpions here in England nor in Dutchland, therefore it is no great need to write much thereof, by reason that all that

that is written against Snakes. is also requisite for the same; yet cannot we conceal this miracle, that the Scorpions themselves are a remedy against their own poyson, if the same be beaten and laid thereon, or if they be roasted and eaten.

In like manner you have their oyl, and other their vertues more described here and there throughout this whole book.

Spiders are well known beasts, whereof there are many sorts described by the ancient Physitians, which as they do differ in fashion, colour, and in weaving their webs, so they do also differ in poyson.

Albertus doth describe eight kinds of them, which we have all here in this Countrey. Some do live by catching of Flies: others by catching of water Worms and small fishes. Some are also enemies to the Toad and Snake; for that it hath been seen that such Spiders have lettten themselves down by one of their threds upon the heads of such beasts, and leave them not before and until they have killed them.

Other are deadly enemies to the young Evets, which through their spinning do bind the mouth too, and do smother them, and hale them into their nets, that thereby they might suck out all the moysture of them; and by the diversity of the venemous nourishment altereth also their venemous nature, whereby the same is sometimes more forcible or more mild.

And also their manner of dwelling is not all one: there dwell many in houses, other in the fields and in the hedges: some dwell willingly by the water sides, but we will not write here any more of their natures, but discover their venomes.

Of all the venomes of the Spiders, that which the Greeks call *Phalangium* is the most renowned, and albeit that the same is not known in England nor Dutchland, yet we will describe the nature of this venome, whereby one may be taught to assuage all the lesser stings, and the harm that may come thereby, and how the same may be cured. The Greeks call this species of Spiders the Wolf, for a difference from all other Spiders that are not so noysome.

These Spiders are hairy, and have a great head. The she Spider (which only spinneeth) bringeth three hundred young ones at one time, and she receiveth also the reward of her noisome fruitfulness, to wit, that she is killed of her own young ones, and afterwards sucked out, which they would also do to their father if he with might did not withstand them.

If then any body be stung, with this *Phalangio*, then will the place of the stinging be red, neverthelesse without pain or heat, howbeit that it yeeldeth some moysture, and as soon as there is used any medicine against it, then beginneth the body to shake, the sinews of the knees and the inward parts will be feeble, and they will be convulsed as if it were the cramp, they take a great anguish in the members, the Patient can scarcely make water nor go to stool, he getteth a sweat throughout all his body, his eyes run and are dimme.

Against this must the ashes be used that are burnt of the Figg tree, tempered with salt and wine, and so laid thereon. Item, Hartwort, Barly meal, and Vinegar, tempered to pap.

You are also to wash the sting with some water wherein Smallage was sodden. To bathe often is also very good. For this one is to take a quarter of an ounce of any of these seeds following with Wine, to wit, the seed of Southernwood, Annis seed, Hartwort seeds, the rindes of the tree *Platanus*, or the seed of Melilot. Item, the fruit or rinde of *Tamariscus*, or wild Cypres sodden in Wine.

Some will say, if one take the juyce that is strained out of Crabs with milk and seeds of Smallage, that thereby the Patient will immediately be whole.

Plinius writeth of the water of Smallage, that the same hath a special vertue against the stinging of the Spider.

And there may be used against the Spider Marjoram, *Nardus* seed, Southernwood, *Hycinthum*, juice of Mulberries, field berries, and Framboys, being tempered with hony and Wine, or each also alone.

Woodlice, albeit that they be good against divers other venoms, yet neverthelesse are they very loathsome to all men, shrewdly byting, and bloodthirsty, whereby they take away a bodies sweet sleep, and especially vex the young children, for which there hath been much counsell sought to drive them away.

For this is very good the smoke of the great Fern. Item, if Horfeleeches be cast on the fire, and they be fumed with it. Birchboyes set in the chamber drive them also away.

The water that we use daily for our necessity hath by nature no venom in it, yet if one drink it too cold, likewise strong Wine, and by and by after bathing, or after that one hath run hard, then doth there ensue great pain and stiches, which diseases may be expelled thorough letting of blood and purging.

Of the Worms that breed in the belly grow divers diseases. In like manner also of such that grow in the fingers, in the arsegut, in the wounds, and other places more. What is to be done thereto, that have we sufficiently declared elsewhere.

Thus for a conclusion of these venoms of beasts, and of the seventh Part of this book, there is yet somewhat to be added that some account for witchery, to wit, when there is given to any body that which excitateth love, by which commonly such miseries do follow, that they that receive the same become mad and foolish, like as daily experience doth teach us.

Ovidius writeth, that *Philtra* do weaken the wits, and by their vertues they make men foolish and mad. This do we call the lovers herb, as if witchery had power to command one to love another.

This witchery (or rather this poysoning) do women use most of all, intending thereby to constrain men that they should love them. The ungodly heathen that have excelled therein, and chiefly the *Thessalonians*, have taken great delight therein, and also strange misbelief, that are rather to be concealed then disclosed.

It is very difficult to ordain any certain remedy for it, because it cannot well be known (for that there be so many kinds of them) by what means it hath been put in practise, so that the same must rather be judged by the signs apparent to the eyes, then by any other signs: yet have I found out two things described by famous Physitians, which are very good for this purpose: but the first thereof is very strong, and is not to be used without counsel, but the other is somewhat safer and easily approved.

Take a Valerian root with the herb, five or six roots of *Gentiana Cruciata*, a small handful of the roots of wild Cucumbers, and a quart of Wine with half as much water: afterwards seeth it softly about a quarter of an hour, and drink thereof morning and evening: And you are to seeth therewith a little Cinquefoyl.

The other: Take the middlemost green rindes of Eldern shread small one handful, let it dry well, afterwards seeth it in a pint and a half of Goats milk till about the half, strain it, and drink it as aforesaid. Hereof will some say, that the same purgeth all things whatsoever hath been given unto any body, by women to this intent, although it had been done three years before.

The end of the seventh Part.

The



The eight and last Part of this Book, containeth
sundry things.

THE eight and last part of this general practise of Physick is ordained for those things that do not concern any special diseases, which are before sufficiently described, but that are meet and good for to help sick persons, to strengthen the weak, and to maintain health; which also may be used in the kitchen for pleasure, and for other purposes more; as Electuaries, Potions, conserves, and confections, of all kinds of fruites, of Flowers, of Roots, and of other Plants, Oyles, Syrups, and Juyces; Golden and vital waters; Herbed and Aromatical wines, and such like; whereof otherwhiles hath been admonished, how that the same may be prepared, to the end that the vertue of them all might be known. Wherefore we will also declare their vertues and operations.

The first Chapters

The Confection of Calamus.

THIS very precious and necessary confection, is prepared after sundry manners; for besides this, that it is very common, it is also very pleasant and acceptable. But first of all there is to be noted, that the ancient Physitians had another root, and not the yellow Lilly root, which we have now in use; ye a ours is not to be compared to the old Acoro neither in vertue nor in operation. The learned do esteeme the Calamus to be the right Acorus, which is also very requisite for this confection. Other be of opinion, that it is the great Galangal, which is also good for it; wherefore (in mine opinion) this first confection is to be used rather then the other following. And if so be that you had rather have it with the taste of Sugar then of hony, then boyle Sugar to a syrup. First, we will describe one of the confections of Mesua: whereof there is alwayes one found ready in all well furnished Apothecaries shops, and afterward, one other sort more, whereof each one may take that liketh him best: take the roote of Secacul, or in the stead of it, take of our powned Calamus, and prepared Pingles, of each six ounces: seeth the rootes in faire well water, and stamp them to grout; afterwards put six poud of the best well scummed hony unto it, and then seeth it all together by a soft or gentle fire, untill the moysture of the rootes be all consumed, and stir it about, to the end that the roots burn not; when as it is decocted enough, then take it from the fire, and temper these things following amongst them, powned very small; to wit, Pepper one ounce, long Pepper, Cloves, Ginger, Roses, and Mace, of each half an ounce, Nutmegs, Galangal, and Cardamom, of each three drach. temper them well together. This confection is marvellous good against all diseases of the sinewes, it sharpeneth the wit, it asswageth the head-ach, and is also good against all old sicknesses, but especially against all rheumes, which fall out of the head into the breaſt.

The second, take Calamus which beareth the yellow Lillies, which groweth in moyſt places, and is faire and of a horseflesh colour, 16. ounces, make it very faire and cleane; afterwards cut it in thin slices, and seeth it so long in faire water until they be mellow,

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then strain the water well from it, and pour a pot of red wine unto it, and let it boyle well, then pour the wine from it, and stamp it all unto grout and put six pound of clarified hony unto it, and let it seeth well with the wine to a confection, at last put unto it 6. ounces of Ginger, Cloves Nutmegs, Mace, Cardamom, long Pepper, and Galangal, of each one ounce and a half, Pepper three quarters of an ounce, beaten all together very small.

The third, take Calamus prepared as before, and chopt small two pound, clarified hony 4. pound, seeth the rootes very well in red wine, afterwards put them to the hony, and let it so seeth by a mild fire until it be very thick, then temper therewith small chopt Almonds 11. ounces, Ginger 4. ounces, Pepper half an ounce, long Pepper and Cloves of each one quarter of an ounce, Cinamom one drach. and a half, Galangal, Cucubes, Cardamom, Nutmegs and Mace, of each one drach. stir them so long together with a wooden pestle until that it be cold.

The fourth; take dry sliced Calamus one pound, and seeth it in two quarts of small wine; afterwards pould it to grout, and take hony or Sugar two pound, let it seeth till it be thick, when it is a little cold, then temper with it small cut Ginger six ounces, poulded Cloves, Nutmegs, Mace, and Cardamom, of each one drach. and a half, long and common Pepper, of each 3. quarters of an ounce, Galangal one drachme and a half, Greines one quarter of an ounce, temper them all together.

The fift; take Calamus, cut it in shives, and take twenty ounces of it, seeth it in three pints of red wine, so long until all the wine be consumed; stamp it, but not too small, then take a pint of clarified hony, and let it boyle by a small fire, afterwards put the prepared roots unto it, and 8. ounces of small sliced Ginger, then let it boyle again by a mild fire, unto a confection, when it is luke-warm, then temper with it common and long Pepper, Cloves, Cinamom, Nutmegs, and Ginger, of each half an ounce, Galangal, Mace, Cardamom, Cucubes, and Greines, of each a quarter of an ounce, beaten small together, temper them so long until they be all waxen cold.

The sixt with Sugar: take Calamus as before 12. ounces, seeth it in Muscadell until that the wine be wasted, stamp it to grout, and put thereto 4. pounds of common clarified Sugar, with as much wine or water, then put the rootes unto it, and let it seeth until it be thick; when it is a little cold, then temper amongst it Ginger very small 4. ounces, Cinamom, Cardamom, Nutmegs, Mace, Cloves, Calamus, and Cucubes, of each three drachmes, temper them well, and let them seeth so long as one will seeth eggs hard, then keep it in a gally pot.

How to make Verjuyce for the Kitchin, and for Physick. S. 1.

Verjuyce is to be prest out of the best Grapes a good while before they be ripe, and if so be that one will keep it long, then must the same be sodden; but if so be that you will use this Verjuyce in the kitchin, then temper a good deale of Salt amongst it, and stir it the space of a whole hour, afterwards put it into a small vessel, and cast some unripe Medlars into it, then shake it well about, to the end it may work and be clear. But if so be that you will keep the Verjuyce for Physick and without Salt, then fill a glasse with a narrow neck, and pour upon it some Sallad oyl, then will it remain good the space of a whole yeare.

There may also be made of this unsalted Verjuyce a syrup called de Agresta, to wit, in this manner; take the juyce of unripe Grapes, when it is first prest out, 5. parts, white Sugar 3. parts, and let it seeth softly unto a syrup; further, then clarifie it with the white of an ege. This syrup is marvellous good in great heat, it swageth thirst, allayeth all wambling, parbraking, and lask, which is caused of the gall; it is also very meet in all hot cholerick agues, and above all measure good for all women with child, which be inclined to vomiting, for that it strengtheneth the stomach, and withstandeth all venom.

The second chapter.

Of the artificial Balm which may be used in stead of the right Balsam.

BEcause that the right balsam is no where to be gotten, or although it be brought unto us, yet common people cannot have the same, by reason of the dearenesse; wherefore have many Physitians endeavoured themselves for to distil such an oyl, which might have the same efficacie and vertue; and verily the Physitians and Chirurgions have found therein an especial operation, wherefore I cannot permit the description of some of them.

First, this ensuing is a very precious remedie against the pox, against all diseases of the mother, and of the stomach.

Take faire clean oyl of Turpentine $\frac{3}{4}$. 16. stop it very close; afterwards take Lavander, Sage, Betony, Roses, Rosemary, Mints, and Bayleaves of each a small handful, rootes of Angelica, of Ireas, of Valerian, Elecampane rootes, and Diptamus of Candy, of each one drach. flowers of Burrage, of Buglosse, of Lavander, and flowers of Spike, of Sage, flowers of Camomil and Stechas, of each, one quarter of an ounce, Annis one drach. and a half, Piony roots, Licorice and Spica of Indy, of each one drach. peels of Citrons, and of Oranges of each two scruples, stamp them all small together, and then pour unto it the oyl of Turpentine, and let it steep the space of a whole day, with meetly much water with it, that it be covered therein; afterwards distil it out again in water, at the first with a gentle fire, until it be warm, and that so long as any oyl or water doth come out of it, afterwards separate the oyl from the water.

Secondly, if you will distil it once again, then put to the foresaid water and oyl three ounces of liquid Storax, and distil it as before.

Thirdly, take red Storax two ounces, Frankincense, Myrrhe, Lacca, Mastick, Bdelium, and Benzoin, of each one ounce and a half, stamp them all together and distil it as before. Fourthly, take Ginger, Galangal, Zeduary, and Gentian, of each one quarter of an ounce, Cucubes, Cardamom, Greins, and Pepper, of each one drach. and a half, selected Rubarb and Saffron, of each half a drach. Nutmegs, Mace, Cloves, and Calamus, of each one ounce, stamp them all small together, and put it into a glasse bottle; then put unto it again the foresaid oyl and water, let it so stand and steep, and distil it afterwards, then separate the oyl from the water, and keep it well stopt.

You have also in like manner in the 2. Part, the 6. chapter, and 3. §. an artificiall Balm, which was ordained for the Emperour Ferdinandus, and another in the 1. Part, the 12. chapter, called *Hypobalsamum*.

This following is also highly renowned; take selected Myrrhe, Aloe, Indy Spica, Dragons blood, Frankincense, Bdelium, Balsam fruit, Saffron, Mastick, Gum, Stechas, red Styra, Laudanum, and Bevercod, of each one quarter of an ounce, Turpentine $\frac{3}{4}$. 3 and a half, yellow Cowslips half a handful; further, distil them all together as is before said.

These three last be very forcible against all Palseyes, if the lame members be anointed therewith, and if that one do drink a drop or twain thereof with wine, it is also very good. These Balmis be also good for all fresh wounds, so that they may be healed in two or three dayes therewith. They be also very good against all diseases of the sinewes.

Another which is common with all Chirugions; take selected Myrrhe, Aloe, Spica, of Indy, Dragons blood, Frankincense, Momy, *Opopanaxum*, Bdelium, *Ammoniacum*, *Sarcocolla*, Laudanum, Balsam fruits, Saffron, Mastick, Gum, and liquid Storax, of each 1. quarter of an ounce, fresh Bevercod 2. drach. and a half, Muscus half a drach. Turpentine 4. ounces and a half, pownd all that which is to be powned, and add the Turpentine unto them with a little water, and distil all together in seething water, as is said before.

Of Beer. §. 1. Common beer is made in the country of many kinds of Grain, as of Oates, of Barly,

and of Wheat; whereby it is also of sundry natures: that which is made of Barly is cold of nature, in a comparison of wine, that which is made of Barly and Oates, is lesse binding, and maketh also fewer winds, and doth also nourish lesse; that which is brewed of Wheat or of any other grain, is hotter, warmer, and more binding, the thicker it is the worse; the thinner the better; that which is well Hopt, causeth one to pisse freely, and looseth the body, but it is not wholsome for them that

have a weak braines; and that is unwholsome wherein the seeds of Rue be decocted, for that the drunkenesse of such beer weareth away much slower then the drunkenesse of wine, for that it maketh grosse vapours in the head, and a tough slime, which will hardly be digested. If it be not well sodden, then doth it cause much wind, puffeth up the belly. But very old and well sodden beer doth make people fat, increaseth the blood, and (in women that give suck) the milk, and that specially if the same be brewed of good corn. Thus for to keep beer long, take about half a pound of prepared Coriander unto a barrel of beer, and seeth the same in 2. quarts of the same beer, afterwards strain it, and wring it out, and pour it warm into the vessel, yet make it tight, and let it stand so still a day and a night. Some do take a new earthen pot, knock the same in peeces, and cast it into the vessel, and put also unto it a new layd egge.

The third Chapter.

Of Claret Wine, Hyppocras, and Herbwinnes.



Hese aromaticall wines and such like have no ceratin description for that each one maketh them according to his one good liking and pleasure, that one putteth much spice unto it, the other much Sugar, and another lesse of the one or of the other. Some do also make them with hony, like as hereafter some do follow for an example.

Take elected Cinamom three ounces, cleansed and small cut Ginger and Greins, of each one ounce, Galangal one ounce and a half, Nutmegs, Cloves, Cardamom, and Cucubes, of each one quarter of an ounce, being pownded all together grossly, pour a quart of wine upon it, and stop it tight, afterwards set it a whole night in a warm place. This being all done, then take four quarts of wine, and one quart of clear scummed hony, pour the hony unto a little wine, and so let it seeth softly together: afterwards then pour the four quarts of wine unto it, and all the steeped Spices, and let it coole a little, then pour it through a straining bag, and that so oftentimes together untill the wine run clean through it. This Clarret wine may be put into a little vessel, and the spices through which the wine hath run, are to be hanged in the vessel in a long bag, then will it remain good a long time. This potion is very good against all cold and moyst diseases of the head, of the braines, and the stomach. It is also good for all cold women, and for all old people: it strengtheneth the digestive vertue, provoketh natural heat, and consumeth the Phlegma.

Another: take Species de gemmis frigidis 3. drachmes, Aromatici Rosati 1. drachme, Cinamom one quarter of an ounce, white Sugar 7. ounces, good strong wine one quart, steep them therein, and pour it oftentimes thorough, as is said before. Of this Clarret wine are they to drink oftentimes which have a weak stomach, and an obstructed Liver, or to steep sometimes therein a peece of bread.

A common Clarret wine: take Cinamom, Pepper, and Greins, as much as you please, clarified hony also as much as you list, pour it all then together thorough a wollen bag, as before. You may also take Cloves, Nutmegs, and other Spices, in like manner also Sugar in stead of the hony.

You have also in the third Part, the 11. chapter and 5. §. a Clarret wine called Stelladia which is much used in Italy. There is also another sort made which is almost like unto some of the former, but there be not so many Spices taken for it; to wit, but half an ounce of pownded Ginger, Cardamom one drachme, and Sugar half a pound or more, unto a quart of wine, and so filtred together.

There is also an aromatical wine which is called Hyppocras, made thus; take Cinamom 2. ounces, sliced Ginger one ounce, Greins one quarter of an ounce, Galangal, Cloves, Nutmegs, Cucubes, and Cardamom, of each one drachme, of these grosse pownded spices you shall take unto a quart of wine one ounce and a half, according to that you will have the Hyppocras strong, Sugar half a pound or more; then set it in a warme place to steep a whole night, and afterwards pour it through the bage as all the rest. There is commonly taken for this, red wine.

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This Hippocras hath the same vertue as the Claret wine hath : yet are all young people to refrain from such like drink, and from Malmsey and Muscadell, to the end that they do not increase heat by heat. This Hippocras and Claret wine may also be well made for all weak bodies, that it be somewhat laxative.

But if so be that there be any sick persons which be forbidden wine, or if that he drink not the same willingly by nature, and that neverthelesse the decoctions did not agree with him, then may this potion following be made, called *Hippocras fontis* : Take Cinnamon, Figs, Cloves, and Ginger, of each one quarter of an ounce, Grains one drachme, good Well water a quart, which is coloured well with red Saunders, and then put the spices beaten grosse into it, and let it boyl a little. If you will have this potion sweeter, then put in some Sugar in the seething, or some Hony, and then let it distil through the bag, as is said before.

You have also in the third part, the 12. Chap. and 4. §. another aromatical Wine, which might be placed among these.

In the end of this part shall more aromatical wines be described.

Of Clusters and their use. §. 1.

IF one know how to use these Clusters aright, and to prepare them, then can there be no more profitable, nor yet safer medicine invented. Therefore there be before and almost in all sicknesses so many kinds ordained, and thereby taught how that the same shall be prepared, that it is almost needlesse to write any more of them. Neverthelesse to prosecute this our method, we will here discover certain common and milde Clusters. In small Agues, and when the Patient is weak or scant as yet recovered of some long sickness, then are these ensuing to be used.

Take Mallows, and Violet leaves, of each one handful, boyl them well together : take of this decoction 12. or 16. ounces, mingle Cassie, Hony, and course Sugar of each three quarters of an ounce with it, oyl of Olives three ounces, Salt one drach. or somewhat more, temper them all together, and minister it reasonable warm : for such like Clusters may you take Hen or Mutton broth.

Another that relaxeth and cooleth : Take Violet leaves and Mallows, of each one handful, Mercury, Beets, and water Lillies, of each half a handful, Lettice and Purslain, of each somewhat lesse : seethe them in sufficient water, and take thereof as much as is before, oyl of Violets four ounces, Salt one quarter of an ounce, and minister it meetly warm.

In hot Agues : Take Beets, Mallows, Mercury, and Violet leaves, of each one handful, boyl them all together in sufficient water, and then take thereof twelve or sixteen ounces of Cassie, Hony, Salt and Oyl, as is said before.

When the Patient doth complain of great pain and wind in the belly, then boyl there with grosse powdered Fennel seed, Annis, Cumin, and Caraway.

There is also an especial Cassie prepared for a Cluster, in this manner following : Take Violet leaves with the flowers, Mallows, Mercury, Beets, and Melilot, of each half a handful, seethe the same in a little water, strain it and wring it out, then wash therewith the Cassie out of the Pipes, for to get all the black out of them, and then afterwards seeth it short, until it be thick, when as then you have six ounces thereof, then put nine ounces of Sugar unto it, and let it seethe until it be thick enough. This Cassie doth loose very mildly.

Of confectioned seeds. §. 2.

Here we will now speak onely of all seeds which be confectioned with Sugar, as Coriander seed, Fennel seed, Annis, Cumin, Caraway, and such like. Item, of some Fruits, as Almonds, Pingles, Pistacies, Hasel nuts, Cucubes, and of other more confectioned roots, which may be confectioned with Sugar : and because the same by reason of the Sugar and otherwise are very pleasant, whereby they will not onely serve for the Kitchen, but also for Physick, wherefore we will here describe the nature and operation of them all.

We have in the seventh Part often admonished of Coriander, and given a caveat of his venom, that the same ought not to be used unprepared ; otherwise it is by all Physitians advised, that morning and evening confectioned Coriander should be used ; for it dryeth up

the ascending vapors of the stomach, it strengtheneth and dryeth the brains, it is good against all swimming of the head, and against the Palsie; it is good for the stomach, and procureth sleep, insomuch as then these vertues be ascribed to the Coriander, to which the Sugar addeth only the pleasantnesse: you may look what the Table saith of all the other seeds.

The confected Annis seeds are good for them which have a stinking breath and cannot sleep, it provoketh urine, it quencheth natural thirst, it taketh away the windinesse of the belly, it is good for all pains of the stomach, against all diseases of the Liver, of the Lights, of the Matrix, and it helpeth the digestion. It is also good against all hoarsnesse, shortnesse of breath, and especially for all cold diseases of women, and for all them which be much plagued with the Whites. Lastly, it augmenteth also much the milk in women.

The confected Fennel seed is good against all poyson, and especially against the venom of Snakes, it moveth womens terms, it warmeth the back, it asswageth the pain of the same, it breaketh the stone, it expelleth urine, the stone, gravel, and the slime whereof the gravel is ingendred: it increaseth womens milk, it cureth four belchings of the stomach, it is good against all wambling and vomiting, it allayeth the Cough, and all hoarsnesse of the throat. But above all is this Fennel seed commended against the darknes of the eyes, for it preserveth people from all velms on the eyes, it sharpneth the sight if one take the same morning and evening, to wit, after meals, and cheweth the same long.

Comin doth grow much in Apulia, it hath the same vertue with the Caraway. It is also very good for them which be plagued with the gravel, and can hardly make their water.

The Caraway seed is hotter and dryer by nature than the Annis or Fennel, therefore it is stronger and more forcible; and especially doth it warm the stomach, and all inward parts, it openeth all obstructions, it forceth urine, it breaketh the stone, it expelleth sand and gravel, it driveth out winds, and it taketh away all pain and chollick of the belly.

The confected Almonds are good against all diseases of the Lights, and the throat, against all dry Coughs, and narrownesse of the brest, it strengtheneth all weak people, and all them which do consume away. The bitter Almonds do expel urine and gravel, they do dry the brains, and do hinder the ascending vapors, they withstand all drunkennesse, and be good against many diseases of the brest, and of the lights.

The hasel nuts have in some sort the same nature with the Almonds: but they with the red shales have an especial operation and vertue for all scowrings and lasks, and especially to staunch the bloody Flux. All sorts of hasel nuts be more wholesome confected with Sugar than otherwise, as one may see and read in many places of this book.

The Pingles be also of the same nature with the Almonds: and be especial good for all lean folks, for that they strengthen much: yet are the kernels to be laid 24. hours before to steep in Rosewater, and then to be dried again, for they augment much humane seed.

Of the confected Spices, Peels, Roots, and such like. S. 3.

THe Ginger, the Cinnamom, the Cloves, the Nutmegs, the Mace, Cucubes, Orange peels, Citron peels, Marjoram, and the sliced Licorice, are likewise confected with Sugar. These foresaid do keep all alike the properties of their natures, and be special good in time of the Plague, for that they make good breath, which will not lightly be infected.

It is also to be noted, that all that which is to be confected for Physick, must be covered very thin with sugar, but onely the spices may well be confected somewhat thicker.

The common baked Ginger sugar is thus prepared: Take one pound of Sugar, and seeth it with Well water, clarifie it as the sugar is wont to be boyled for baked sugar, and when it beginneth to be cold, then mix five drachmes of powned Ginger amongst it, and when you see that it beginneth to be thick, then pour it upon a stone or a table, which is made fat with a little fallad oyl.

Yet another baked Sugar: Take Ginger two drachmes and a half, Cinnamom one quarter of an ounce, Cloves one drachme, Mace and Nutmegs, of each half a drachme, Sugar one pound, seeth it, and do as before. You have in like manner also in the third part, the 11. Chap. and 20. S. a baked sugar, which purgeth mildely, whereof one may take a quarter of an ounce at once.

The

The fourth Chapter.

Of preserved Fruits, Flowers, and other things.

TO the end that all Fruits, Flowers, Rindes, and in fine, all that is preserved with Sugar or with Hony, be not parted from the former, therefore we will in this Chapter comprehend all that is preserved in Sugar, or decocted, as Conserve, and also declare their virtues.

How to conserve the Elecampane root. S. 1.

IN the spring of the year is this root to be digged out of the ground, and the outermost peels to be cut off, the root made very clean, afterwards cut it in somewhat thick shives or slices: this being done, then seethe the same very softly in two kinds of water one after the other, to the end the bitternesse may be taken away, and be very mellow. Then lay them on a clean cloth, to the end they may wax somewhat dry. Put them in a leaded pot, and pour meetly hard sodden Sugar upon them (but that it be not too hot) until the roots be covered. This shall stand so a day and a night, then shall the Sugar draw all the moisture unto it, which as yet is in the root, and afterwards pour the Sugar off again, and boil it unto a sirupe: this being done, then pour it lukewarm upon it, and do this so often as the roots give any moisture from them.

These preserved Elecampane roots be a very good medicine for all cold diseases of the bladder. They take away the piping of the breast, and the shortnesse of breath. They be also good against the Cough, the spetting of blood, against the pain of the sides: they strengthen the stomach, and the digestion: they cleanse also the same from all unclean humours: they break the stone, and move womens terms: they separate also all tough phlegme of the breast, they heal the ulcers of the Lights, and all inward parts, and especially they warm the stomach and the Matrix.

To preserve black Cherries. S. 2.

TAke black Cherries as they come from the tree, and then cut off the stalks, for two pound of Cherries take one pound of Sugar, and seeth the same and clarifie it: when it is then half boiled, put in the Cherries, and then let them seeth all together softly, to the end the Cherries do not break, and that so long, until that the Sugar be drawn between the fingers with small threds. And when as now the broth is almost cold, then put the Cherries in a leaded pot with the stalks upwards, for so they will remain good a whole year. And in this manner shall red Cherries also be preserved.

These Cherries be not onely acceptable for them that be sick, but also good for all kind of heat, they moisten the dry mouth, the tongue and the throat, they quench thirst, they make appetite, and refresh debility. The conserve of Cherries is thus prepared.

Take black Cherries as many as you please, let them seeth well in wine, wring them through a cloth, or through an hairen strainer, and afterwards let it seeth again until it be thick, stirring it alwaies well about. Unto three pounds of this juice put two pounds of Sugar, and afterwards seeth them together to the full thicknesse. There may also a Conserve of Cherries be made with spices, as hereafter followeth:

Take of the foresaid Conserve whilst that it is yet warm one pound, and temper pounded Cinnamon amongst it, and Nutmegs, of each one quarter of an ounce, Ginger and Galangal, of each one drachme, Cardamom, Cloves, Mace, and Lignum Aloes, of each half a drachme. This latter conserve doth strengthen the heart more than the former.

Conserve of Eyebright. S. 3.

TAke Eyebright in July with the white flowers, strip the flowers and leaves from the stalkes; afterwards chop them small, and take one pound thereof, and stamp amongst it two pound and a half of Sugar, and then set it in the Sun and stirre it well oftentimes

oftentimes about. This is the conserve of Eyebright, which is very commodious for the eyes, as in the first part is sufficiently declared. It sharpeneth also all dark sight, it dryeth the braines of all cold superfluous humours, it strengtheneth the Liver, and openeth all obstructions, it expelleth the yellow Jaundise, and the ague that proceeds of an unclean stomach. In conserving of all flowers and herbs is to be noted, that all they that are hot and dry, as Lavander, Marjoram, Balm, Sage, Mints, and such like, one is to take to one pound of them, two pounds, and a half of Sugar; but to all that is moyst, as Burrage flowers, and Buglosse flowers, &c. is but two pound to be taken.

Conserve of Betony §. 4.

Betony is very highly and worthily reputed of all Physitians, whereof there be three kinds, to wit, brown Betony which is the upright Betony, and also the conserve which we will here describe: The 2. kind are our Gilloflowers. The 3. sort be the Cowslips, whereof we will speak hereafter in their due place. The conserve of Betony is therefore not unjustly commended, seeing their vertues ensuing be ascribed unto it. Some do write that it is good against the cramp, against the palsie, and against the falling sicknesse. It is also good against madnesse, against spitting of blood, and against the Sciatica: this herb is also good against all pain of the stomach, of the kidnyes, and of the bladder, of the Liver, milt, and all inward parts, it expelleth urine, it looseth, and it helpeth digestion: it is also good against belching, it cleanseth the breast, it withstandeth the dropisie, the ague, it moveth womens termes. In fine, it is especial good for all inward sicknesses: lastly, it is also good against all venom. If that one desire to make a conserve of it, then take onely the flowers for it, which are to be pownded together with Sugar like as is taught at the first.

How the greater Pimpernel roots are to be preserved §. 5.

Take the rootes of the greater Pimpernel which be about one finger thick, wash them well, scrape them, and cut them in peeces about the length of a finger: but cut them longwise, and take out the heart of it, then pour fresh Well water upon it, and let them steeth like as is said of the Elecampane rootes, but they must not utterly lose their bitterness. This being done, pour decocted Sugar, or hony unto it, and when it is waterish, then boyle it again, and that so often as is needful. These rootes expel urin, gravel, and the stone, they strengthen the kidnyes and the bladder, they cleanse them from all uncleannesse, they assuage all paines of the bowels, which do come through cold causes, and they be good against the suffocation of the mother in time of the Plague, they be good against all bad ayre if they be holden in the mouth.

How Peares are to be preserved after two wayes. §. 6.

You may take such Peares as you think good which be new gathered from the tree, but none other but those that be sound. If they be too hard, then let them lye in a warm place the space of 3. or 4. weeks, until they begin to be somewhat mellow: but handle them not too much, for that thereby, will they quickly rot. If so be you will preserve them, then have an earthen pot ready and lay in the bottom of this pot some dried Vine leaves or Nut leaves, and thereon lay of Peares, &c. leaves and Peares until that the pot be full: afterwards fill up the pot with old wine, and lay some heavy thing upon the top of it that the Peares may not swim. These Peares may be used for meat, and also for sick persons for a comforting. The common People which have no wine may do it after the same manner with water. But if you desire to have them of a better tast, then take Ginger which is made very fair, cut the same small and strew it between each row. Item, take a new pot and put Peares into it (like as is said before) make the pot close too as is possible; afterwards lay it so in a vessel with wine, then will they remain fresh and good the space of a whole year. These Peares may otherwhiles be roasted in the ashes, and strew them with Fennel seed; and also after supper to eat them, thereby to close up the stomach, to the end the bad vapours may not ascend towards the head: they strengthen also the braines, and be special good for the sight.

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If one will preserve Musk Pears, then are they to be gathered in fair dry weather, and in the decreafe of the Moon, and when they be very ripe, then take of the very fairest and soundest of them, pare them very thin, cut off the stalks and the flower on the top: then make ready a clean sirup of white Sugar which is well boyled: when you will take the same off from the fire, then lay the prepared Pears therein, and let them see the two or three waxes together, afterwards cool a day and a night. This being done, see the Sugar once again, and then luke warm pour it upon the Pears, and do that so long until that you see that the sirup waxeth no moister, otherwise they cannot continue. If you will have them pleasanter, then put Cinamom unto them, and they will be the better for the stomach. These do comfort and refresh all sick folks that do loath meat, and they do close up the stomach against the ascending of all bad vapours; if they be eaten at the first sitting down to meat, then do they bind the belly. But if one can get no musk Pears, then may other be taken in their stead which be likeliest of all unto musk Pears in smel and taste, and to prepare them as is expressed.

How Oranges are to be preserved. §. 7.

This Apple is wont very seldom to be confectioned, but his peels very often, the which are thus prepared; Take fresh Orange peels, cut the white out, and cut the yellow longwise: afterwards let it see the so long as one would see the an Egg hard, and afterwards let the broth run off. This being done, then pour Sugar upon it which is well boyled until that be well covered, and so let them stand the space of eight dayes in the same, then be they prepared. Oranges are prepared as followeth: Take the outtermost of fresh Orange peels, and cut the yellow the longest way; afterwards see the same in water until that the bitterness may come out of it. Pour the liquor from it, and then let it see the again until that they be through mellow (to wit in good wine) then stamp them to grout, and at last put good Malmsey unto it, and so much Sugar as you please, and so let see the well together stirring it alwayes well about. Some do lay them to steep in a lee, and afterwards steep them in water. But it is not so good, for that their force will be thereby much abated; so that it is better, to see the them in two or three waters, to the end that they may lose their bitterness: they strengthen the heart and the vital spirits, and therewith also the stomach; they do help the consumption, and dry the brains.

Conserve of Burrage. §. 8.

Amongst the learned there is a debate, whether the name between Burrage and Buglosse, be exchanged, but therein is no great importance, by reason that both of them are of one nature, to wit, that the same are to be used in all venomous and pestilential Agues; they do strengthen the heart and all vital spirits: they withstand all venome, and all heaviness of mind, and they do also cleanse the blood from all melancholy. In fine, they cool all inward parts. This conserve is made of the blew flowers, as we have taught before.

How Calamus is to be preserved. §. 9.

Take fair perfect Calamus, pour fair Well water upon it, and let it see the together, until it be through mellow, and that it lose some of his bitterness: afterwards make these roots fair from the outwardmost peels, and from all other uncleanness. If so be that some do swell too thick, then cut them longwise; and in case that they be too bitter, then let them see the once again in water: and then afterwards lay them to dry in a sieve. The Sugar is certain times to be decocted, like as is taught before, until that all the moisture be wasted. This confectioned Calamus is most in all his force like unto the Ginger, and especially it is very good for all debility of the stomach that is burthened with some cold humour, for that it consumeth the same humours, and besides this, strengtheneth the stomach; if it be taken in the morning, then doth it keep folks from all pestilential air, and maketh a sweet breath; it expelleth water, and is especially good for all diseases of the bladder and the kidneyes; it forceth the stone, and the gravel, and it provoketh womens terms: it is warm and dry by nature, and hath an especial operation for to open all obstructions, &c.

How Citrons are to be preserved. §. 10.

A Common manner to preserve Citrons in Sugar or in hony, is this, that one peelee off the yellow rinds, and cut the white pith in round or long peeces, and then to saperate the four with the seeds from it. Further, the same is to be boyled in a water or twain, to the end that the bitterneffe come from it, and therewith may be mellow and soft; afterwards is boyled Sugar to be powred luke-warm upon it, and deal with them, like as is taught of the Elecampane roots. This preserve is very good against all venome, it strengtheneth the heart, and all vital powers; it is moist and cold in the first degree, and it is very safe to be taken.

How Citron peels are to be preserved. §. 11.

Take the peels of Citrons, which be not peeled too thin, but that there remain some of the white with it, and do therewith as is said of the Orange peels. These peels be warm and dry unto the third degree, wherefore they are but seldom to be used; but in cold sicknesses they do help digesture, they withstand all melancholick humours, and also all diseases which may proceed thereof.

How Berberies be preserved. §. 12.

You must take of the very fairest Berberies that you can get, and wash the same very clean, afterwards see the them in a sirup of good Sugar, and when the sirup is sodden short enough, then cast the Berberies unto it, and let it see the so softly a short time, so that the berries do not break, and then preserve them in a glassed pot. They be good against al heat and al other inflammation of the blood, and especially of the stomach and Liver; they comfort sick persons in great thirst, they moisten the dry tongue, the throat and al the mouth. There is also a conserve made of this fruit, and that in this manner following; take Berberies as before, and see the the same in wine; afterwards strain them through a sieve, or searce, or through a cloth, and then let it be sodden unto a conserve, stirring it alwayes about. This confection stoppeth the bloody flux, and cooleth the blood which is inflamed of Cholera, it obstructeth womens terms, and maketh appetite to meat, it is alwayes somewhat stronger then the conserve of Raspes. Otherwise hath it the same vertue or operation: the Apothecaries do call it *Rob de Berberis*.

Conserve of Fumitory. §. 13.

This bitter herb Fumitory, is very wel known; if you wil make a conserve of it, then take the flowers of it, and pownd the same with Sugar, as other Conserves, and as we have taught of Eyebright. This confection is especial good for all them which be full of unclean blood, and also for all them that be plagued with scurfe, with the Pox, and with such like uncleanneffe; it keepeth men in health, and also from all venomous air. Of this Conserve may freely be taken as much as the quantity of a great nut, before that men will bathe, for that it expelleth out the sweat, and all bad humours of the body: therefore it is also good in the beginning of the Dropsie, for that it openeth the liver and all obstructions of the inward parts; it driveth out the yellow Jaundise by the urine, and is very commodious for many other things.

How the Conserve of the fruit of the Wilde Rose tree is to be made. §. 14.

Vhen as the fruits of these wilde Roses (which be called Priestpintle) begin to be ripe, then take as many as you please, and see the the same with red Wine unto pap; afterwards wring it through a sieve, or searce, and so let it see the well without putting any other thing unto it, with a continual stirring about, as other Conserve. This Conserve, hath a marvellous operation for to stop the scouring or lask, it is also good for all wambling of the stomach: others do make it to a Conserve, with Must half decocted, wherewith they see the it again, and cast certain slices of Marmalade unto it, which is especial good for a cold stomach.

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This conserve is more in use with the common people, then at the Apothecaries, wherefore we will speak the lesse thereof.

How Apricocks are to be preserved. §. 13.

THe skins of these Apricocks are to be pluckt off softly, then pour upon them Sugar decocted hard, not over hot; then let it stand so the space of one day, or somewhat longer, afterwards see the Sugar again, and that so long as the Apricocks do yeeld any moisture from them. Their vertue and operation are like to Peaches.

Conserve of Eldern berries §. 16.

First for to write of the Conserve of Eldern berries, the same is holden by the ancient Physitians, and also amongst the common people, almost instead of Treacle, and that not without cause, as you shall hear hereafter, and is thus prepared: Take ripe Eldern berries, strip them with a caul from the stalks, wring out the juyce and let it see the by a milde fire unto a pap. This Conserve is to be taken against all inward venome, it cureth all ulcers and swellings, it expelleth by sweat all bad humours and corruptions: wherefore it is to be taken before that one go to the bath; but this cannot be done but onely after purging, and that fasting. If this be so used, then doth it consume the Dropsie at the beginning. It hath also been found, if that this conserve be spread upon the Rose, that thereby it will immediately wear away.

If thou wilt make Conserve of the flowers, then take the flowers when they be very ripe, shake them from the stalks, and let them dry between two clothes; afterwards shread them small unto a pound of flowers, take two pound and a half of Sugar, pounce them well together; afterwards set them in the Sun, and stir them oftentimes about. This Conserve openeth the Liver, driveth away all swelling of the belly, and all beginning of Dropsies, &c.

How Ginger is to be preserved. §. 17.

Take fair white Ginger, of the fairest races, and lay the same to steep the space of certain dayes, or so long until that the uppermost peels will be pared off, then take them off, and make them very clean, afterwards pour fresh lee upon them, and let them steep to the end that they may swell throughly: and when as they be waxen very mellow (which may be perceived by cutting them through) then pour off the lee, & wash them well with fresh water, prick them oftentimes with a small knife overthwart, and afterwards lay them a day and a night in sweet water, to the end that the sharpnesse of the lee may be taken away, and do this so long until you can perceive no sharpnesse of the lee any longer; then spread the Ginger upon a four cornered linnen cloth, that the linnen may draw the moisture out of it; but if so be that the cloth be through wet, then lay it on another dry cloth again. Some do spare this labour, and lay it upon sieves; when it is very dry, then have a dry sirup ready, which is made of Sugar, or clarified Hony, and then do therewith like as is taught of the Elecampane roots, but above all have good regard that the sirup be not powred too hot upon it, for that thereby the Ginger will shrink, yea be hard and unpleasant: then keep this Ginger in a gallee pot. This confected Ginger is very good for all cold phlegmatick sicknesses, and for a cold weak stomach: it taketh away all vapours that do ascend from the stomach towards the head; it warmeth all the body, and all inward parts. At evening when one goeth to bed a good peece taken of it doth dry marvellous much the brains: Thereby will also the parts of generation in men and women be strengthened. But this may be gotten preserved green out of the Indies, which is much better then that which is preserved in this country. The same was wont before times to be preserved after an easier manner, to wit, in this manner following: Take white Ginger as much as you please, bury it the space of 14. dayes in moist sand and wash it afterwards with a sharpe lee, lay it afterwards again the space of 14. dayes in Rosewater; this being done, make a sirup of Sugar, or of hony, or both of them tempered together, cleansed and scummed well, and then lay the Ginger in this sirup: but I cannot commend this manner of doing.

How

How Raspes are to be preserved. §. 18.

YOU must take the Raspes as they do hang upon the hedg, wash the same very clean, and make them fair, if there be any uncleannesse with them, then make ready a clarified sirup of Sugar, and when as now the sirup is almost boyled, then cast in the berries, and let them see the softly therein a good while that they may not break, and do not also cool. Their conserve is made as followeth: when the berries be very ripe, then strip them from the stalks, and wring the juyce through a clean cloth; afterwards let it see the softly stirring it alwayes about until it begin to be thick, then put as much Sugar unto it as you please, and see the it away like as all other Conserve. You may also boyl this juyce without Sugar, and it is also better for Physick. The Apothecaries do call the same *Rob de Ribert*. This conserve hath an especial vertue to slake thirst, and to moisten the dry tongue, and all other inward parts, it maketh appetite, and that especially in hot times. In like manner may also this decocted juyce be tempered with wine, and used as a sauce amongst other meats.

How the Conserve of Hyssop is to be made. §. 19.

IN July, take the flowers of the herb, and Sugar also with it, pownd them well together, like as we have taught of Eyebright. This conserve is very good for the breast, the lights, and such like parts; it is also good against the cough, the narrownesse of the breast, and against the short breath; it consumeth and dryeth all cold rheumes: it exceedingly warmeth the breast, it strengtheneth the stomach, the head, and the brains: it taketh away all ascending vapours; and is good against all poyson, and also very meet against all coldnesse of the inward parts.

Of the Conserve of Lavander and of Spikenard. §. 20.

BOTH these herbs are found to agree so near in operation that the Spica is called the male, because it hath bigger leaves and ears, and the Lavander the female. Of both these herbs are the flowers onely taken, and for every pound of flowers two and a half of Sugar, or otherwhiles three pound of Sugar, because they be strong: beat them well together. This Conserve is very good for all cold diseases of the stomach, and for all windinesse of the same, it easeth the pain in the belly, and the ascension of the Mother, it openeth all obstructions of the Liver, it maketh urine, it dryeth the cold and moist brains, it is good for the sinews, Palsey, and lamenesse that proceedeth of them, it restoreth the lost speech, it taketh away all cold rheumes that fall out of the head into the eyes, teeth, and other parts, and this conserve is especial good against the corruption of the gums.

How to preserve the Eryngus root. §. 21.

THIS herb is called of the Physitians *Eryngium*, the roots onely of this herb be preserved: The same are digged up in the spring time or in harvest, wash and scrape the same well; afterwards cleave them in the length and take out the heart, then cut them in mean peeces, see the them and prepare them as you did Calamus and the great Pimpernel roots; or you may leave them long, put onely the pith of them out and stick it about with Cinamom and cloves, which giveth it a pleasantnesse. These roots be also very good for them that have any disease in the Liver, they do take away all pain of the Milt, the kidneys, and back, they drive away the Chollick, they move urine and womens terms; they be also good against all venome, and against all pursivenesse in the breast, they free one from the cramp, and of the falling sicknesse, they do warm the parts of generation, and be especial good for a cold stomach.

Conserve of Marjoram. §. 22.

OF this herb are the leaves onely to be taken, and pownd them with Sugar like the Eyebright: This Conserve is of a dry and of a warm nature, it is especial good for all moist and cold diseases of the brains, of the head, and of the stomach, it openeth

openeth all obstructions of the Liver, and all inward parts, it doth strengthen the heart, and it hath the same vertue with the conserve of Lavander and of Spikenard.

Conserve of Balm. §. 23.

A Conserve of this herb is especial good for all byting of Scorpions, of Spiders, and of Wasps, and is also good for all byting of mad dogs, the same eaten or layd upon it: it moveth womens termes, it asswageth all tooth-ach and pain of the joynts, it freeth one from the poyson of Toadstooles, it stayeth the scouring *Dysenteria*, and taketh away all collicks, it driveth away all pensivenesse, it strengtheneth a cold stomach, it warmeth the breast, and giveth a light breath, it cleanseth all ulcers, and it is good against all dark sight: of the white flowers of this herb is also a conserve made like as of all other flowers, which neverthelesse is not much in use.

How Nutmegs are to be confected. §. 24.

OF Nutmegs take the very best, lay them to steep in sharp lee which is made of woodashes, and let them lye so long therein, until they be thoroughly steeped, yea mellow and soft, afterwards pour away the lee, and peelee off the uppermost gray skins. This being done, pour fresh water oftentimes upon it, to the end that the sharpnesse of the lee may be drawn away again; then let them dry in the shadow in a Sieve; prepare afterwards a syrup of Sugar which is well decocted, and so pour it luke warm upon them; and if it wax waterish, then seeth the same again, and that once every three or four dayes until that the syrup continue thick. These Nutmegs be of a dry and warm nature, they strengthen the head, the braines, the heart, and all vital spirits, they increase natural heat, and all natural powers, if so be that one take the same in the morning fasting, and in the evening after meat. They do consume all noysome and superfluous humours of the inward parts, they do strengthen the stomach and make fresh blood, they yeeld a good and odoriferous breath, they ease all swellings and hardnesse of the Spleen, and they be especial good against all cold diseases of the Liver: but they be not so good for the Lights: they have great power for to dry a moyst head. Now a dayes be they brought out of Indy preserved green, which be much better and forcible then they which be preserved in this country.

Conserve of Gillowflowers. §. 25.

DIvers kinds there be of these well known flowers, the red well savouring be the best to make a conserve of: cut the undermost white from it, and use the leaves alone, and the white are you to cast away: the same is to be powned with Sugar like to other conserves. This conserve hath the same vertue that the conserve of Betony hath, for they are also a kind of Betony. These Gillowflowers are especially commended against all venom: this conserve is also very good for the head and braines, drying and warming the same, it allayeth also the shaking and shivering of the Quartaine Ague: it is also somewhat bitter, and is therefore good against all Wormes taken fasting, it is good against the pain of the teeth, it withstandeth drunkenness, and breaketh the stone. This may also be used as a preservative in time of the Plague.

How Walnuts are preserved. §. 26.

ABout Saint Johns tide take green Walnuts and prick them through with a bodkin, and peelee off the green bitter shels from them; afterwards lay them eight or ten daies in fresh water or in running water which is more better, and they need not so much time also for it. When as now they be quite rid of their bitternesse, then let them seeth softly, untill they be somewhat mellow, but not through soft: and afterwards let them dry in a Sieve, then stick their holes with Cinamom, Cloves, Orange peeles; also seeth the Sugar somewhat short as we have taught in the preserving of the Elecampane rootes. Some do prick it without, but they put Cloves, Cinamom, Galangal, Mace, Cucubes, and Cardamom, in the syrup, each according to his good liking: but if so be that

that you will preserve them with hony, then it is not needful that one peelee them: These Nuts be commonly used at banquets, notwithstanding they be also good for Physick; they that be preserved with spices, do help digestion and warm all inward parts; they close up the stomach after meat, and do stay the ascension of the vapours, yet they are very seldome used in this book. Here we will also admonish and teach how that one shall keep ripe Walnuts a long time fresh, that the kernels may be peeled: for this are you to take good new nuts, bury them in sand, and when you will use them then wash away the sand. Or take a new pot, and strew therein a lay of dried Vine leaves, and then a lay of Nuts, and so forth, until the pot be full, wherein they will last long and keep their taste.

Conserve of Buglosse. §. 27.

WE have before admonished in the description of the conserve of Burrage, that both of these be of one nature and of one operation, wherefore it is not needful to discourse thereof more at large.

How Apples are preserved. §. 28.

Apples may be preserved as we have written of Peares, some do pour upon them wine lees, and they wash them when they will use them; Apples do coole the hot stomach, they do attenuate the tough slime and quench thirst.

Conserve of Pionie. §. 29.

Take the leaves of Piony flowers (which do blow in May) and pould them very small, unto a pound of flowers, take two pound and a half of Sugar, and set it the space of three moneths in the Sun, stirring it about every day. This conserve is very good against all fantasies, against the hag or night-mare (as some tearm it) against the falling sicknesse, and swimming of the head, against the diminishing of the sight, and all diseases of the braines; it moveth womens terms, and cleanseth them after childbirth: it is also good for the gravell, and for the yellow Jaundise, it suppresseth the vapours of the stomach, it refresheth women that be vexed with suffocation of the Matrix, it is also marvellous good against the pangs of children, and it letteth the growing of the stone in them: if so be that the children be too small, that one cannot give it them, then are the nurses that give suck to use this conserve in abundance.

How to preserve Peaches. §. 30.

When the fruit is ripe, then is the same to be plucked off with the hand that it may not be bruised; those Peaches are esteemed to be the best to preserve which be ripe about Saint Johns tide, and be somewhat smaller then the other; the uppermost skin is the first to be peeled off with a knife, and the syrup (like as is said of the musk Peares) to be sod until they be thick. They have almost the same nature that the musk peares have, they comfort and strengthen the sick persons, they be good at the first, they moysten the dried tongue, they do coole all inward parts, and be very good in all hot sicknesses. In this manner be the red and wine Peaches preserved; peelee the same and take out the stones; afterwards lay them in an earthen pot, and pour upon them clarified and thick hony. These Peaches be not so pleasant as the other, but they be well as forcible as the small, and they may also be prepared with Sugar. And because that some people may may not abide the tast of hony, it may be washed off before they be used with water; it is also in the third Part (where we speak of the bloody Flix) declared how these Peaches are to be dried and used.

Item, the hurt which these Peaches do through their cold and moysture, that will be remedied through eating of their kernels, or with a draught of wine.

The flowers and Blossomes of Peaches may also be preserved with Sugar as other flowers: this conserve is very necessary for children against the wormes, because that children can hardly use Wormseed by reason of the bitternesse: and this conserve doth not onely expel wormes, but letteth that none other can come to ingender.

And

And if one have suspicion of Wormes then it is advised that it be given, for that it strengtheneth the stomach.

For to make a Conserve of Prunes. §. 31.

TAke of the great Damask prunes or other great horse prunes which be somewhat sowrish, as many as you please, cut them open and pluck out the stones, then let them seeth in a pot, afterwards strain them through a strainer, and then let it seeth again unto a pap, this cooleth all heat and quencheth the thirst in agues. If you will have a laxative conserve, then take sweet Prunes. There is also made at the Apothecaries a laxative conserve called Diaprunum solutivum, which you are to seek in the Table. Some do take for the first described Prunes conserve of the one half of Sugar, whereby it is also pleasant, but it is in hot sicknesses much more commodious to be used without Sugar.

But if you will onely preserve Prunes, then take the foresaid Prunes of Damask, and then pour as much clarified hony upon it which is not too hot, stirring it alwayes well about. If it be seen that the hony be waterish, then must it be decocted again, like as it is oftentimes admonished before.

How Quinces and other things are to be preserved. §. 32.

OF these noble and odoriferous Quinces have many ancient and also latter Physitians written much, and used after sundry manners, whereby it is now come to passe, that there is scant any household of account where one findeth not alwayes something prepared of Quinces, wherefore we will discourse somewhat ampler thereof, and first of all describe divers confections.

The Apothecaries do call the one Diacydonium simplex, for that there is none other but Sugar or hony in it, and is thus made; take Quinces as many as you please, whereof the kernels be put out, and cut them very small, afterwards seeth them in Well water to the end they may be soft; then strain them through a Strainer or Sieve, so that there remain nothing but the parings in the Sieve. Then take three pound thereof, Sugar or hony that is well clarified about four pound, or as much as you please, then seeth them together unto a conserve or confection, stirring it about continually.

Another; take cut Quinces which be cleansed from the seed, put them into a pot and cover it on the top with a pewter potlid, turn it afterwards about into another pot which is full of water, and let the same seeth, that the vapour may ascend, and the Quinces, through the vapour of the neathermost pot, may be mellow that they, afterwards may be driven through a Sieve; take 4. pound thereof, Sugar three pound, and let it seeth so together to a conserve. Some do take but half so much Sugar as Quinces, but therein may each one do his pleasure, how lesse Sugar that there is with it, so much the better be they for Physick. Other do boyle or foment the Quinces with good old wine, which is also not to be rejected. This following is more forcible; take as many Quinces as you will, grate them very small, and presse out the juyce, afterwards pour it upon other sliced or cut Quinces, and then let them all together seeth thoroughly with Sugar or hony. This is an especial medicine for to strengthen the stomach, it stoppeth all scowring and wambling, it strengtheneth the inward weak parts, besides the digestive and retentive vertues, and it provoketh appetite. But note this well, if one will stop the scowring, that one must take it before meat, and against the vomiting after meat.

At the Apothecaries is prepared a Dyacydonium compositum, or cum speciebus, as hereafter followeth; take thick sodden juyce of Quinces, wherein is neither Sugar nor hony 18. ounces, clarified hony one pound and a half, seeth it meetly thick. When it is now waxen luke warm, then temper these spices following (pownded small) amongst it; to wit, Cinamom three quarters of an ounce, Ginger half an ounce, Pepper and Galangal, of each one quarter of an ounce, Cloves and Nutmegs, of each one drach. and a half, Indy Spica, Lignum Aloes, Mace, and Cardamom, of each one drach. Zeduary half a drach. afterwards pour it into boxes, and make a hole or twain above on the top. It is also well advised that one take Sugar in stead of hony.

If you will have a purging conserve of Quinces or Marmalade, then take of this foresaid conserve (whilst that it is yet warm) with the spices 22. ounces, and temper half an ounce of pownded Diagridion amongst it, and stir it very long, to the end it will be tempered:

pered. This foresaid conserve of Quinces with the spices is more forcible for all the foresaid diseases, then the other, it causeth the winds to avoid, it expelleth all bad smells, it maketh a good colour, it strengtheneth the naturall powers. For the kitchin and for housekeeping may this ensuing be prepared, pare as many Quinces as you please, grate them even to the coare, and put all that is grated into a strong cloth, afterwards wring the juyce well out, and keep it in a pot. This being done, take other Quinces, pare them and cut them in 4. peeces, put out the seed, and seethe the same in water until it be almost as mellow as a pap, and all the water consumed, but put out the seeds clean, and put it in a pot apart, and pour water upon it, then let it seeth well, and strain it through a cloth. Tye also a course cloth over an earthen pan, and lay therein a good deale of mellow Quinces, and rub them through it, so that the best may go thorough, then take afterwards faire white Sugar, and pour thereon some of the decoction of Quinces, let it seeth meetly hard, (then needeth not the conserve of Quinces to seeth so much, then take of this decoction of Quinces one part, and 2. parts of the other, and let it seeth until it be half thick enough, afterwards put the Sugar unto it, and then let it seeth thick enough, stirring it continually; when as it beginneth to be cold, then put it into the poxes. And if this Marmalade be not faire enough, then take off the uppermost skin with a knife. It is also to be noted, that if it be not decocted drie enough, then can it not last above a yeare.

Now for to make a cleare and perspicuous Marmalade; take faire great Quinces, wash them vey clean, grate them very small, wring out as much juyce as you please; take afterwards other Quinces, cut them in six peeces, put them into a pot, let them be vapoured with hot water, like as we have taught before, until that they be through mellow; then take half a potful of the former juyce, and pour it upon the former stewed and cut peeces, break it well together, and then put the rest of the juyce amongst it, wring it through a thin cloth, until it be clear; of this Juyce shall you not seeth more at once, then for to fill a box therewith, and put white Sugar unto it (beaten very small) as much as you please. If the juyce be troubled, then let it passe once or twice through a cloth, or so long untill it be through cleare; afterwards seeth it speedily away over a slight fire; when it is boyled enough, then pour it into the box or wherein you will, which might be made wet as before: and when they have stood one night, then may they be taken out. Note also here, that you must not take too little of the pap of the vapoured Quinces; for that the Marmalade should be very tough, and if one let the same seeth long, then would it be very brown.

If you make course Marmalade, then take the Quinces that remain, whereof the best is strained out and rub it through a haire Sieve, and afterwards put more vapoured Quinces unto it, and let it seeth away with hony or Sugar. This serveth to dresse withal or otherwise.

A Marmalade not sodden; take 20. or 25 Quinces, pare them, and cut the half thereof in small peeces, the rest grate small, and presse the juyce well out; pour that unto the cut peeces, and strew them until all be soft: afterwards wring them through a cloth, and stir as much powned Sugar amongst it, as you please, and then put them in a box, and so let it dry upon an oven.

Item, take ripe Quinces which be not stony, pare them, and cut out round peeces so deep, till you come to the stones. You are to grate these Quinces, and to wring out the juyce, to the end that you may have a good deale of it, then pour this juyce upon the peeces that you cut out, and then let it seeth until it be through mellow; then put cleare decocted Sugar unto it as much as you please, and then dry them by a soft fire, then put them in the boxes, and let them dry well.

Another: take 4. ounces of fresh Quince kernels, let them steep a day and a night in Well water, or in the juyce of Quinces, in a warm place, afterwards wring out the slime through a clean cloth, and then put thereto 4. pounds of the juyce of Quinces in a leaded pot, and let it seeth all together by a soft fire; yet it is to be strained then through a cloth again, and afterwards also take 2. pounds of Sugar, and seeth it until it be thick enough.

Yet another course Marmalade: take of the pith whence the best juyce is wrung out, and put warm water unto it, and seeth it well, then rub thereof through as much you can, and put cleare hony unto it as much as you please, and then put Pepper unto it and seeth it very thick.

If you will know when these Marmalades be decocted enough, then let some fall upon cold Iron, and be cold, if it be enough, then will it easily part from the Iron, and remaineth not hanging on the fingers, but it goeth clean and dry off.

All these sorts and marmalades, or conserves of Quinces are very good for the stomach, and help the digestive power. The same may moreover be tempered in Malmsey, in Claret Wine, and Hypocras, and may also be used instead of a sauce with meat.

It is also here to be noted, that all Marmalades, which are prepared with Wine, Spices, and such like, are good onely for old folks, and for cold women, and for all them which be cold by nature. Contrariwise, they that be prepared with water and juyce of Quinces, be meetly hot, because the fruit is cold in the first, and dry in the second degree: wherefore they be meet for all people which be hot by nature, and for them whose gall overfloweth much in the stomach.

Snow-white Marmalade, is also to be made in this manner; Take pared Quinces, cut them in four or five peeces, and cut them out within: afterwards put hony unto them, and let them stew in a pot, until that they be mellow: then take them out, and let them be cold, and stick them about with cut Cinamom and Cloves, put hony unto it again, and then set it so in a cellar that it may remain moyst, and lay some heavy thing upon it, that they swim not.

Item, take Quinces as many as you please, prepare them as before, pour wine unto it, but let them not be stewed too mellow, especially if one will keep them a certain time: let them afterwards dry upon a cloth: if you will stick them about as before, that is wholly in your power; if not, bind in a cloth Cinamom, Cloves, Mace, and lay it in the decoction; afterwards take one part of wine, and two parts of hony, and let it seeth so long until that all the wine be wasted, then afterwards pour hony upon it, but not too hot, to the end that thereby they be not too hard.

Before times, these were wont to be made in this manner following; take a rough cloth, and rub off therewith the uppermost parings of the Quinces, or pare them very thin, and then cut them in four peeces, and take out the coare within, afterward pour upon them two parts of wine, and one part of hony which is clarified, then seeth them so long until the skin do wrinkle, then be they enough; put them out, and let them be cold, lay in a pot, and strew some spice upon each row; afterwards pour the decoction (sodden short) luke warm upon it. Item, take Quinces, take out the coares; and lay them in a pot close one to another, and let them stand stewing in an oven, until that they be mellow, so that they may easily be pricked through with bodkins; afterwards let them be cold, and then put them again into another pot, and pour clarified hony upon it, lay some heavy thing upon it, that they swim not about, then will they remain good a whole yeare, and have the same vertue of the common Marmalade. You have also before in the description of Peares, how that they shall be made close in a pot, and should then be laid in a fat of Wine, you may also put the same in practise with the Quinces.

Lay the Quinces all the winter in small chopt straw, and cover them well, but lay none other fruit with it, and keep them from the ayre. Other do take Flocks, some bran, or hay, but the very surest is, if one will keep them the whole yeare, that they be covered in their leaves, and afterwards cover them with Lome, let them dry, and set them somewhere in a cold dry place. There may also be made many kinds of things of Quinces, viz. the syrup of Miva, and oyl, and also the seeds thereof be used and the peeles.

Conserve of Roses.

Conserve of Roses which is ready at all Apothecaries and common in all houses is thus prepared; Take red Rose buds, which be pluckt in dry weather, as many as you please, strip them off under the white with a pare of scitars, then lay them on a clean cloth, and one double cloth over them, that they may be well covered; let them lye so still upon a table two or three dayes, that they may weather a little, and afterwards stamp them in a mortar to grout; and to one part of the powdered Roses, take two parts of Sugar, and stamp them well together: afterwards put this conserve in a glasse, and stop it close the space of three moneths in the Sun, yet stir them about once every day, with a wooden spatine; if so be that you think that they will be too hard, then set them afterwards in a cellar, that they relent somewhat.

It is here also to be noted, that if so be you cannot get the right red Roses, then take the Carnation coloured, yea also the wild Roses, of the which I have found my self, that the conserve it self is of very good taste, and moreover very forcible in working. This conserve of Roses hath an especial vertue to strengthen a weak stomach, and to allay all cholerick humours; it strengtheneth the brains, it quickeneth and strengtheneth the heart, it cooleth the heat, and all inflammation of the inward parts. This Conserve of Roses may well be tempered with Rosewater or Well water, and be wrung thorough a cloth, and so in all hot agues to comfort the sick persons with it: it moisteneth also the dry tongue, the throat, the breast, and the lights, and especially that which is new made; that which is oldish hath another nature of binding in all scourings and fluxes, it swageth the pain and sharpnesse of the same.

The purging Conserve of Roses is made thus: Take 12. ounces of Sugar of Roses, and temper amongst it at the least half an ounce of small powned *Diagridion*. This conserve of Roses is also very good in sundry sicknesses, and especially in lingering diseases. There is half an ounce thereof given, or at the most three quarters of an ounce at once, when as the *Diagridion* hath been tempered amongst it at the least two moneths before.

The white Conserve of Roses is made like to the red. Some do make all Conserves of Roses with Hony instead of Sugar, but this Conserve is hotter, and is seldom used.

There is also Conserves made of Damask Roses, after the foresaid manner, which is very pleasant, and looseth mildly.

Conserve of Rosemary. S. 34.

THis Conserve is very pleasant, not only for Physick, but the flowers and the herb is also used in the Kitchen, with wine and otherwise. But as much as concerneth the Conserve, the Apothecaries do call it *Conserua Anthos*, and is made thus: Take flowers of Rosemary which are to be gathered in the spring, and in harvest, pown them to pap, and to one part of these flowers, take three parts of Sugar, and pown it very well together, then set it in the Sun, stirring it oftentimes about.

This Conserve is warm by nature, it attenuateth also all tough, grosse, and flegmatick matter of the inward parts, it dryeth and strengtheneth the brains, it refresheth the heart, and maketh it merry; it strengtheneth the mortified natural heat, it expelleth the yellow Jaundise, and withstandeth the Dropsie, it warmeth and cleanseth the breast, it maketh a good breath, it driveth out phlegme, and strengtheneth digestion, it withstandeth all venome that might hurt the heart, it taketh away the Cholick or griping of the belly, it causeth one to sweat well; whereby it expelleth all bad humours out of the body, it cleanseth the blood, hunteth away all heavinesse and pensivenesse, and strengtheneth all weaknesse.

To preserve the roots of all red Beets. S. 35.

YOU are to stew these roots with a little water, when they be mellow, then put thereto little peeces of Horseradish, and put them in a pot, and strew it with Caraway: afterwards pour half wine and half Vinegar upon it, until that they be well covered, and then lay some heavy thing upon them, that they may not swim.

In the same manner you may also prepare all the roots that serve for Sallads: the roots which are too great are to be cut overthwart. These and such like roots are not to be used for Physick, but for meat.

Conserve of Sage. S. 36.

Conserve of Sage is also made of the flowers, like unto all other; it doth strengthen the stomach, it openeth all obstructions, it consumeth all bad humours of the stomach, it strengtheneth all members, and is very good for all diseases of the head, which proceed of cold, it is good against all Palsies and lamenesse, it is meet for all diseases of the sinewes.

How Sloes are to be preserved. §. 27.

TAKE very ripe Sloes with their stalks, and put thereto two parts of Honey, and one part of wine, and let them seeth so long until the wine be thoroughly sodden away, afterwards lay the Sloes in a por, with the stalks on high, and pour the same Honey upon it, and cover it with a trencher, and lay some heavy thing on them, to the end that they may be covered with the liquor, and then set them in a Cellar. Another way to preserve Sloes: Take unripe Medlars, ripe Sloes, ripe and pared Quinces, when the coares be cut out, of each as much as you please: if you will you may stick rhem about with spice: likewise also the Medlars, which you shall seeth with the Quinces in Honey, like as is first of all said of Sloes, and lay some heavy thing on the top of it.

Conserve of Cowslips. §. 38.

THERE be two kinds of these flowers, whereof the one is wild, and without smell, which is meet for nothing: but take of the yellow that smells well, and cut thereof behind the long pipe, and with Sugar make a Conserve thereof.

This conserve is of a warm and dry nature, it is very good for the head, it strengtheneth and warmeth the brains, it is also good for the Palsey, for which cause it is also called *Herba Paralysis*. This conserve is also of all them (which be inclined to the Palsey) much used, and it strengtheneth also the heart: but it is perchance not much used, for that it is a kind of Betony or of Gilloflowers, which be more acceptable.

Conserve of Water Lillies. §. 39.

Likewise there be two sorts of these flowers, to wit, yellow and white; take thereof the white, and the white leaves only of the flowers, make a conserve thereof, like unto all other conserves. This conserve strengtheneth much, and cooleth in very hot Agues, and also in pestilential agues. It is also very good for them that consume away, and that have the Pleurisie. It taketh away all dry coughes, for that it cooleth and moisteneth the breast, the throat, and the dry tongue: it quenbeth thirst, it cooleth through her cold the Liver, the milt, and all inward parts, and it provoketh sleep. All hail people, and they that be cold of nature may not use the same, for that if the same be used too much, then taketh it away the fleshly desire, and it obstructeth also the spermatical flux if it be heat.

Conserve of Violets. §. 40.

TAKE blew odoriferous Violet flowers, pluck the flowers from their husks, and pound them to pap. Unto a pound of flowers put two pound of Sugar, and then stamp them well together, and so set them in the Sun. This conserve is cold in the first, and moist in the second degree. It cooleth and moistneth with mildnesse, and it asswageth also the pain of the guts, but it is not so good for the stomach. It allayerh also the cholerick heat which cometh through moisture. It looseth and also taketh away thirst. It may well be given to young children (in all heat) very freely, for that it is good against their pangs; it keepeth the belly open, it strengtheneth the braines and the heart, and it taketh away all stiches. The yellow Violets are also preserved otherwhiles.

Conserve of the flowers of Cicorie. §. 41.

TAKE the leaves of Cicorie flowers, and make a conserve thereof like as is taught of all other. This conserve is especial good for the Liver, it openeth the obstructions of the same, it cleanseth all inward parts, and also the intrailles of all cholerick humours, it expelleth them out through stool, and withstandeth thereby all putrifying agues, therefore this conserve is also to be used in the beginning of the Dropsie, it reviveth the weak and overheated heart, and also the stomach. In fine, it is very good in all hot sicknesses. The roots of Cicorie are also preserved, which are digged up before that they begin to sprout out. Being digged up make them cleane, and cut them the long way, and then take the innermost heart of it.

Afterwards cut it in peeces the length of a finger, and then let them boyl well in fresh water, that the bitternesse may come out, and the roots may be mellow. When as they be meetly dry, then pour thick boyled Sugar upon it, and if the roots be still somewhat hard, then let them boyl in the Sugar until they be mellow, and then let them be cold. But if that the sirup be thin through the moisture of the roots, then seethe the same thick again, and that so often until it remain stiffe. These roots be of a cold and dry nature, and they have the same vertues with the conserve.

How red Cherries are preserved. §. 42. *Take picked red Cherries which be*

Red Cherries be preserved like as we have taught before of the black. They have also one kind of operation, and are thus preserved: Take picked red Cherries which be not bruised, put them in a small Oaken vessel, afterwards take clarified Hony, and let it seeth with a little wine, until all the moisture be consumed, and pour then this Hony warm upon it, otherwise would they break through heat. This being now done, then stop the vessel tight, and lay it in a Cellar, and roll it daily from one place to another, and do this the space of 14. dayes, or three weeks.

There is also made of these Cherries a Conserve, as hereafter followeth:

Take Cherries as many as you please, stamp them a little, and then pour yet more other Cherries unto it, and boyl it without any other moisture: all that which will remain thick, is to be rubbed through a sieve, to the end that there do not remain any other thing in the sieve, then skins and stones; then seeth it in an earthen pot. You may also put Sugar unto it as much as you please, and then seeth it unto a conserve. For this, is no kind of Spice meet, if so be that one desire not to put a little Cinamom unto it.

This conserve is very good against all dryth of the mouth, throat, and tongue, if sick persons be washed with it. It quencheth thirst in all hot Agues, and otherwise. It is also good for all Cholera of the stomach, it maketh appetite to meat, and it cooleth the hot reins; the kernels do expel gravel. In Summer time is wine to be mingled with this conserve, and to be used for sauce with rost meat.

If one desire to keep Cherries long fresh, then are picked Cherries to be taken for it, and to dip the same in molten wax, viz. when it beginneth to be cold; and to let them be well closed in Wax, and afterwards to fement the same with Lome until it be thoroughly closed, then are they to be hanged up in a cool place, and they will remain fresh a very long time.

How ripe and unripe Grapes are to be preserved. §. 43.

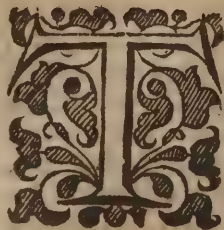
THe unripe Grapes shall be confected like to all Barberries, but you must cut every Berry from the Clifter, to the end that they may keep their stalks, and put therewith like as is said of the black Cherries: then let them not seeth long, that they do not break and get a bad taste. They have the same power as the Barberries, the ripe Grapes are to be confected, like as we have written of Pears.

Of that which commonly keepeth all fruits fresh. §. 44.

ALl that is laid in Hony, whether it be Flesh, Fruit, and Plants, or any other thing, doth remain a long time before it spoyle, therefore have dead carcases before time been poured full of Hony. If you have then any Fruit, Fowles, Venison, or any other such like things that you will keep good the space of a year, or any Plants, or Flowers, and such like throughout the Winter, then look into M. Tristrams water, whereof all ancient Physicians have had a good opinion. The same also do all vital and golden waters, which follow immediately hereafter.

The roots of Cicoria are also preserved, which are digged up before they begin to grow. Being digged up make them cleane, and cut them the long way, and then take the

The sixt Chapter.

Of the Golden and vital waters, and Elixirs of life.

Hese kinds of potions and artificial waters, are ordained most to this end, for that they should strengthen the most principal parts of the body, as the head and the heart, to keep them from debility and swooning, especially if the same proceed of cold. Thus we will describe some of them, whereof there be 2. which the ancient Physitians call golden waters for their special vertues. Take fine Sage 7. ounces, Nutmegs, Clove, Ginger, and Greins, of each half an ounce, Cinamom, peeled Bayberries, and Bevercod, of each one ounce, Spikenard one drachme, peeles of Citrons one quarter of an ounce, temper them all together grossly beaten, then pour 2. quarts of wine upon it, and so let all together stand the space of 14. dayes stopped close, stirring it well about every day. Afterward distil it in water in an helm luted well and tight. This water doth keep all manner of meates by their natural tast and vertue, it expelleth all bad humours of the body, it maketh all wine clean and of a good tast, if one temper a little amongst it, anoynted outwardly upon one, or used. It is very good for all inward parts, as the Stomach, the Spleen, the Liver, and the Lights. It is also good for all bruises and to anoynt the bruises with it. In like manner it is good for all falles, for all byles, and all paine of the head. It is good (namely at the first) against all Dropfies, against the Palsey, and also against all venom. If one have any thing in the stomach that he cannot digest, then will it be consumed thereby, it maketh a good memory, and withstandeth the Leprosie, it healeth all scabbednesse, and also all ulcers, if one drinke it, or lay it upon them.

Another: take Lavander flowers, Hyssope and Sage, of each 4. ounces, cut them very small, Nutmegs, Ginger, Cinamom, and Cloves, of each half an ounce, Greins 2. drach. beat all small, afterwards pour upon it three quarts of the best wine, and set it the space of 14. dayes in the Sun stopped very close. Thus may you use the first. Item, take good Malmsey 2. quarts, and steep these things ensuing in it, being stoppt very close, and then set it in a dunghil which lyeth in the East the space of thirty dayes, afterwards distil it, as is before said. Take fine Sage with the flowers, of each half an ounce, Burrage flowers one ounce, one Orange, Rue three drach. Rosemary 3. ounces and a half, Rosemary flowers half an ounce, the tops of Marjoram gentle four ounces, the flowers of Buglosse 3. quarters of an ounce, red Roses two ounces and one quarter, Hyssope half an ounce, Carduus Benedictus half an ounce, Ireos three drachmes, Camphire three quarters of an ounce, prepared Pearles half a drachme, oyl of Spike and liquid Storax, of each half a drachme, powdered Cinamom four ounces, Galangal three drachmes, long Pepper, and Greins, of each half an ounce, Cucubes, and Cardamom, of each one ounce and a quarter, Zeduary three drachmes, Ginger one ounce, beat this all together grosse. Here is to be noted, that there will be too little wine, and that freely there may three or four quarts of wine be taken for it. Now followeth here a water, called the elixir of life, and is thus made.

Take Cinamom and Cloves, of each one ounce and a half, Nutmegs one ounce, red Roses ten handfuls, white Roses as many, Hyssope two handfuls, Lavander flowers seven handfuls, pour unto it a quart of Malmsey, and so let it stand the space of nine dayes, and distil it afterwards, as is said before. Now for to distill a common vital water is thus to be done. Take Cinamom one ounce and a half, Ginger one ounce, Cloves, Nutmegs and Greins, of each half an ounce, Lignum Aloes, Mastick, Mace, and long Pepper of each 2. drachmes Sage sixteene ounces, Cardamom, Cucubes, and Galangal, of each two drach. and a half, Roses one quarter of an ounce, Balm three drachmes, Citron peels three quarters of an ounce, Rue, Bayberrie, and Stechas, of each half an ounce, Rosemary, Marjoram, Lavander, and Betony, of each three quarters of an ounce, Spica, and Bevercod, of each one drachme, steep it in three quarts of Malmsey, and so let stand the space of ten dayes, then distil it as is taught of the other. Some have also an especial water, which is called Aqua spiritualis, for that it strengtheneth much the vitall spirits: Take the herb Lavander with the flowers, and Liriconfancie, of each two ounces, Rosemary flowers, and Betony of each three drachmes

Sage, and Marjoram gentle, of each one ounce, Balm half an ounce, Hyssope, Mints, the greater Pimpernel, Tormentil, *Rapontica*, *Angelica*, and *Bistorta*, of each one quarter of an ounce, Piony roots, and of Valerian, of each one drach. Avence, and Juniper berries, of each half an ounce, Bayberries, and Bevercod, of each one drach. cut the roots, and pownd them grossly. The herbs are you to take dry, and to cut them small, and then put them in a glasse, which is narrow above, afterwards pour 5. pints of the spirit of wine upon it, and stop it tight, then set it the space of 8. dayes in the Sun, or in another warm place, and distil it afterwards, as is said in the beginning. In all that which is distilled out are you to lay in steep, Ginger and Galangal, of each one quarter of an ounce, Cloves half an ounce, Cucubes 1. quarter of an ounce, Cardamom and Nutmegs, of each half a drach. Greins 1. scruple, Citron peels one quarter of an ounce, Pomgranate peels half a drachme, *Lignum Aloes*, and white Mustard seed of each one scruple, Saffron half a drachme, Indie Spica one scruple, Annis half an ounce Fennel one quarter of an ounce, Treacle one ounce, Turpentine 3. drach. prepared red Corral 1. drach. *Mannus Christi* with Pearles half an ounce, conserves of Roses one ounce, clarified Hony four ounces, then pownd it all grosse that is to be pownded, and so let it stand the space of four dayes in a warm place, afterwards you shall distill it and then temper amongst it *Muscus* and *Ambr*, of each one scruple, *Spermatici* one drachme, good Rubarb one quarter of an ounce, Camphire ten greins, Sugercandy one ounce, then wring it out oftentimes and keep it stoppt close.

Another. Take dry red Rose leaves half an ounce, flowers of Sage, of Rosemary, of Burrage and Buglosse, of each one quarter of an ounce, Liricosanfy one ounce, and a half, Balm, Citron peels, Betony, and red Gilloflowers, of each one ounce, Nutmegs and Mace of each one drach. Cardamom and Cucubes, of each half a drach. white and yellow Saunders, of each one quarter of an ounce, pownd all these things very small, then take a pint of good spirit of wine, and put therein 2. ounces of Cucubes, the stones taken out, and then cast them to the foresaid small beaten herbs, and let them all stand to steep in a warm place, untill that the wine hath drawn the vertue of these herbs unto it, the which will be done in the space of two moneths. You may also set it in the Sun all the whole Sommer, strain it at last through a fine cloth. You may also put unto this Musk precious stones, Amber, Pearles, Unicornes horn, and such like things, for to strengthen the same therewith. These foresaid vital waters be special good against all swooning, against all debility of the braines and of the heart, they strengthen also the sinewes, and the memory, they warm the chilled and bad digesting stomach, wherein is much slime, if they be taken fasting. If one perceive any losse of his memory, then is he to anoynt therewith the forehead, the hinder part of the head, and the temples of the same. They be also good against all lameness of the Palsey: they be good also against trembling and shaking, against swimming in the head, and such like diseases. But note, that here will be too little burnt wine, but one may take more. In like manner, you have also in the 1. part the 12. chapter and 5. §. a very good water of May Lillies. This following is also an elixir of life: and is thus prepared; take Rose water 4. ounces, water of Burrage and of Buglosse, of each 3. ounces: *Mannus Christi* one ounce and a half prepared Pearles one drach. and a half, temper them all together, and so give it him that hath great heat of the head and of the Liver, and where as is great fatnesse of the heart. This vital water ensuing is very common at *Angusta* in Germany.

Take culled Cinamom 3. quarters of an ounce, Ginger half an ounce, Cloves, Nutmegs, and Greines, of each one quarter of an ounce, Mace, *Lignum Aloes*, and long Peppe, of each one drach. Cardamom, Mastick, Cucubes, Galangal, and Calamus, of each half a drach. Balm flowers 6. ounces, Citron peels three drachmes, peeled Bayberries and Stechas, of each one quarter of an ounce, Rue, Rosemary, Marjoram, Lavander, Balm, and Betony of each half a handful, Indy Spica, and Bevercod, of each half a drach. steep them all together in two quartes of Muscadell, or in any other strong wine, and let it stand so 10. or 12. hours space; afterwards distil it in seething waver, then are you to hang Musk and Amber of each 15. grains, to wit, in a fine linnen cloth, and then keep it close stoppt.

This following is a very odoriferous water to be used for what one will; take the flowers of Spike, and Lavander flowers, of each one handful, Cloves, Cinamom, Nutmegs, Mace, of each one drachme and a half, Musk the quantity of a pease, then pour unto it three pints of Rosewater, and so set it in the Sun.

There

Cap. 7. Part 8. The general Practise of Physick.

There is yet another odoriferous water in the sixth Part, in the 15. Chap. and 5. §. which may also be used for divers purposes.

Cinamom water is also exhibited to sick folks for a strengthening, and they are anointed therewith, and is to be further used for many Confections, March panes, and other pleasantries, the which is thus to be made: Take four ounces of good Cinamom, pownd it very small and put it into an helm, afterwards pour a pint of water upon it and lute it close; then distil it in seething water, and that which cometh out first is whitish, and strongest, and is only to be kept, and the rest to be received in another glasse.

The seventh Chapter.

Of Hand water.

TAke Lavander or Spikenard whereout the water is distilled, and pour as much rain water unto it until the helm be more then half full: afterwards distil it in seething water and set it in the Sun, it smelleth strong enough, and it remaineth good certain moneths.

For to make May Cheese. §. 1.

TAke a new earthen pot, wash it well with hot water and rub it with Salt within, afterwards make a hole in the bottom and put in a small tap; then take fresh milked milk and rennet it like as a Cheese is wont to be rennetted, and so let it stand from Morning to Evening: then pluck out the tap that the whay may run out: afterwards put every day a faucer full of new milk with it, according to that there is much or little in the pot: stirre it well about, and then let every evening the whay run it: besides all this, you are to salt the milk a little in rennetting of it.

How to make Wafers of Sugar. §. 2.

WHat the Wafers be (which are wont to be set upon the table a nights) is well known to all men; thus for to confect them and to make them only of Sugar, is to be done: Take fair white Sugar powned very small, and sifted thorow a fine sieve, make paste thereof with Dragagant dissolved in Rosewater: the which is to be stamped in a mortar, to the end you may make thereof thin flat wafers: this being done, then is the same beneath and above to be renewed with well powned Sugar that it cleave not too, then wind them on a round stick and lay them upon a sieve to dry, to wit, in a warm place, but not in the Sun: if you will, you may also put *Muscus* unto it. In like manner you may take for it powned Sugar, and Cinamom tempered together, and roul the same also upon a round staffe with dissolved Dragagant: the which being bound to the space of 14. dayes may remain good, and they are made like Cinamom pipes.

Honey water, Hydromel. §. 3.

Honey water or our course Meade do the Grecians call *Hydromel*, and the Latinists *Aquam mulsam*; this water is to be used for many things, and especially in Physick for two kinds of things: the first, if one will loose the belly or procure vomit, then temper the same with two parts of old rain water, and one part of Hony, and so let it stand in the Sun. This Hony water is to be tempered with oyl if the cause require it, and being luke-warm used for vomiting: the other Hony water is to be sodden and used also for many kinds of things, as we in this book have in many places declared.

The eight Chapter.

For to make Juleps.

Juleps are made after divers manners, and most of all of distilled waters, but the commonest and most known are to be boyled of Rosewater, and Violet water with Sugar, as both these in the third Part, the 12. Chapter, and 10. S. be described: both these Juleps be very much used in hot and dry causes.

The ninth Chapter.

For to take Spots out of all Clothes.

For to take spots out of all clothes, take two parts of Beechen ashes, and one part of Lime, and make Lee thereof with rain water, filter it oftentimes, and therewith wash the Spots. Item, take Argal one handful, three Oxe galls, Venice sope two ounces, Allum half an ounce, and a pint and a half of water: seeth it all together untill that the fourth part be wasted, and then wash the spots therewith. But above all should distilled water of Toadstooles be very good to take all spots out of clothes, they may try that will. For to take the spots out of Chamlet and Silks, rub it out with Turpentine oyl.

Spice cakes which be excellent good. S. 1.

OF fine Hony take a quart, clarifie it well, and half a pint of Malmsey, Cloves two ounces and a half, Ginger two ounces, Nutmegs one ounce, fine meal or flower 5. pound; let the Hony and Malmsey seeth together, then knead the Meal in it and make Cakes of it as you desire to have them, then bake them in an oven.

The tenth Chapter.

Hereafter follow Confections.

Here shall follow now all kind of purging Confections which are commended to be used in this book, to the end that not only the bare unknown name, but also their vertues and operations might be declared: therefore we will comprehend them in a short sum, and use the names that are best known at the Apothecaries; and besides that we will interpret and english their names the best we can.

Confectio Anacardina. S. 1.

First of all we will speak of the *Anacardina*. This confection doth sharpen the understanding and the memory, and is also good against all pain of the stomach which cometh through cold, it cleanseth the blood, and maketh good colour: it is also called a confection of the Sage men.

Antidotum Hamagogum. S. 2.

This Confection hath her name of the blood wherein it doth also reign; the which also the Greek name doth give to understand.

Electuarium de Baccis Lauri. S. 3.

This is a confection of Bayberries: this confection is for the griping and pain of the belly which is caused of wind, the very best medicine that may be devised, and moreover against all inward maladies which proceed of cold.

Benedicta

Benedicta laxativa. §. 4.

THis confection is called a blessed Laxative, it is very much used and found ready at all Apothecaries; it is made of many simples, wherefore we omit her description: it is very good to purge all tough slimy matter, and especially that which lyeth in the joynts, as in them which have the joynt disease or the gout, it cleanseth much, and purgeth also slimy matter of the Kidneys, and of the bladder, &c.

Bezoartica. §. 5.

Such like confections there are very many prepared in time of the Plague for to provoke sweat, of which we have described one in the 6. Part, the 16. Chapter, §. 3.

Electuarium de Calamintha. §. 6.

A Confection of the field Mints is described after three wayes by the Physitians; and when we make it, which hapneth seldom, it is in form of Tabulates: but that which *Galenus* describeth is made as followeth: Take the seeds of field Mints, of Penniroyal, of Parsly, and Silver mountain, of each one 3. the seeds of Smallage, and of Thyme, of each one quarter of an ounce; the seed of Lovage one ounce, Pepper three ounces: make thereof Species. You are to take Sugar according as you will make a confection or tabulates, and that in such quantity as thereto belongeth. This confection is very good for all them that have a wambling of their meat, for them that have a bad breath, and a bad stomach, and be much plagued with the wind of the stomach.

Confection of Cassie after three wayes. §. 7.

How highly that the Cassie is commended in Physick, and especially in hot sicknesses it is discovered in many places of this Book, and especially in the Introduction; where it is also taught how the same is to be driven through a sieve. Secondly, there is a confection made thereof, to wit, *Diacassia cum Manna*, which is to be used against the binding of the belly. The third is here before in the third Chapter described, in the first §. where we did discourse of Clusters, and in other places more.

Electuarium de Castoreo. §. 8.

This is the confection of Bevercod which one findeth very seldom, unlesse it were prepared of purpose for any body.

Catharticum Imperiale. §. 9.

This is as much to say, as an imperial purgation, for that especially it is a purger of the head, maketh sweet breath, and expelleth black melancholy, and gall out of the stomach: this confection is not common at all Apothecaries.

Catholicon. §. 10.

THis Greek name is as much to say, as universal, and the ancient Physitians have given that name unto this confection, for that it is meet for all diseases: therefore it is also kept prepared at all Apothecaries. And because that the same can be made by no householder, therefore we will not set down her description. It is not onely good for all strong diseases, but also for all the extreme sicknesses, it assaileth and altereth the same; it strengtheneth all them that have any infirmity of the Liver, or in the Spleen; it purgeth melancholy, cholerick, and phlegmatick humours, and is a safe medicine; as it is also used in many places of this Book.

Electuarium de Cineribus. §. 11.

THis Confection of Ashes is hardly to be found ready at any Apothecaries, but by reason of her profitableness, to shew that the ancient Physitians have not pretermitted to make it known; therefore it is described in the third Part, and hath an especial vertue in expelling of the stone, and of the gravel.

Electuaria varia de Cidonius. §. 12.

THere be sundry Conserves of Quinces, of Marmalade, like as you find them before in the 4. Chapter, and 32. §.

Electuarium de Corticibus Aurantiarum. §. 13.

THe preserved peeles of Oranges, doth one find ready at all Apothecaries, and are good for all pains of the stomach.

Electuarium Ducis. §. 14.

THis Confection was prepared for a Duke, and is compounded of many things together; wherefore we will not describe the same here, [for it is found commonly at all well furnished Apothecaries; it is also very good for all windy and bad digesting stomachs, and against all cold of the inward parts: it is also good against all griping of the belly, and especially for the stone: for which cause it is principally ordained in this our Book of Physick.

Electuarium de Epythymo. §. 15.

THis confection is very seldom used, but the flowers and the Thymus is very common in Physick. This confection should be very necessary, and helping women unto fruitfulness, like as is also prescribed in this Book for the same.

Electuarium de Gallia. §. 16.

THis for the profitableness and commodity that it hath in the pain of the guts, and in Phlegma, and for that it is easie to be made, is described in the third Part, the 15. chap and 6. §. for it is not known at the Apothecaries.

Confectio Hamech. §. 17.

THis confection is of two sorts, and is compounded of many things, and is very common at all Apothecaries: wherewith the humours of the Gall, especially the salt humours which cause scabbiness, the Leprosie, the Canker, and all other diseases which excoriate and inflame the skin by their sharpness are holpen. The lesser confection *Hamech*, purgeth Melancholy, and is also good against all frenzie, giddiness, forgetfulness and all infections of the skin.

Hiera Picra simplex. §. 18.

THis confection is at all Apothecaries every where prepared, and is not onely very well known to the Physitians, but also to the common people: Take Cinamom, Balsame wood, Asarabacca, Spica Indica, Saffron and Mastick, of each one drachme and a half, Aloe 25. drach. clarified and scummed Hony thirteen ounces; make a confection thereof. But if you will have it to strengthen rather than to purge, then take washed Aloes, instead of other. This confection is very good against all rotting and stinking humours, which do keep themselves in the mouth of the stomach, and in the bowels. In like manner it is also good for all them that have lost their natural colour, and against all inward diseases of the sight; it looseth very mildly, and her operation penetrateth no further, but into the Liver, it strengtheneth the stomach, neverthelesse that it is partly hurtful for them that have a hot liver, but because of her great vertue, it is much used.

Hieralogodion

Hieralogodion. §. 19.

THis confection is also found at the Apothecaries, the which is made out of many sundry things, wherefore we will not describe the same here: it is as good against all old madnesse, against all old melancholy, against all falling sicknesse, and all other raging or madnesse, against the giddinesse, and all pain of the head. Item, it is very good against all Palseys, against all shaking, and against all heart beating. It is also good in the Pleurisie, in all sicknesses of the Liver and of the Spleen, it provoketh womens terms; and is also good against all Gouts, against all poyson, Leprosie, and scurfe. Of this confection may one take a drachme at once with Wine, if there be tempered a little salt with it.

Hiera Pachii Ruffini. §. 20.

THe first *Hiera* is now of late come again in use amongst the Physitians, it is marvellous good for many kinds of things, not unlike to the aforementioned. In this our Book of Physick is otherwhiles mention made of it.

Electuarium Indum. §. 21.

OF this confection there be two sorts, a greater, and a lesser; yet both do expel bad humours, especially such as breed wind in the stomach, and other nutritive parts; they amend also the bad accidents which arise thereby, as swelling up of the stomach, the griping of the belly, pain of the kidneys, and such like.

Electuarium Lenituum. §. 22.

THis is a laxative confection, which expelleth gently, without any pain, the phlegmatick, cholerick, and melancholick humors. It is also good against all Agues, and it is found ready at the Apothecaries, howbeit that it is very seldom used in this our book of Physick.

Electuarium de Lepore combusto. §. 23.

THere is also a confection prepared of the burnt Hares head, which is marvellous good against gravel, and is described in the third Part, the 12. Chap. and 4. §.

Latificans Almanforis. §. 24.

THis pleasant confection is now adayes made rather in Losinges, then in form of a confection: but how the Species be made, that you do find described in the first part, the twelfth Chapter, and eight §.

Electuarium de Manna. §. 25.

THis Electuarie of Manna, is a very noble Confection, wherein come many easie laxative things; it cleanseth the blood, withstandeth Cholera, and Melancholia; it is very good for a hot Liver, and cleanseth also the body.

Electuarium ad Melancholiam. §. 26.

THis Confection is not made, if it were not that it is especially ordained, and it is also but once used in this Book.

Mechleta. §. 27.

THis Confection Mechleta is prepared at all furnished Apothecaries; it is especial good against all superfluous bleeding of the Piles, and against the griping of the belly, and it is exceeding good in all lasks, as in Lyenteria and Dysenteria. It is also used in Diarrhea

Mithridatum. §. 28.

THis high renowned and very well known confection, hath next to Treacle, the highest commendation and price above all other confections and compounded medicines, the which of very many and divers simples is composed together: wherefore we will pretermitt her description here. It is also older then the Treacle, and was found out by *Mithridates* King of *Pontus* three hundred years before Christs birth, and so named after him. This foresaid Confection did the King use against all venom, and with such commodity, that when he was in greatest extremity and had taken poyson, he could not die of it. Wherefore and because that the same is oftentimes ordained in this book, therefore we will briefly rehearse her vertue and vigour.

First, it hath almost in all things the same power of the Treacle; but that onely the Treacle is somewhat hotter and more forcible against all venom of Snakes; otherwise it is good against all pain of the head which proceedeth out of cold, and chiefly against all melancholick diseases, and also for them that live in great heavinesse without cause. It is also good against all heavy fancies and madnesse: and further it is also good against the Falling sicknesse, against the giddinesse, and all old pain of the head. Likewise it is a very good medicine against all running and diseased eyes, it sharpeneth the sight, and it is good against all fisling of the ears, and against all pain and falling of the gums if the same be laid upon it. Besides that, it is much commended for the Squinancy, it cleanseth and healeth all ulcers of the throat. It is a special medicine for all them that be taken with the Palsey, and them that have a disease in the lights: as it is also for all them that cough much, spet blood, and complain of purfivenessse. It is also especial good for all cold and moyst stomachs, it maketh appetite, it strengtheneth the digestive vertue, and maketh a good colour. It asswageth all gripings, all scourings, and the bloody flux, it openeth the obstruction of the liver and the milt: and it is a medicine for all inward parts; it driveth also the cramp away, and all convulsions of the sinews, it expelleth the gravel, and the stone of the bladder, it swageth all pain and ulcers of the same, it expelleth water, and moveth Womens terms: it is very necessary for all maladies of the Matrix, it is also especially commodious for all them that be plagued with the gout in the hands and feet; but especially it is given against all poyson: this doth it not onely taken inwardly, but also laid upon the outside. In like manner doth it apparently work in the tertian and quartain Ague, if that the same be taken an hour before or ere the Ague cometh, with Wine. The common weight that one taketh thereof is a drachme: the which neverthelesse according to the ability of the person and of the sicknesse, may be augmented or diminished, or also omitted all together.

Electuarium Oculifera. §. 29.

THis is a Confection for the eyes, whereof you shall find two sorts in the first Part, the seventh Chapter, and 20. §.

Electuarium de Olibano. §. 30.

THis present Confection of Frankincense is seldom used and prepared, but it is good against all pain and rheumes of the head, and also of the eyes, it swageth all bad throats which proceed of defluxions, it is also available against the Cough and spitting of blood, it stayeth all wambling and vomiting. Further, it is also good for all diseases of the Lights, and for the Pleurisie, whereas the matter is coughed up; it stayeth the running of the Reins, and womens terms, it is also used against the scouring:

Electuarium de Ovo. §. 31.

How that this precious Confection of the golden Egge is to be made, is after two wayes described in the sixt Part, the 16. Chapter, and §. 3. and also taught thereby, how that all hail and sick folks ought to use the same.

Electuarium Diaphenicon. §. 32.

THis Confection of Dates is also to be made in Tabulates. It is meetly strong for to purge therewith in the Quotidian and Tertian Agues. It purgeth *Phlegma* and *Cholera*. It hath a marvellous efficacie against all pain of the stomach, and other like pains of the guts, which are caused through any rough slimy humour, therefore it is also oftentimes prescribed in this book.

Electuarium Philonium. §. 33.

THis Confection is also called according to them which have found it out, to wit, after *Philon*. It is made after sundry manners, whereof there be twain, which be accounted the chief, *Romanum* and *Persicum*. The first is good against the Cough, and against all distastes of the Lights, viz. heavy breath, spitting blood, distemperance of the stomach, pain of the Liver, of the Spleen, and against all infirmities of the privities, and of the bladder.

The other, to wit, *Persicum*, is very good to staunch blood, like as womens termes, or when the Pyles run too sore: also in all scourings and bloody flux, and whereas blood is avoided then is it an especial medicine. It is also exceeding good for women which have first conceived for to preserve and keep the fruit.

Electuarium Diaprunis. §. 34.

Here before in the fourth Chapter, in the description of the preserved Prunes, is expressed of her power, and how it is made:

Electuarium de Psyllio. §. 35.

This is also one of the commonest Confections, which one findeth ready at all Apothecaries; it expelleth the cholerick matter, and is very good for all hot Agues, which otherwise are hardly to be expelled. Moreover, it is good against the giddinesse and all pain of the head, which is caused by the vapours of *Cholera*, and mixed with other humours. Item, for the falling sicknesse, and for enflaming of the Liver, &c.

Electuarium de Raphano Sylvestri. §. 36.

How this is to be prepared, and of what power it is, that is to be seen in the third Part, the 17. Chapter, and fourth Section.

Electuarium Regium. §. 37.

Albeit that it is called a Kingly Confection, and is very good, yet it is nevertheless no where in this book used, but only in the spetting of blood.

Electuarium de succo Rosarum. §. 38.

This present Confection named, of the juyce of Roses, is one of the chiefeft purging Confections, and because that it is very easie to be made, therefore we will describe it here. Take the juyce of red Roses and white Sugar, of each eight ounces, *Diagridi* three quarters of an ounce, red, white, and yellow Saunders, of each three drachmes, burnt Ivory one drachme and a half, Camphire half a scruple: the juyce and Sugar is to be sodden unto a meet thicknesse, and when it is almost cold then temper the rest amongst it, being all beaten very small. This may also well be made after the form of lozenges. This Confection purgeth *Cholera* without any anguish, and it is also good for all pain of the members, which be caused through hot cholerick rheumes, also for the tertian Ague, and for other more such like hot accidents.

Diasatyron. §. 39.

THis is a Confection of Ragwort roots; how the same is prepared and used for the increase of humane nature, you may read in the third Part, the sixth Chapter, and 4. §.

Electuarium de Scoria Ferri. §. 40.

THe Confection of the refuse of Iron doth *Rafis* describe. It is seldom made or used. It stoppeth the Flux and all blood.

Electuarium de Sebesten. §. 41.

THis is also a very usual confection, how that the same is to be prepared, and what it hath for an operation or power, you may read that in the third Part, the 11. Chapter, and 20. §.

Dia Sene. §. 42.

THis Confection of Sene, is also very common at the Apothecaries. It is good used in all melancholick, frantick, pensive, and such like sicknesses, which proceed of melancholick blood; and it cureth them that complain of the Spleen.

Theriaca magna. §. 43.

THe occasion wherefore that this high commended Confection is not here described, is, for that it is made of so many things. Also because there is a contention as yet amongst the learned, then for that certain things (which must be used in it) be not to be gotten, and especially in this Country, as the flesh of the Snake *Tyrus*, whereof this Treacle hath the name: but it is neverthelesse needful and well worthy that we here describe her operation and vigour.

This Treacle and the Mithridate be amongst all other confections the most renowned and worthiest. The first was by *Andromacho*, *Neroes* Physitian found out first, but afterwards by *Galen* brought into a better order, and in such manner amended, that it may very well be kept for so precious a Jewel, which is neither with gold nor silver to be compared: thus for to speak of her vertue.

First, it is good against all poyson, whether it be of beasts or otherwise, for to the same end it is given: and it is laid upon the byting of mad Doggs. In like manner, it hath an especial power against all bad ayr, against the Plague, and all pestilential Agues. It is also good against all old pains of the head, against the falling sicknesse, the giddinesse, and all darknesse of the eyes. Item, it is commended for all infirmities of hearing, and for losse of sent. And briefly to speak thereof, it doth also amend all debilities, the infirmities of the mind, and also of the brain. Moreover, it strengtheneth also all weakness and swoonings of the heart, it openeth all obstructions of the Liver, and of the Spleen, and mollifieth or supplieth all their hardnesse, it openeth the breast, and is good against the wheasings, and also against the short breath. It allayeth the cough, and supplieth all rawnesse of the throat; it doth provoke the rough humours to be coughed up, it withstandeth spetting of blood, and swelling up of the veins. It expelleth the yellow *Cholera* and the Dropfie, it healeth all inward diseases and ulcers, it asswageth all inward diseases where there is no heat nor ague instant, if the same be taken with Wine, or otherwise the same must be taken with some other distilled water.

Likewise it is also good for all bad stomachs, it caseth the Consumption, it expelleth the Worms, and all windinesse of the guts: also it is good against all gripings and pain of the guts, it is also very fit for all diseases of the Reins, it is very commodious and helping to all them which be vexed with the gravel or the stone, for that it expelleth the same; it healeth all ulcers of the bladder, and all conduits of the urine; it expelleth urine and womens terms; in like manner also dead children out of their mothers bodies. To all melancholick, which be full of anguish and pensiveness without cause, and half distract of their wits, is this given with great advancement. In fine, it is very good for all lingring sicknesses, as the Leprosie, old Agues, and chiefly Quartain Agues.

Where-

Wherefore it is advised to such as are to travel in the cold, that every morning fasting they should take somewhat thereof, for that it warmeth the inward parts, and defendeth them from all cold. It strengtheneth all the lame members, and bringeth them again to their power, and when the greatest pain of the gout is past, then is it taken with great advantage, so that it preserveth the body from all corruption.

But here is especially to be noted, that this Treacle is not good for young people, especially in Sommer time, or when it is hot weather, if so be that great need do not require, and then shall not above half a drach. be given at once, for that is too strong for such young natures. All they that be of middle age it is good for, used oftentimes, so that it cannot here be told, how much thereof may be given at once. The commonest weight is a drachme, and if so be that need require not the same, then is seldom any more to be given; yet according to the importance and ability of the person, the sicknesse, and such like, is the same to be augmented or diminished with wine or any other water.

Theriac Diatesaroni §. 44.

THis confection hath her name of the Grecians, for that it is made of four kinds of things, namely in this manner following: take Gentian, fresh Bayberries, Myrrha, and the right Hart wort, of each 2. ounces, stamp all together very small, with one pound and a half of well scummed hony, then keep it well where you please. This Treacle may the common people commodiously use in stead of the great Treacle, for that it withstandeth all pestilential agues, and all venom, therefore do the people of the country also give ti to sick cattle, and that with very great advantage. It is also good against all diseases of the braines, of the sinewes, and all sicknesse, which proceed of cold, as Falling sicknesse, Palsey, lameness, and the Cramp, it strengtheneth the stomach and her digestive power, it openeth the Liver, the Spleen, and the Kidneyes, therefore it is also good for the yellow Jaundise, the drop sic, it expelleth windinesse, and all pain of the guts. There may one drachme and a half be taken thereof, to wit, in the morning fasting, but cattel must take more of it.

Triphera §. 45.

OF such like confections are many kinds described of the Physicians, like as we shall shew hereafter. The first is *Fænonis*, and is the lesser. It is good for all excessive fluxes, for womens termes, for the pyles, and against all debility of the stomach, it causeth all grosse and tough humours to avoid, it amendeth the nautral colour, it strengtheneth the bladder, and stayeth the scourings.

The other is *Triphera magna*, that is the greater. The same is used for all cold pain of the stomach, as soone as one hath taken thereof, then sweat doth break out upon one. It is good for all melancholick women, which cannot sleep, and that they have gotten this anguish and vexation through any disease of the Matrix. Likewise also for those which be burthened with any slimy matter in the Lights, and for all them that spet blood, whether it be beneath or above; and if one leave out the *Opium*, then should the same be good for to advance the fruitfulness of women.

The third is *Triphera Persica*, which is made of many kinds of things; it is good against all agues, which proceed out of the stomach, and also against the yellow Jaundise; which proceed of great heat, it openeth all obstructions, it amendeth the sight which is infirmed through cholerick vapours, it quencheth thirst, and defendeth one from all the sicknesses.

The fourth is, *Triphera Saracenica*, which with her heat strengtheneth the digestion of the stomach and of the Liver, it consumeth all windinesse of the same, it maketh good breath, and is very commodious for the whole body; it keepeth a body healthy, it provoketh desire of venery, and it obstructeth all the bleeding of the Pyles, whereof is from one drachme to three drachmes to be taken, and that according to the importance of his person.

Electuarium vite §. 47.

THis is called a confection of life, and is described in the first part, the second chapter, and first §.

Of Lee. §. 47.

THe ancient Physitians, as they were very diligent and curious in searching out the vertues of all things, thereby to withstand all diseases of mankind, so have they not omitted to search out the nature of ashes, for to discern (of whatsoever wood that the same be burnt) which should be the most commodious and fit, and they have in truth found no small efficacy and power in them, as is shewed here and there in this book.

For to make excellent spice or Sugar Cakes. §. 48.

Albeit that these cakes may be used for the strengthening of the stomach and of the head in Physick, neverthelesse they be more eaten of licorousnesse; but for their abuse we will not omit their description. First, take wheat and Rye flower, of each about a pound and a half, clarified hony as much as is needful for to knead this flower to dough, then temper amongst it these spices following, all beaten small, to wit, Cinamom two ounces, Greins, Nutmegs, and Cloves of each half an ounce, long Pepper one quarter of an ounce, Mace and Galangal, of each one drachme, Cucubes one quarter of an ounce, prepared Coriander one ounce and a half; and then make thereof round or long Cakes, and let them be slowly baked; when they be then almost baked, then anoint them oftentimes with wine, then do they get above an orient or pleasant colour.

The right Sugar cakes be made thus; take a pound of Sugar, which is decocted to a syrup, and when you have taken it from the fire, then temper amongst it four ounces of Wheat flower, and about four ounces of Rye flower, and make a paste thereof: at last put these spices unto it, viz. Ginger two ounces and a half, Cinamom two ounces, Cloves half an ounce, Nutmegs, long Pepper, of each one quarter of an ounce, prepared powdered Coriander half an ounce, Annis (also beaten) three quarters of an ounce, and so let them dry together.

Other which be daily used: Take Sugar two pound, and pour a quart of water unto it, let it seeth together, and clarifie it well with the whites of eggs, when as now the water is foddren to the half, then knead amongst it five pound of flower, two ounces of Ginger, two ounces and a half of Cinamom, Nutmegs and Cloves, of each one ounce, Pepper one drachme, and let them dry. If you will make them of hony, then take three pintes of Hony, and a quart of water, let it seeth, and clarifie it, then put therewith as is before rehearsed.

The Bisket cakes be thus made: take of the old baked cakes, as many as you please, and grate them on a grater, then put hony and spices unto it, and then bake them once again.

The Noremberger Sugar cakes be made after this manner; take one pound and a half of Sugar, Cinamom 3. ounces and a half, Nutmegs 2. ounces, Ginger 3. ounces, Cloves and Cardamom, of each half an ounce, cut them, but not too grosse, and then take thereto one pint of hony, set it on the fire that the hony may melt, and afterwards take the Sugar, stir the same beaten very small amongst it, and so let it seeth very softly, that it do not burn nor run over, stirring it alwayes well about, then mix therein as much flower and spice as is needful, and work it upon a table; at last make cakes thereof about the weight of 6. ounces, and work each apart, and bake them afterward as behooveth.

Loch, Lohot. 49.

THus do the Apothecaries name certain mild confections, which have but little difference from other confections and therefore be they separated from the other, that one might know how to ask for them.

Loch ad Asthma, that is, for a heavy breath; this Loch is not much in use, it is good for a heavy wheeving breath, for an old cough, and it doth cause all tough matter of the Lights to avoid.

De Cancris, of Crabs; this Loch is very good in the Consumption.

De Farfara of Folefoot leaves; this Loch is to be used as all the rest.

De Papaver: this Loch is somewhat troublesome to be made, and is commonly made at all Apothecaries; it is good against all coughs, and roughnesse of the throat, which be caused

caused of a hot defluxion, which may be perceived by the thin and subtile spittle, and it maketh the same thick.

There be two other Confections more made of Poppies, under the name of *Diacodion*; amongst which that is which *Mesua* describeth, and is thus made: Take green Poppy heads, that be somewhat withered, five or six in number, and fair rain water 10. ounces; let them seeth together, so that there remain a third part; unto this colature adde wine, and when the two third parts be wasted, then put unto it one ounce and a half of good Hony, half an ounce of salt, *Acatia*, Saffron, Myrrhe, and Pomgranate blossoms, of each half a drach. *Trochisci Ramich* one quarter of an ounce: temper them all together, as appertaineth; but there will be too little Hony, therefore must more be taken. It is to be noted, that this may also be made into lofinges; they be very good for them that have any subtile defluxion falling on the breast, great coughes, and other diseases more.

De Passulis, of Currans; how it is to be prepared, and what his vertues are, look in the first Part, the fifth Chapter, and 12. §.

De Pino, of Pingles; this is to be sought for in the first Part, the fifth Chapter, and 6. §. which is good for all old conghes, and for the short breath; it causeth all tough steame of the Lights to avoid.

De Pursulaca, of Purslain; this is not often used by us, but there are two kinds made in Italy, which follow hereafter; take the clarified juyce of Purslain 12. ounces, *Trochisci* of sealed earth, and *Opium*, of each one drach. *Trochisci de Carobe*, and Dragon bloud, of each half a drachme, burnt Hares hair, and Bloudstone, of each one scrup. white Sugar six ounces, then seeth it like other *Loch*. This is especial good against spetting of blood, especially if it be tempered with this confection following; Take Henbane seed, white Poppy seed, of each 10. drach. red and white sealed earth, of each five drach. Conserve of Roses 4. ounces; temper them together, give it in the morning and evening, each time half a drach. The other; Take of the aforesaid three quarters of an ounce, *Philonis Persici* three drach. *Trochisci de Carobe* one drach. and a half, *Species Triatragacanthæ frigidæ* half an ounce, temper them together with Purslain water as before.

De pulmone Vulpis, of the Lights of a Fox; how highly the same is to be praised, and how the same is to be prepared, is to be read in the first Part, the 5. Chap. and §. 12.

Sanum expertum, that is as much to say, as healthy and approved, viz. for all old coughes and shortnesse of the breath, &c.

De Scilla, of Squils; how the same is to be prepared and used for all old coughes, that may you read in the first Part, the fifth Chapter, and 7. §.

The eleventh Chapter.

VWE will discourse in this eleventh Chapter of many sundry causes, as followeth hereafter.

Almond milk. §. 1.

ALmond milk is prepared after many manners, and that according to the quality of the sickness. If so be that one will strengthen nature, then is the same to be made the stronger and the thicker, and one must take the more Almonds, and lesse water. But this is the common fashion to make it: Take Almonds as many as you please, put them in hot water, and let them steep so long therein, until one can peel them: then pour cold water upon them, that through the heat of the water, they lose no vertue; afterwards pown the peeled Almonds very small, and take them in a very clean cloth, pour 3. or 4. spoonfuls of fair water upon it, and then with a spoon rub out the strength, and so pouring only more and more fair water upon it: you are to continue this straining, viz. so long as you suppose that there cometh out any whitenesse, then put as much Sugar unto it as you think good. If you will use it for sleep, then pown a little white Poppy seeds, and rub that through with the Almonds. If you desire that the Almond milk be more cooling, then stamp a little Melon seed with it: if one will use it against the fluxe, then is the water to be steeled; for the breast be Currans and Licoras to be sodden in it: there be also Pingles otherwhiles powned, Hasel nuts, and such like things with it, all according to the quality of the malady. And albeit that this Almond milk be used for the Kitchen, yet it is also good for many kinds of infirmities and sicknesses.

Manus Christi. S. 2.

How these Lofinges are to be prepared after two manner of sorts, with Pearles, and also without Pearls; that is in the first Part, the third Chapter, and 9. S. described, and they be very much in use, so that the common people esteem them onely to be a strengthening of the heart, although there are more forcible things prepared for it.

Marchpane. S. 3.

Take good fresh Almonds, as many as you please, and peel them, as we have taught of Almond milk: or if one have so much leisure, lay them a whole night to steep in cold water, then will the peels go off; afterwards pownd them small in a stone mortar, and pour a little Rosewater unto it: at last you are to pownd amongst it as much Sugar as you please, whether it be much or little, this dough or paste is to be spread on wafers. But if the dough be too moist, then hasten not with baking; otherwise will it be full of bladders. These Marchpanes be most meetly baked in an oven, the top and bottome covered with a mild fire, laying the Marchpane very dry therein, and there is laid for the more certainty a paper beneath upon the bottom of the pan or oven. Will you have the Marchpane very white? then must you make the fire very slow. But if you will make a Marchpane to strengthen one (for which it was first of all found out) then must you add Pingles, Pistacies, and other spices unto it, and also water of Spike, of Lavander, of Endive, or take any other waters, as Cinamom water, and such like. The Sugar is also to be soe meetly hard; and when it is well clarified, then stir it, and mix afterwards the powned Almonds amongst it.

For to counterfeit Marrow of bones. S. 4.

Take peeled Almonds, pownd them very small, and make them often wet with Rosewater, afterwards then temper four ounces of beaten Sugar amongst it; and to the end it may be harder, in rolling it, put two ounces more of Sugar unto it, and strew that on the outside upon it, then form it as you think good, and bake it like Marchpane.

Medicamen de Turbith. S. 5.

The manner to make both these powders, and their vertues, have we declared in the third Part, the 11. Chapter, and 26. S.

Melicraton. S. 6.

This do we call in English Wine Meade, whereof the ancient Physitians do make two sorts, for the one they took two parts of sower Wine, and one part of Hony. When this is waxen old, then it is nourishing; when it is meetly old, then it is very requisite for the stomach and the belly, and it expelleth also urine: but after meat it is not very wholsome to be drunken. If one will use the same quickly, then must these two things be boyled together. Other do take six parts of Must, and let the same be hot, then do they pour a quart of Hony unto it, and when it hath boyled a while, then do they preserve the same. This *Melicraton* is beforetime much more usual, then now adades, and especially with the Romans, which called the same *Vinum Muscum*.

Of Meade, a common drink. S. 7.

The Hony water and the Meade are not onely invented for their vertue, but also for necessity, chiefly in such Countreies where no Wine groweth, or may not be used: And it is very true, that this drink is more wholsome then sulphured Wine; for although the Mead be hot by nature, yet it is tempered with moisture, wherefore it cannot overheate nor overdry one. And albeit that this Mead may be made according to the fashion of every Countrey, diversly; yet nevertheless is this the commonest manner, viz. that one take 8. quarts of water unto one quart of hony, and so let it seeth by a gentle fire, scumming it so long until it begin to be clear. It

It is also here to be noted, that how much longer you think to keep the Mead, so much the longer are you to seeth the same. When it is cold, then put it into a vessel, and let it be three fingers empty, to the end it may work. If so be that you desire to have the same stronger and more forcible, then hang these spices following in it, viz, Ginger, Cinamom, Cloves, Galangal, Nutmegs, and such like, and that in weight, as we shall write hereafter, of the aromatical wines. Some do take also Saffron unto it, not onely for the colour, but also for his vertue, and for that it yeeldeth a good savour to the Mead. When it hath sparged or wrought, then is the same to be lettē lie stopped the space of three moneths. But in case you desire to use it presently, then seeth the same not long, and expect not her working, but drink it freely as soon as it is cold, and then the next day make new again. In Liefeland they have in some places a custome, that they hoope their vessels with Iron, and so bury the Mead under the earth, and this will be stronger then any wine, but we will permit such countries to keep their customes. If you desire to make quickly a good Mead, then take a good Nutmeg, and one ounce of Cinamom cut small, and pour thereon three quarts of water, then let the third part seeth away, and then put unto it half a pound of clarified hony, this being done, let it seeth again together, until that there remain about a good quart.

In old time was this Mead following to be made; take hony combs, wash the same well with luke-warm water, and afterwards let it seeth well. But if it be not sweet enough, then put more hony unto it, and scum it well; afterwards put thereto prepared Coriander half a pound, Sage and Hops, of each one handful, let a third part seeth away, and so keep it in a firre fat, at last hang Valerian, Cinamom, Cloves, Nutmegs, and, Mace therein.

Another sort: take as much scummed hony as you please, put the same into a clean leaded pot, and pour as much water unto it as you please, then take Sugar and Marjoram (according as you desire it to be strong. If you will put any Cinamom unto it, that is also not amisse, then let it seeth together, and skum it well. If so be that you desire to have it brown, then take 2. or 3. spoonfuls of hony, and let the same seeth well, and stir it well about until that it be strong, as soon as you take it from the fire, then pour presently water upon it, it will boyle together, and then pour the rest unto it, strain out the herbs, and then keep it in a cellar.

The common vertues of these Meads be, that they quench thirst. It is also good for all cold diseases of the braines, of the backbone, of the sinewes, and for all other diseases, for which wine is hurtful, by his penetrating vertue and force, it cleanseth and openeth the breast, it taketh away the cold dry cough, it cleanseth the Kidneyes, the reines, the conduits of urine, and the bladder, of all cold slimy matter whereof the gravel and the stone doth grow, and it expelleth also all hurtful matter out of the guts, wherefore the same is to be used in all diseases of the braines, as in the giddinesse, in the falling sicknesse, and in lamenesse which is caused thereby. In like manner it is very good for them that be Plagued with the Cramp, and the hot Podagra.

The twelfth Chapter.

THis twelfth chapter hath no more then two sorts of compounded things, as oyles and some other which be made with vinegar, which be therefore called Oxymel, Oxycraton, Oxysacchara, and such like. First we will write of Oyles, whereof there is much declared, and add thereto, for what they are to be used: amongst which there be some 1. of Plants, of Fruits, and of seeds, as well prest as beaten out: other by addition of certain herbs, flowers, roots, and other things which be decocted therewith. Some are distilled, and by force of the fire be drawn out of roots, out of Mints; out of Mettals, and such like things, and the manner of making them is divers, whereof we will write hereafter, and also declare thereby for what each of them shall be good.

Oyl of Poplar buds. §. 1.

BEcause that in the making of all Oyles there must heed be taken that the herbs, flowers, roots, and such like be not put too moyst into the oyl, the same must first of all be weathered a little and afterwards be chopt small, to the end the vertue and force may

come the better out of it. If you have not the hot Sun, then let it seeth in a narrow pot in hot water. If so be that you renew the herbs or the flowers two or three times, then is the oyl the more forcible. And now to come to our oyl of Poplar buds: take Sallad oyl 12. ounces, white wine 12. ounces, fresh Poplar buds (which be pownded) nine ounces, then let them steep the space of seven dayes in the wine and oyl, and stir them oftentimes about, afterwards boyl it in a narrow pot in water until all the wine be wasted, and afterwards wring it through a cloth. It is also to be noted, like as is before said, that if so be that you renew the Poplar buds two or three times, that then the oyl will be the more forcible, which may also be well done. This oyl is very good against the head-ach, pain of the joynts, of the reins, of the Kidneyes, and against the paine of the Gout, with other paines more.

Oyl of Mandragora. §. 2.

IT is oftentimes before declared, what force the Mandragora hath, to wit, that it causeth sleep, and causeth insensibleness. This oyl is prepared and made in the same manner as all oyles of other roots are made, but it is very seldome used but when great need doth require.

Oyl of Amber. §. 3.

ALL they that delight in distillation, and have endeavoured themselves to draw out the purest and cleanest out of all things, they have also found great vertue in the oyl of Amber; for which there hath been made special ovens, glasses, and other preparatives, &c. which were here too long to discourse, but we will onely declare her vertue and use. First, there is nothing more forcible against all venomous ayre, if one rub a drop thereof in the nostrils. In like manner the losinges are also good, amongst which two or three drops of this oyl is tempered. The same is good against all sicknesses of the head, as against the Palfey, and against the falling sicknesse, if one take it with Betony water, or with any such like water, and anoint it outwardly upon the neck; but that is especial good which is distilled of the white Amber. It is also very good for all diseases of the sinewes, as for the cramp, the lamenesse, and such like, it expelleth the stone, and the gravel, if the same be given with the water of parly; it furthereth also Childbirth if it be given with water of Vervein, so doth it also if one anoint the navel on the outside with Snakes grease and it together. It is also very commodious against the suffocation of the mother, if one anoint the same in the nostrils, and upon the pit of the heart. The losings wherein this oyl is baked, be special good against all cold rheumes, they strengthen the braines, they be good against all swooning and heart-beating, and they do also strengthen the digestive power of the stomach. In fine, this oyl may be used in stead of the true and natural Balm.

Artificial Balm. §. 4.

OF this artificiall Balm, and how the same is made after divers manners, and distilled, we have declared before in the second chapter sufficiently.

Sallad oyl, or oyl of Olives. §. 5.

THIS Sallad oyl is of all people so well known, that whereas oyl standeth without any surname, thereby alwayes Sallad oyl is understood; and it is also a gracious gift of God, that people may use the same for sundry necessities, which were too long to discourse; for how many kinds of Plaisters, Salves, Oyles and clisters, &c. be prepared of this oyl; but as much as concerneth this Sallad oyl, there be three sorts of the same used for Physick, to wit, one that is thorow ripe, the second that which is not thorow ripe; the third which is very old, for that each one of the three hath his proper nature; that which is clean ripe is of a warm nature, so that it defendeth the body from all cold being anointed thereon, it refresheth all the members, and maketh them fit for labour, it suppleth all the whole body and the skin, it asswageth all pain of the joynts, it cleareth the sight, it is good against all venom if one drink the same often and vomiteth it up againe.

again : so that the ancient Physitians have left a proverb behind them ; Wine sustaineth the body within, and Oyl outwardly. When the oyl is above a year old, then doth it lose much of her pleasantnesse, and the best driveth alway above, which is contrary in Hony, wherein the best doth lye alwayes underneath, and the best of the wine is alwaies in the middle. The oyl which is prest out of the unripe Olives, that is called *Omphacinum*, the same hath power for many kind of things, and especially in Salves : it is also very meet for the stomach through her astringent vertue, likewise it doth fasten the gums and the teeth. The old oyl is hotter then the other, and hath also more vertue to digest, it strengtheneth much the sight if it be anointed under the eyes, if one can get no old oyl, then look before into the Introduction how that the oyl is to be prepared.

Oyl of Behen. §. 6.

THis oyl of the roots of red and white Behen is not very much usual, howbeit that we do sometimes remember it in this book.

Oyl of Pyrethrum. §. 7.

IT is an oyl which is very hot, and that is not made at the Apothecaries but onely if the same be prescribed to be made, therefore we will write no further thereof.

Oyl of Bevercod. §. 8.

THE Apothecaries do make a certain oyl of Bevercod, which is made of many kinde of things for all cold diseases, and especially for all diseases of the sinewes, and pain of the joynts. It is very good for the Palsey, and stiffnesse of the neck. It allayeth the cold in Agues if the back bone be anointed with it. But we will here describe that which is easie to be made : Take Bevercod one ounce, *Euphorbium* three drachmes, *Myrrha* one quarter of an ounce, white strong wine eight ounces, Sallad oyl 12. ounces : let it seethe so long together until the wine be thoroughly consumed, afterwards strain it and keep it.

Oyl of Lead. §. 9.

THis oyl of Lead is thus made : Take dry Ceruse one pound, Vinegar which is two times distilled, one quart or more, and seethe it in a narrow pot in seething water an hours space, but stir it often about, and let it settle : afterwards distil it through a Filter, to the end the vinegar may run through it, and the oyl tarry in it : do this two or three times ; then set this oyl in sand, and distil it slowly, then will come out of it that which is fair and clean. This oyl healeth all ulcers marvellous well, as we in the fifth Part, the fourth Chapter, and 4. §. have taught. Another. Take Lead as much as you please, and beat it very thin, then pour as much distilled vineger upon it until it be well covered, then will it be lead white. When it is now clean consumed, then set it certain dayes in the hot sun, or in horsedung, and afterwards distil it in sand, until that the water which distilleth do alter, then set another receiver before it, and there cometh a ruddy oyl out of it,

Oyl of Penniroyal. §. 10.

THis oyl is made like oyl of Cammomil. You may adjudge the vertue by the property of the herb, yet it is not much used.

Oyl of Purslain. §. 11.

This oyl is prepared as the oyles of other herbs, but it is made very seldom.

Oyl of Cammomil. §. 12.

THis oyl is thus made : Take well favouring Cammomil as much as you please, put it into a pot, and pour upon it as much old Sallad oyl, until all the Cammomil be well covered, and then set it the space of fourteen dayes in the Sunne, or in some

other warm place: afterwards let them see the in a narrow pot in seething water, and then put out the Cammomil, and put in fresh again, and let it see the again, then wring it out well, and do this three times one after another, and then keep it until you have occasion to use it. This oyl is good for many kinds of things, it openeth the pores and sweat vents, it expelleth vapors, it allayeth rheumes, it is good for the sinewes, or all pain of the joynts; and asswageth also the pain of the guts.

Oyl of Capers. §. 13.

THe oyl of Capers is most commonly made at the Apothecaries in this manner: Take Capers roots one ounce, rinds and leaves of Tamarisk, the seeds of *Agnus Castus*, Harts tongue, and Cipers roots, of each one quarter of an ounce, Rue one drachme, Vinegar and good wine, of each one quarter of an ounce, ripe Sallad oyl twelve ounces, pound the roots grossly, and let them steep a whole night, afterwards see the them in an especial pot in boyling water, strain and keep it. This oyl is especially good for all hardnesse, obstructions, and pain of the Spleen, but you may in seething put some more wine and vinegar.

Oyl of Costus. §. 14.

TAKE of the very true & good roots of Costus one ounce, Cassie wood, or Elecampane roots in stead of it, half an ounce, sprigs of Marjoram gentle four ounces, oyl of *Sesamum* eighteen ounces, and wine as much as sufficeth. Let it steep two dayes and two nights, afterwards let it see the all together in water until the wine be thoroughly wasted, which you may perceive hereby, if that you let one drop fall into the fire, and that it hisse no more. This oyl is of a warm nature, it openeth the obstruction of the stomach and of the Liver. It is good against all diseases of the sinewes, it avoideth the growing of gray hairs, it preserveth the body in his natural colour.

In the first Part you have two other sorts of oyl of Costus, which may also be used for advantage, and they be also hotter than this present oyl is.

Oyl of Dill. §. 15.

THe oyl of Dill is made of the herb, of the flowers, and of old oyl, like as oyl of Cammomil is made. This oyl asswageth all pain, it openeth the pores, it consumeth wind, also all cold and hard swellings, it taketh away the shaking of the ague, it maketh one to sleep, and taketh away all pain of the head in hot Agues, if the back bone be therewith anointed.

Oyl of Eggs. §. 16.

HOW this oyl is made, and what it hath for efficacy and power, is taught in the first part the third Chapter, and sixt §.

Oyl of Annis. §. 17.

THIS oyl of Annis is made by distilling in this manner: Take one pound of small beaten Annis, and put it into a glassed helm, and pour so much water upon it until the helm be half full: but distil it the first time with a milde or slow fire in boyling water, until it begin to be hot, afterwards make a good fire, until that the oyl and the water do go over together. Now being distilled, then separate the water and the oyl one from another with a glassen funnel, for that the oyl swimmeth alwaies on the top. This oyl hath a great force against the giddinesse of the head, and against the Collick, and is also highly commended against the falling sicknesse, if one give thereof three or four drops. It is here to be noted, that if one will distil any such like, that one is alwayes to take for one pound, two or three pound of water.

Oyl of wild Cucumbers. §. 18.

THIS oyl is not usual in this countrey: But for what it is meet, look for that in the Table.

Oyl of Euphorbium. §. 19.

THis oyl is made thus: Take Euphorbium half an ounce, oyl of yellow Violets, and good wine, of each five ounces, let it seeth so long until that all the wine be consumed; afterwards wring it through a cloth: it is especial good for the cold braines and sinewes. In like manner it is also good against the pains of the head Cephalalgia, Hemisrania, and against the sleepey sicknesse if one annoint it in the nostrils. Item, for all pain of the joynts, of the Liver, and of the Spleen, if it proceed of cold.

Oyl of Foxes. §. 20.

BEfore in the second Part, the fourth Chapter, and 15. §. there is found this oyl of Foxes, and therewithal also his operation.

Oyl of Lillies. §. 21.

TAKE the white leaves of Lillies, and prepare the oyl like as is said of the Cammomils. This oyl healeth all cold pain of the breast, of the reins and the bladder, and especially of the Matrix, and also all pain of the guts. For that it is of a hot nature, it hath power to digest, it asswageth the cough it ripeneth all impostumations, it dryeth all bad sores of the head, and it diminisheth also all swellings, if one temper a little Saffron amongst it.

Oyl of Hemp seed. §. 22.

Out of Hemp seed is this oyl beaten: it warmeth and dryeth much, therefore it doth consume natural seed: yea if one eat too much of the same, then doth it the same hurt that Coriander doth: wherefore the same is very seldom, and that very little used in Physick, as also thereof but twice hath been spoken in this Book.

Oyl of the kernels of Apr. cocks. §. 23.

Out of the kernels of this fruit is oyl prest, like as is done of Almonds, but is is very seldom prepared in this countrey.

Oyl of Eldern flowers. §. 24.

YOU are to make oyl of Eldern flowers and of old Sallad oyl, as oyl of Cammomil is made. It asswageth the pain, it cleanseth, and is very good for the yellow Jaundies, and all diseases of the Liver, and also for their obstructions: likewise it doth also take away all pain of the joynts.

Oyl of Saint Johns wort. §. 25.

OF this herb, you must take the tops when it beginneth to ripen, to wit, the uppermost sprigs three ounces, steep them three dayes long in good Wine: afterwards wring them out well, and then put other in again and let it seeth together. Being sodden, wring it again even to the third time: and if the wine were sod away, then put more unto it. Lastly take three ounces of Turpentine, old Sallad oyl six ounces, Saffron one scruple: put this altogether in a seveal pot, and so let it seethe in seething water, so long until the wine be consumed: then wring it hard through a cloth, and let it settle: so do the Apothecaries make it. The Chirurgians do make it in this manner: Take four pound of the uppermost sprigs of Saint Johns wort, put them into a pot of the quantity of the five quarts, and pour two pound of Sallad oyl upon it, and as much white until the herbs be covered: then stop the pot tight, and so let it stand the space of six weeks: afterwards make it open, and put one drachme of Saffron unto it, but stop the pot by and by very close, and set it in a kettle with seething water, and so let it seethe the space of ten hours. This being all done, then pour it all together in a linnen bag, and bind it very fast unto it, and presse it hard out whilest that it is yet warm, put it in a glasse and

set it in the sun, or in another warm place; then will the oyl come on the top, lade it off then continually, and keep it well stoppt in a glasse. This oyl is hot and dry, and hath an especial astringent vertue: therefore it doth also heal all wounds and all wounded sinewes; yea all burning of fire, it asswageth all pain of the hips, of the bladder, and doth expel urine, &c.

Oleum Irinum. §. 26.

There are two kinds described, and are both very troublesome to be made, they be also not much used.

Oyl of Cherry kernels. §. 27.

This oyl is also very seldom used, and is made like as oyl of Almonds by pressing, and is much commended for moving of urine.

Oyl of Melilot. §. 28.

So is it also with this oyl of Melilot, it is also seldom made, and also very seldom used.

Oyl of Cresses. §. 29.

This oyl is also very seldom made, yet it is made like all oyls of herbes.

Oyl of Copper. §. 30.

This oyl do the Achymists distil, like the oyl of Lead, whereof there be two kinds described before, and there is no other difference between them, but that the Copper is somewhat smaller to be cut, and must be beaten somewhat thinner.

Oyl of Gourd seed. §. 31.

This oyl is not usual with us, and is very seldom used.

Oyl of Linseed. §. 32.

The vertue of this oyl may be gathered by the properties of the seed out of which it is beaten, and also out of many places of this book, wherein they be commanded to be used.

Oyl of white Sefamum. §. 33.

This oyl is made of the seed *Sefamum*, and it is also beaten out of the foresaid seed, like as the Linseed oyl, it hath a special power to ease all rough throats, to take away all hoarsenesse, and to make one have a good voyce: wherefore it is used in many parts of Physick.

Oyl of Linnen cloth. §. 34.

How this oyl is to be used, we have told in the first Part, and also taught therewith how the same is to be made. It is to be used for all running eyes.

Oyl of Bay. §. 35.

This oyl is brought unto us by thy Merchants in great quantity out of Italy: it is warm by nature, it openeth all obstructions, and asswageth all pains of the bowels, also all cold pains of the belly, of the Liver and of the Milt, the Kidneyes, the Matrix, of the sinewes, and of the joynts, and is also very good for all cold sicknesses.

Oyl of Mace. §. 36.

This oyl is brought unto us out of Indy, and used for divers cold accidents.

Oyl of the seeds and flowers of Poppy. §. 37.

First of, all there will be made of this plant and of the white flowers an oyl, which is more mild then the red and carnation flowers be, and will be made with Sallad oyl, like as Cammomil oyl is wont to be made, yet at sundry times renewing the infusing of the flowers, according to that one desireth to have it strong. This oyl asswageth all hot pain, it cooleth much, and is very good for all them that cannot sleep well, if the temples of the head be anointed therewith; and as the hot vapours do draw to the head, in any hot sicknesses, also the nostrels, the ears, and the temples of the head may be anointed with it.

The oyl which is made of the seeds of this herb, is made of the white, gray, and black seed, and beaten out of it, as the oyl of Linseed is made; it maketh fat, it asswageth the pain of the throat, heat of the Agues, and all heavy dreams.

Oyl of sweet Almonds. §. 38.

THere be two kinds made thereof (of sweet and bitter Almonds.) This oyl is pressed out or beaten out upon a pownding mil, like as the oyl of Linseed is beaten out. But if one will drink the oyl, then take Almonds well dried, which have a fresh and sweet taste, as much as you please, pownd them very small, and parch them a little, afterwards put Rosewater unto it, and presse it well out with a strong presse. But the oyl of sweet Almonds is much used. The oyl of sweet Almonds is good against the roughnesse of the throat, of the breast, of the Lights, and against all drought of the same. Further, it asswageth all pain of the joynts, it is also very pleasant for to be occupied in all meats, and good for all them which begin to consume, it maketh fat, and augmenteth human nature, it quencherh thirst, it allayeth the heat of the urine, and all pain of the bladder, together all ulcers of the womanhood, if the same be anointed thereon or injected therein. The oyl of bitter Almonds doth assuage all hardnesse of the sinews, it openeth all obstructions, it consumeth wind and all bad vapours, and it is especial good for all deafnesse, and all bad hearing, for all siffing of the ears, and it taketh also away all spots.

Oyl of Marjoram gentle.

TAke the herb Marjoram gentle 4. handfuls, wilde Thyme 2. handfuls, Myrtle leaves one handful, Southernwood and Mints, of each half a handful, Cassie wood two ounces, unripe Sallad oyl as much as will suffice for to cover all the foresaid; then stop it tight, and so let stand the space of 8. dayes in the Sun: afterwards wring it out hard, and lay fresh again therein: do this thus three times together. This oyl is special good for all diseases of the brains and of the sinews, and it is especial good in bathing against all lamenesse, or convulsion of the Palsey *Paralysis*; if the same be anointed in the ears and in the nose it taketh away all hissing: it moveth womans terms, and it withstandeth all venome of Scorpions. Some do make this oyl onely of the leaves, like as Camomil oyl is made, and it is made most so.

Oyl of Mastick. §. 40.

THe manner to make this oyl, and also his vertue is described in the third Part, the 11. Chapter, and 5. §.

Oyl of Narcissus. §. 41.

THis oyl is called by the Physicians *Oleum Narcissum*, and is made like as the oyl of Cammomil is wont to be made. This oyl is very good for the hardening of the womanhood, or if the same be shut too close: it is also used for the Palsey that cometh of falls.

Oyl of Myrtles. §. 42.

OF this oyl be two kinds made; that which is made of the seed hath an astringent vertue, wherefore it is also good for all hot ulcers, and for the chaps of the Arse-gut; it strengtheneth the slacknesse or loosenesse of the sinews, and it stayeth sweat. But that which is made of the leaves, strengtheneth onely the brains, the sinewes, the heart, and the stomach: but because that we can get no fresh, they are first to be infused in good wine, and to put unripe Sallad oyl unto it.

Oyl of Mints. §. 43.

THis oyl is made of Mints and unripe Sallad oyl, like as the oyl of Cammomil is wont to be made. This oyl warmeth the cold stomach, it taketh away vomiting, it maketh appetite to meat, it helpeth the Consumption, and it consumeth all hard swellings.

Oyl of Motherwort. §. 44.

THis oyl is very seldom used, and is made as other oyles, yet in this Book it is but once ordained.

Oyl of Nutmegs. §. 45.

THis oyl is made like as the oyl of Almonds is wont to be made, that it, by pressing it out.

Oyl of Cloves. §. 46.

TAKE good fat Cloves half a pound, pownd them very small, and distil it, like as be- for in the 18. § hath been said of Annis seed. A pound of Cloves doth seldom yeeld more then an ounce and a half of oyl. In the same manner may oyl of Nutmegs be also distilled, and there is hardly more gotten out of it then five drachmes out of a pound: both these oyles are more forcible then the same spices.

Oyl of Walnuts. §. 47.

THis oyl of Walnuts is prest out of old Nuts, like as oyl of Almonds; his vertue do we find described in sundry places of this Book.

Oyl of Pepper. §. 48.

WE will refer the preparing of this oyl to the Apothecaries; but it is good for all cold diseases of the sinews, as for the Palsey, the cramp, the convulsion of the mouth, shaking, falling sicknesse, pains of the hips, and other diseases more of the joynts. In like manner it is also good for a cold stomach, for the guts, for the reins, and for the cold bladder; for that it warmeth, it avoideth all sliminesse, it openeth all obstructions, it breaketh the stone of the bladder, and also of the kidneys.

There is also oyl distilled out of Pepper, like as is said of the Annis.

Oyl of Peach Kernels. §. 49.

This oyl is also prest out like to the oyl of Almonds.

Oyl of Quinces §. 50.

THe vertue and nature of this oyl, and also the manner of making it, is described in the third Part, the 15. Chap. and 5. §.

Oyl of Rue. §. 51.

THis oyl is to be made of fresh Rue, like as oyl of Cammomil is made; it is warm by nature, it openeth and asswageth the pain, it is good for all cold kidneyes, for a cold Matrix, and for the pain of the same, if the belly be anointed therewith, or if one set a clister with it. It is very meet for the sinewes, for the crampe, and it expelleth all cold humors.

Oyl of Earthworms. §. 52.

IN the fourth Part, the fourth Chap. is the vertue of one of these oyls shewed and the manner how to make it. But there is also another made, which doth warm more, doth penetrate more, and strengtheneth all the joynts: Take Cammomil, Sage, Agrimony, and field Cipres, of each half handful, Rosemary half as much, Juniper berries one quarter of an ounce, Earthworms decocted in Wine six ounces, white Wine one pint, Sallad oyl 15. ounces: let it seethe together until the Wine be thoroughly consumed, and then wring it out through a cloth.

Oyl of Privet. §. 53.

THe Physitians and Apothecaries do name this privet *Ligustrum*: This oyl is made as the oyl of Cammomil, it strengtheneth all sinewie parts, and hindreth the hair to be gray.

Oyl of Rubarb. §. 54.

TAke Rubarb 9. ounces, Agaricus three ounces, Turbith three ounces and a half, roots of Polipody 4. ounces, Cinamom and Juniper berries, of each half an ounce, red, white, and yellow Saunders, of each 4. scruples, long and round Hartwort, Gentian, roots of blew Flower-deluce, of Costus, *Asarabacca*, Zeduary, Ginger, Galangal, Elecampane roots, and Calamus, of each one quarter of an ounce, Tormentil, and roots of Carduus Benedictus, of each one drachme and a half, Nutmegs, Cloves, Bayberries, Mace, and Cucubes, of each one drach, the seed of Sorrel, of Purslain, red and white Behen, and Doronicum, of each half a drachme, Lignum Aloes, red and white Coral, scraped Ivory, Mastick, Spica, and Camphire, of each one scruple, burnt Ivory one drach. pound them all grosse, then pour upon it the clarified juyce of Burrage, and of Balm, of each 6. ounces, the juyce of Oranges, 3. ounces; let it steep certain dayes together, stirring it oftentimes about to the end it do not stink: afterwards you are to distil it in seething water, then doth it first of all yeeld a water: but as soon as you perceive that it begins to get another colour, and that it beginneth to drop slowly, then augment your fire and receive oyl in another receiver, and keep it well stoppt, at the last set it the space of 20. dayes in the Sun. This oyl is somewhat ruddy, and smelleth very well; so that if one put a drop in a great deal of Well water, then getteth it a savour accordingly. This oyl doth purge very mildly if one give half a drachme thereof more or lesse, according to the quality or importance of the Patient. This oyl is most meetly given with Goats milk; it is also especial good against the Quartana, if the Patient have governed himself well before in his order of dyet. In like manner it is also good in all other Agues, which the Physitians do coll *Puridas*: it killeth and driveth out the Worms if it be given with Purslain water or with Wine. This oyl is also especial good given once every 6. dayes against the Pox: it is also good against the rheumes, against the pain in the head *Cephalalgia*, against the giddinesse, and against the pain of the kidneyes, it obstructeth womens terms, and the flux of humane seed. It is good against the gout of the feet, if once every 14. dayes two or 3. drops of this oyl be given with the decoction of field Cipres. It is also very good against all running Fistulas, against all ulcers, and against the Canker: also for all diseases of the places in women women, and of the matrix, if one inject half a drach. thereof with the decoction of Feverfew, it provoketh also fruitfulness. The water that cometh out before the oyl hath his vertue also, for that it prepareth all humours which cause any sickness in the body, if one once or twice a day take thereof half an ounce at each time with three ounces of Endive water.

Oyl of Roses. §. 55.

After the common fashion is this oyl of Roses prepared, and is very meet for divers matters. It is made of Rose buds as the oyl of Cammomil. This oyl cooleth much, and hath an astringent vertue; it is good for all manner of heat of whatsoever occasion that the same may be caused, used outwardly, or in clisters inwardly, and it strengtheneth also the joynts which be anointed therewith, like as they be ordained for it throughout the whole Book.

This oyl is made very seldom of the white Roses; and it cooleth also more, then that which is made of red Roses.

Oyl of Saffron. §. 56.

The oyl of Saffron is not used by us, but yet is prescribed in some places of this Book.

Oyl of Sandarach. §. 57.

This oyl is also utterly unknown, it is but once prescribed in this Book.

Oyl of Sulphur. §. 58.

This oyl of Sulphur is an Alchymistical Oyl, and is made in divers manners: some do put one quarter of Amber unto it; other do put Petroleum unto it. In Italy do they take Sulphur vive, and pour the urine of a man childe unto it, and so bury it in horse dung and afterwards distil the oyl out of it. But after these two manners following is this oyl chiefly made; Take 5. pounds of small beaten Sulphur, and temper oyl Tyles amongst it: afterwards lute the helm very tight, and at the first make a small fire, and afterwards increase it. There is gotten out of the foresaid 5. pounds of Sulphur, no more then about one ounce of oyl: this oyl must with great providence be given, to wit, in winter time two drops with vital waters or Malmsey, and in sommer time with Endive water. This oyl doth assuage all griping of the belly, whether it be in the undermost or in the uppermost guts: as also all pain of the stomach which proceedeth of wind and cold humours: the same may also well be used outwardly. It is likewise very good anointed in the childrens mouthes when they have the Canker, or any stinking ulcer in the mouth. Further, Warts are also taken away with it, and it maketh the teeth white.

To make the other oyl of Sulphur: Take Sallad oyl and pour therein a good deal of small powned Sulphur, and let it stand so long upon the fire until that al the Sulphur be clean melted stirring it well about, then are you to quench gloing peeces of coals in it, untill the oyl be thoroughly sunken into the Tyle stones. This being done, pownd these stones, and put them alone in the helme; the rest that overfloweth, and also the Sulphur is to be done away, and then distil further all that is put into the helm.

The first oyl that cometh out of it doth appear somewhat bleak in the helm; and when it beginneth to be white, then set another receiver under it. This oyl seemeth to guild if it be anointed upon Iron, or upon any other thing.

Oyl of blew Flower-deluce. §. 59.

This oyl is to be made like the oyl of Lillies, but it will be somewhat strengthened through the roots; it is somewhat strong, but it asswageth all pain, and melloweth all swellings, it is especial good against all hardnesse of the joynts, it warmeth the Matrix, driveth away the cramps and taketh away all pain and hissing of the ears: lastly, it doth withstand the Canker of the nose.

Oyl of Scorpions. §. 60.

Because that we (God be praised) have no Scorpions in England, therefore is the oyl brought unto us out of Italy, and is made thus; Take ten or 12. Scorpions, cast them in twelve ounces of oyl of bitter Almonds, and so set it five or six weekes in the Sun; after-

afterwards strain it and keep it for to use. This oyl breaketh the stone of the bladder, and of the reins, and it driveth the same also out, if it be anointed upon the reins, and upon the privities, or if it be injected into the bladder; lastly, it is also good for many other things more.

Oyl of water Lillies. §. 61.

THis oyl is made as well of the yellow as of the white water Lillies, but unripe Sallad oyl is taken for it, and it is made of the oyl of Violets. The oyl of the white water Lillies hath also the same vertue with the oyl of Violets, but that it is somewhat colder, but not altogether as cold as that of Poppie heads; wherefore these oyles are commonly tempered with other oyles, according to the quality of the disease. It is also very good for them that cannot rest, and for the pain of the Kidnyes of heat; also it is passing good against all venereal lusts, if the privities be anoynted with it. It is also used for divers matters, as may appear in divers places of this Book.

Oyl of Mustard seed. §. 62.

This oyl is very seldome used for that it is so hot.

Oyl of Spikenard. §. 63.

Under the name of Oleum Nardinum be there two sorts described; we will commend the greater to the Apothecaries, because it containeth divers doubtful things, but the smallest is thus prepared; take good Spikenard three ounces, wine and water of each two ounces and a half, oyl of white Sesamum eighteen ounces seeth, them together in hot water until that all the moysture be consumed, then strain it. This oyl doth heat, digesteth, and refineth all that is thick and grosse, and is somewhat astringent; it is good for all cold diseases of the braines, of the stomach, of the Liver, of the Spleen, of the Kidnyes, and of the Bladder, it cleanseth the head if it be anointed in the nose, it maketh a good colour, and also a good savour. It is brought now adaies meetly good and reasonable cheap out of France.

Oyl of Antimonie. §. 64.

THis oyl is thus prepared; take a pound of Antimony, pownd it grosse, and set it in the fire in a melting crust, when it beginneth to smoke, then cast half a drach. of Boreas unto it; when it is molten, then pour it upon a flat stone and let it be cold, then stamp and melt it again, like as before, and so do three times; afterwards pownd it to fine powder, and pour vinegar upon it which is distilled two or three times, then put it into a glasse being stopp'd very close, yet stir it often about, and that so long, until the vinegar begin to be red, which is wont to happen in the space of a moneth or twain. This being done, put all together into an helme, luted very close, and distil it with a mild fire so long until the rednesse be discerned, and as soone as that is perceived, then augment your fire, and fasten another receiver unto it, and make a good fire as long as one drop of oyl comes out of it. Out of a pound of Antimony you cannot have above one drach. or twain, according to the goodnesse of it, or the oyl is well made. This oyl hath a red brown colour, it is also used for the healing of wounds, and of old ulcers, like as is also for all Fistulaes, Leprosie, and for the Pocks, yet neverthelesse according to the importance of each sicknesse, if there be a drop or twain taken tempered with any thing else. The ulcers are washed with the water, but it is very sharp. Another; take one pound of Antimony, pownd it small, and put unto it one quarter of an ounce of Mercurium Sublimatum, put it then into a glasse retort, and give it presently a good fire; there doth come no water out of it, but onely (five or six hours after) cleare oyl.

Oyl of Steele, or oyl of Irons §. 65.

TAke small field Steele or iron, and white Flint, pownded very small, of each half a pound, put it in a glasse helm, and distil it in sand, first with a mild fire, and afterwards alwayes gretter, it giveth first water, & afterwards red oyl, which hath a very pleasant

fant smell, even like to Balsam. Now for to distill this oyl, then are you to make an oven after the fashion of a Retort, as the Alchimyists do know, these things are the rather searching out of the secrets of nature, then necessary for Physick.

Rocke or Peteroyl. §. 66.

Some of these oyles be white, some yellow, and there are also some black, which is Scalled Naphta. Peteroyl doth run in Italy, and also in other places out of the rock: it doth heat, dry and consume; it is also good for the falling sicknesse, for the Palsey, for doting, and for the enfeebled memory.

Oyl of Turpentine. §. 67.

The manner to distill this oyl have we shewed in the first Part, the thirteenth chapter and fourth §.

Oyl of Violets. §. 68.

This oyl is made of blew Violets and unripe Sallad oyl, it is somewhat colder then the oyl of Roses; therefore doth it the more coole all heat, especially the heat of the reines, and of the kidnyes; in like manner it doth asswage the drie heated breast, and is moreover good for many things.

The oyl of Wal-flowers is prepared also of the flowers, and of old oyl, it is very good against the convulsion of the sinewes, it driveth away all diseases of the breast, the kidneyes, and the bladder, and it is also good against all pain of the sinewes and of the Matrix; also it asswageth and melloweth all other diseases.

Oyl of Ireas.

The oyl of Ireas is utterly unknown unto us.

Oyl of Virriol or of Copperas. §. 69.

This oyl is very highly commended, it getteth an especial sweetnesse, which is a miraculous work of nature, and is made thus; take four pound of Hungary Copperas, stamp it very small, and then put it in a great body, then let it dry certain dayes; afterwards pounnd it again, and so set it in a warm place covered with a fine cloth, to the end that the favor of Copper may thereby avoid. This being done, pour four pound of the best spirit of wine upon it which is well rectified; lute it well, and so keep it 40. dayes in a warm place, or dunghil, and afterwards distill it, then shall you see the oyle swim on the top of the wine. There be yet more longer and more other meanes for to distil this oyl, but this is the commonest manner. Concerning the vertue of this oyl, and her force, it is very needful that it be providently dealt withal, it must alwayes be mixt with somewhat else, for that it is too sharp, that it will inflame the intrailles; otherwise hath it the same force of the oyl of Sulphur, but it is much stronger and penetrating; it is very good against all filth, and infection, and against the Plague it is especial good; it hath also great power to cause the matter of the Pleurisie to avoid out of the breast, it is good for all though phlegm and corruption of the breast to fetch it out, it suffereth also no stone to grow in the bladder, and healeth the bruised or perished bladder. There is no more but 3. or 4. drops to be given with wine. There may also losinges be made of it. Also this oyl is used by some according to the importance of the cause, like as is admonished in certain places of this book. This oyl doth strengthen the cold stomach, it consumeth Phlegma, it causeth all rough and slimie matter to avoid, it is good for the griping of the guts, and against all red fluxes, it quencheth thirst, it withstandeth all wambling and parbraking.

Because that these oyles must be driven through strong fire, it doth happen otherwhiles that the glasses leap in peeces, by which all the cost, the trouble, and labour is lost. Now for to prevent that, are the glasses to be hardened in this manner following: first are the bodies to be luted very well with lome, and before that you will use the same, anoint them oftentimes with Allum water, and so let them dry: and if so be that they happen for

all

all that to break, yet may they afterwards be soldered together, that they may hold water in this manner: Take Venice glasse, red Lead, Linseed oyl, Mill dust, and the white of an Egg, mix it well together, and then spread it meetly thick upon the cracks, and let it dry afterwards.

Oyl of Wheat. §. 70.

The Oyl of Wheat is made like as the oyl of Annis seed is made.

Oyl of Juniper berries. §. 71.

This oyl is drawn out of the powdered berries: It may also be distilled like as the oyl of Annis seeds, but because that there is very much brought to sell of it, the same may be bought better cheap then made. That which is distilled out of the wood is made as followeth: Bury a pot in the ground that it stand about three fingers out of it, then take another pot, which fitteth well the undermost, and fill the same with small chips of Juniper wood; then make over it a fatoch lid with many small holes, that the moisture may drop through it, and that the chips fall not into the undermost pot. This being done, then whelm both these pots one over the other, and then make a fire round about the upper pot a good while, then gather the oyl together which is dropt into the undermost pot.

This oyl is very good against all that doth outwardly infect the skin, as old ulcers and cankers, but especially against the Varices: The oyl which is drawn out of the wood hath an unpleasant savour, but that which is drawn out of the berries, hath a very pleasant savour and smell. They have both of them one operation.

Oyl of Willow leaves. §. 72.

The leaves, flowers, and fruits of this tree have an astringent vertue, whereby they draw the wounds together and heal them, withstand the spitting of blood, and take away all spots of the face. The oyl thereof is good being dropt in the ears, against the pain of the ears: and if the same be anointed on the outside, then it is very good against the Gout, and it taketh away all unchastnesse. There may also oyl be drawn out of Willow wood, as it is drawn out of Juniper wood.

Oyl of Argal. §. 73.

Take four pound of Argal, pown it very small, and set it to burn in a pot bakers oven; afterwards pown it again, and then put it into a woollen bag, and so hang it in a cellar, then will there drop out cleer moysture, which is rather a water then an oyl.

Oyl of Wormwood. §. 74.

Ancient Physitians do make this oyl, of Wormwood which groweth in Ponto, and with unripe oyl, like as is said of the oyl of Camomil: but because that we have not that Wormwood, therefore are we to take that of ours; and one must take half so much Roses as Wormwood. This oyl hath an especial power to warm, it strengtheneth also all that is cold, and especially the stomach, it maketh an appetite to meat, it openeth all inward parts; and if one anoint the Navel, it killeth the Worms, without any hurt: wherefore it is more profitable for young and old people, then the Wormseed.

Oyl of Tyles. §. 75.

This oyl is to be distilled after two wayes, as the same is to be seen in the Table.

Oxycraton. §. 76.

These things following do keep the Greek name with the Physitians and with the Apothecaries, for Oxy is Vinegar: afterwards do they add somewhat unto it, which is tempered with the foresaid Vinegar, like as with the Oxycraton; where Wine water

water and vinegar are tempered together, which of the Latinists is called *Posca*: for which the same is now to be used; that is to be seen in many places of this Book.

Oxymel Simplex. §. 77.

This Oxymel is described in the first Part, the second Chapter, and sixt §. It is very often used, and praised for many things.

Oxymel Compositum. §. 78.

This is therefore named so, for that it is made of sundry things, which is also described in the first Part, the second Chapter.

Oxymel Scillinum. §. 79.

This is also described in the same place, and used oftentimes.

Oxyrrhodinum. §. 80.

It is another compound then the former. It is much used against the pain of the head, laid upon it on the outside, there be two kinds of it; as is taught in the second Part.

Oxyfaccinum. §. 81.

This compound, and her vertue and operation, is described in the first Part, the eighth Chapter, and 2. §.

The thirteenth Chapter.

This Chapter is a gathering together of all kinds of Plaisters and Pils, which be described in this Book.

Emplastrum album Colatum. §. 1.

VVe do commonly call this, the white Plaister. How it is made, is to be sought for in the Table.

Apollicon Plaister. §. 2.

After two wayes is this plaister made; whereof one is called *Triapharmacum*, for that there cometh not above three things into it: You may look for both of them in the Latine Table.

Emplastrum de Baccis Lauri. §. 3.

The manner how to make this plaister, and also her vertue, is described in the third Part, and the eleventh Chapter.

Basilicon. §. 4.

Her preparation and use is described in the fifth Part, the first Chapter and fifteenth Section.

A Plaister for the Rupture. §. 5.

There be divers specified of these in the third Part, the third Chapter, and §. 1.

The Plaister Ceroneum. §. 6.

If there be any that desire to make this Plaister, he may look for the same in *Nicolas*, for that it is very seldom used.

Diachilon.

Diachilon. §. 7.

OF this *Diachilon* there be three kinds made; the common *Diachilon* is described in the third Part, the 20. Chapter, and 20. §. The great *Diachilon* is found at the Apothecaries, it melloweth and ripeneth all hard swellings.

The Plaister de Galbano. §. 8.

HOW this Plaister is made, and also her operation, is to be sought for in the Latine Table, under the name of *Galbannum*.

Gratia Dei Plaister. §. 9.

THAT is as much to say as Gods graces Plaister. The manner to make the same is found in the fifth Part, the first Chapter, and 16. §.

Emplastrum Griseum de Lapide Calaminari. §. 10.

VW E call this the gray Plaister: it is also made after two wayes, and it is described in the fifth Part, the seventh Chapter, and 12. §.

Hyssopi Cerotum, sive Philagii. §. 11.

This Plaister is made very seldom, and used but three times in this Book.

Emplastrum de Melito. §. 12.

THIS is a Plaister of the flowers of Melilot, and is made of many kinds of things; wherefore we will pretermitt her description, and whereto it is to be used, shall you find here and there in this Book.

Emplastrum de Muscilaginibus. §. 13.

FOR what this Plaister is to be used, and how the same is made, that is found in the first Part, the sixt Chapter, and seventh §.

Emplastrum Oxyroceum. §. 14.

AFTER three manners is this Plaister described; it hath her name of the Vinegar, and of the Saffron. Of her excellent operation may you read here and there in this Book.

Emplastrum de Pelle Arietinis. §. 15.

LOOK for this in the third Part, the third Chapter, and first §. how highly the same is commended for all manner of ruptures.

Emplastrum de Radicibus. §. 16.

THIS Plaister of roots is but once used in this book, and that in the third Part, the twentieth Chapter, and eleventh §.

The Plaister of Sandalini. §. 17.

THIS Plaister is called at the Apothecaries, *Ceratium Sandalinum*, which may be made to a salve, as it is described in the third Part, the 11. Chapter, and 16. §.

The black Plaster. §. 18.

WHereof there be two sorts described, to wit, in the first Part, the fourth Chapter, and second §. and in the fifth Part, the seventh Chapter, and sixth §. for that they be very much used of the Chyrurgions.

Sparadropen. §. 19.

These Sparadrap are described in the fourth Part, the second Chapter, and second §.

Emplastrum Viride. §. 20.

THis Plaster do the Chyrurgions use much in old stinking ulcers, as the same is described in the first Part, the first Chapter, and fiftenth §. And because that now all the Plaisters must be boyled, therefore it is taught in the first Part, the fourth Chapter, and third §. how to make a proof, whereby it may be known, when the same are sodden enough, and must be taken from the fire.

The second Part of this Chapter speaketh of Pils.

THe most of all compounds and mixtures of Pils, be composed together of many things, and they be used but one drachme alone at one time, and not with whole or half ounces, as the Confections or Conserve are, wherefore it is not needful for to adde their description here: and also seeing that each housholder may buy the same for a small sum of money at the Apothecaries: but we will nevertheless discover the virtues and commodities of all the Pils which be in this book commemorated, and for what sicknesse that they are to be used.

Pillula de Agarico. §. 1.

Pills of *Agaricus* be good for all them that be short on the breast, or be vexed with any cold cough, and much tough phlegme.

Pillula Aggregativa. §. 2.

THese Pils be very good in all lingering Agues, in all diseases of the head, of the stomach, and of the Liver, they expel *Cholera*, and all slimy matter.

Pillula Elephantina. §. 3.

THese Pills do cleanse the stomach, the brains, and the head, from all tough, grosse, and slimy humours; they do strengthen the stomach, and her digestive virtue: they be also very common and safe.

Pillula de Aloe lata. §. 4.

How that *Aloe* is to be washed, and Pils prepared of it, you may see in the Introduction of this Book.

Pillula Azajareth. §. 5.

THese do expel the *Cholera* and the *Phlegma*, and are good for all rheumes which cause the Cough.

Pillula Aurica. §. 6.

THese cleanse the head, sharpen the sight, expel wind out of the guts, and do loose without pain.

Pillula de Bdelio. §. 7.

THese Pils be very good against much bleeding of the Pyles, and against womens flow-
ers.

Pillula Benedicta. §. 8.

They do purge the *Phlegma*, and especially that that falleth into the joynts. They do also cleanse the kidneys and the bladder.

Pillula Cochia. §. 9.

THese do purge the head very mightily of all grosse, tough, and slimie matter, in like sort also the sinews, therefore they are also much used.

Pillula de Cynoglossa. §. 10.

THese Pils have a marvellous operation in staying all kind of thin and subtile defluxions that fall into any part of the body, and to ease one of all manner of pain; but they are very seldom used, unlesse it were in great extremities.

Pillula de Euphorbia. §. 11.

THese Pils have a mighty power to expel the water in the Dropfie, and all other matter which is caused of any tumour. They be also good for all pain of the reins, and for the *Podagra*, which is caused of any humour: but they be not much used.

Pillula Fasida. §. 12.

THese purge all grosse, tough, and slimy humours; therefore they be also good for all Species of the Gout.

Pillula de fumo Terra. §. 13.

THese Pils of Fumitory, do purge all salt and sharp humours of the gall, therefore they be also good for all diseases of the Skin.

Pillula de Hermodactilis. §. 14.

These Pils be especial good for all diseases of the Gout, and for other causes more.

Pillula de Hiera simplici. §. 15.

THese be very good for all diseases of the stomach, that be caused of any manner of slimy humours.

Pillula de Hiera composita. §. 16.

THese are good for all infirmities of the head and sinews, which are caused of slimy humours, and for other matters more.

Pillula de Hiera cum Agarico. §. 17.

TO these Pils of *Hiera* is a little *Agaricus* added. They do empty the stomach and the breast from all grosse and tough humours, and they be good against the sissing of the ears.

Pillula de Inda. §. 18.

BEcause these Pils are made with small trouble, viz. for all pain of the guts, therefore be they described in the third Part, the fifteenth Chapter, and 6. §.

Pillula de Inda. §. 19.

THese sorts of Pils be described, where we do treat of the hardnesse of the Spleen, for that they be especial good for it, as they be also very necessary for the Melancholy, against the Canker, the Leprosie, bad ulcers, heavinesse of the mind, and against the Quartain Ague.

Pillula de Lapide Armeno. §. 20.

THese do purge Melancholy, and the burnt *Cholera* very mildly, they be also good for all maladies which do proceed out of them.

Pillula de Lapide Lazuli. §. 21.

THese Pils of Lazure stone be used against all diseases of Melancholy, and also for all others which be caused through burnt gall.

Pillula laci. §. 22.

They do cleanse the head of all *Phlegma*, and strengthen the sight, like as their name doth testifie.

Pillula Masticina. §. 23.

THese Pils do defend the stomach from all sicknesse, they loose mildly, they do strengthen much, and let not the humours putrifie; they do great pleasure and vertue unto all them that use the same, against all pain of the stomach, of the head, of the belly, and the Matrix. Item, for all pensivenesse be they also especial good.

Pillula de Meserco. §. 24.

THese Pils do expel very vehemently the Dropsie, wherefore they are also used in *Anasarca* and *Ascite*.

Pillula de Opopanaco. §. 25.

THese be good for the Palsey, against the convulsion of the mouth, against the weakness of the knees, against the *Podagra*, and more other pains of the joynts, and also for all diseases of the sinewie parts.

Pillula pestilenciales, sive Ruffi. §. 26.

How these common pils and other more be prepared, we have declared in the sixth Part, the fifteenth Chapter, and 12. §. and admonished also thereby how that the same hath an excellent vertue for to preserve one from the Plague, and to expel all stinking humours from the stomach.

Pillula de quinque generibus Myrobalanorum. §. 27.

THese purge the Melancholy, the *Phlegma*, and the *Cholera*, and do also cleanse the blood.

Pillula Rhabarbaro. §. 28.

THese pils be especial good in the beginning of the Dropsie, in the obstruction of the Liver, in like manner also in all lingering Agues. Look further *Rhabarbarum*.

Pillula de Sandaracha. §. 29.

These Pils be seldom made, and also scant used.

Pillula de Sarcocolla. §. 30.
Take each one ounce white Wax seven ounces and a half, Salts oyl 24. ounces, take them and write them and write them to melt the Wax in this decoction. This salve They expel the *Phlegma*, and all sicknesses which are caused of it.
Pillula de Scirpina. §. 31.

These pills have an especial power in the pain of the hips, the gout of the feet, and of the joynts: they be also very good for the stomach, and further womens terms:

Pillula sine quibus esse nolo. §. 32.

These pills do marvellously purge Cholera, Phlegma, and the Melancholy, and are especial good for all Rheumes, and be especial good for all dark sight. They are also good for the pain of the ears, and for all pain of the guts.

Pillula stomachica. §. 33.

These pills expel *Phlegma*, and the *Cholera* out of the stomach, and moreover out of the head, and they be also good for many more diseases.

The fourteenth Chapter.

The Physicians and Apothecaries have certain conserves in use of some fruits, and other things, whereas they temper nothing but Sugar with it, which they call *Rob*: amongst which the commonest is the *Rob de Berberis*, and *de Citionis*, that is, *Rob of Quinces*, and *De Cornubus*, that is, of *Gauriles*, *Rob Nucum*, that is, of Nuts, *De Ribes*, that is, of Raspes, &c.

Hony of Roses. §. 1.

Hony of Roses is made after divers manners, like as such is taught in the first part; the third Chapter, and 4. §. whereas his use and vertue is declared.

Vinegar of Roses. §. 2.

Take red Rose buds, cut off the white beneath, and pour red wine Vinegar upon it, to the end that they be well covered with it, and then let them stand so the space of two months in the hot Sun. In this manner also is made all manner of vinegar of herbs, and other flowers.

Vinegar of Rue. §. 3.

This Vinegar is made after the same manner as the Vinegar of Roses.

The fifteenth Chapter.

This Chapter is none other, but a gathering together of certain Salves, Siefs (which be Eye powders) Syrupes, and Species, which be remembred in this book, and used daily at the Apothecaries.

Egyptiacum. §. 1.

WE will now speak first of the salve of Egypt, whose preparation is described in the fifth Part, the first Chapter, and 16. §.

Salve of Agrippa. §. 2.

Take Bryony roots 12. ounces, roots of wilde Cucumbers six ounces, Squills three ounces, Ireas one ounce and a half, roots of Fern, of wilde Eldern, and water
D d d 3

nuts, of each one ounce, white Wax seven ounces and a half, Sallad oyl 24. ounces; take the roots all fresh, and let them steep the space of eight dayes in oyl, afterwards seethe them and wring them out, you are then to melt the Wax in this decoction. This salve is marvellous good for the Dropsie, and all swelling of the body, it is also good for all diseases of the sinewes, it driveth out the water, and if it be anointed on the outside, then doth it loose the belly, and is especial good for all pain of the kidneys.

Salve of Alabaster. §. 3.
This salve is also very seldom used, and in this book was it spoken of but once.

Unguentum album. §. 4.

IN the fourth part of this book be described five kinds of these white salves, and therein declared for what they be meet. These white salves are so rife and common, that the skin can scarce get any disease for which the same are not used.

Unguentum de Alibaa. §. 5.

THis salve of Hollihock roots is very common, whereof there be four kinds, and also their vertues described in the third part, the 14. Chap. and 1. §.

Unguentum Anodynum. §. 6.

THe Grecians do call those salves Anodyna, which do assuage all manner of pain, whereof there be sundry described in this book, which you may look for in the Register.

Unguentum mundificativum de Apio. §. 7.

THis is a mundifying salve, made of Smallage, her preparation is described in the third part, the third Chapter, and 9. §.

Unguentum Apostolorum. §. 8.

THis salve of the Apostles and her efficacy is described in the third part, the eighth Chapter, and third §.

Vnguentum Aragon. §. 9.

THis salve is much used, but is very troublesome to be made, it helpeth all cold diseases of the body, all convulsions of the sinewes, the weaknesse of the joynts, and all pain of the same.

Vnguentum de Artanita. §. 10.

OF Mesua, there be two kinds of this salve described which are very seldom made, they be especial good against the dropsie, they kill worms, and expel the same, they loose the stomach very mildly, if one anoint it very fat underneath the navel, like as is wont to be done in vomiting.

Vnguentum de Cerussa. §. 11.

This salve is described in the fourth part amongst other white salves.

Vnguentum Citrinum. §. 12.

AT all Apothecaries this salve is alwaies ready, but it is somewhat troublesome to be made: it driveth away the spots in the face, it is good against all roughnesse, against all rednesse of the eyes, and it softneth all hardnesse, but is not much used in this book.

Vnguentum

Cap. 15. Part 8. The general Practise of Physick.

Unguentum Comissurae. §. 13.

THIS salve is very good against all mischances of women, it stoppeth the bleeding of the Piles: and it is also very good for the Kidneyes, but it is very hard and troublesome to be made.

Salves for Scabs. §. 14.

Sundry of these salves are described in the first Part, the third Chapter, and ninth §.

Unguentum Infrigidans Galei. §. 15.

THIS cooling salve is in the first Part, the first Chapter, and 1. §. described, and therewithal also her vertue and operation.

Unguentum Martianum, vel Martiatum. §. 16.

THERE are three kinds of them described by the Physicians which be compounded of many things together, and are also of sundry operations, yet here too long to discourse.

Unguentum Mercuriale. §. 17.

THIS salve of Quicksilver is much used for the Pocks, and is described in the first part, third Chapter, and fift §.

Unguentum Nervinum. §. 18.

The description of this sinew salve do you find in first Part, the 13. Chapter, and 2. §.

Vnguentum Nibili. §. 19.

Her preparation is to be found in the first part, the seventh Chapter, and 4. §.

Vnguentum Pectorale. §. 20.

Whereof be two sorts described in the second part, the fift Chapter, and fift §.

Pomada, Pomadoes. §. 21.

The manner to make this salve shall you find in the first part, the eleventh Chap. and 1. §.

Vnguentum Pompholigos. §. 22.

THE preparing of this Tuty salve is described in the second part, the second Chapter, and second §. and her vertue is to be found in the table of the Tuty.

Vnguentum Populeonis. §. 23.

THIS Poplar salve is rise at all Apothecaries, and is very troublesome to be made: wherefore is the same to be fetched at the Apothecaries; it is good against all unnatural heat; and if it be anointed upon the temples of the head, then procurerth it sleep.

Vnguentum Rosatum. §. 24.

THE preparation of this salve is described in the first part, the first Chapter, and second §. and is there also taught how that it is good against all hot pain of the head, and other pains which be caused through heat.

Vnguentum Sandalinum. §. 25.

THis salve of Saunders is much used in effluxion of humane seed, and is described in the third part, the sixt Chapter, and fift §. This and other salves be used for many other things, which (as the cause shall require) are to be sought in the table.

The second Part of this Chapter, of Sief.

WE have discovered before, that the Physitians understand through this Arabian name *Sief*, all manner of fine and impalpable eye-powders, whereof some have been described in this book.

Sief Album Rafis. §. 1.

THis *Sief* is used for all red, sore, and waterish eyes, and is described in the first part, the 7. Chap. and 1. §. for what it is further to be used, look for that in the second table upon the name *Sief*.

Sief de Fellibus. §. 2.

The manner to prepare this *Sief*, is to be found in the first part, the 7. Chap. and 15. §.

Sief Memishe. §. 3.

His preparation is in the first part, the seventh Chapter and tenth §.

Sief de Plumbo. §. 4.

This is described in the first part, the seventh Chapter, and tenth §.

Sief de Rosis. §. 5.

This *Sief* of Roses is described against sore eyes in the first part, the 7. Chap. and sixt §.

Sief de Thure. §. 6.

This *Sief* of Frankincense is set down in the first part, and seventh Chapter.

Sief viride. §. 7.

This *Sief* shall you find in the first part of this book, the sixt Chapter, and first §.

The third Part of this Chapter of Sirupes.

Of the Sirupes and juices in general.

BOTH of these things, as Sirupes and Juices, be almost innumerable that be used in Physick, to wit, the juices of fruits, herbs, flowers, roots, and such like things, sometimes alone, but tempered for the most part alwaies with other things, according as each pleaseth, as may be discerned throughout all this Book. Wherefore it is not our purpose to gather here together such things, but onely those which are most used: but we will as much as is possible, most truly expound and translate their names into English, and also adjoyn therewith their operations and powers. First, you have in the Introduction how all Juices are to be clarified. Secondly, it is also a general rule, that no four juices, as the juice of unripe Grapes, Barberries, neither wine nor vinegar are to be sodden in Copper vessels, for that they may get an hurtful taste; but the same are to be decocted in earthen leaden pots. Thirdly, you have also in the first part, the first Chap. and 6. §. how that the compounded sirupes are to be decocted. Fourthly, because that it importeth much that the sirupes be decocted too hard, to the end they come not to candise, and that they be not sodden too thin, and come not to be moldy: wherefore the proof also is described in the Introduction, whereby may certainly be understood when as they be enough: like as is also sufficiently admonished of each sirupe that they may be clarified.

Sirupes

Syrupus de Absinthio, that is, of Wormwood. §. 1.

TAKE Romish Wormwood, or if you can get it, then take of the common wormwood 6. ounces, red Roses two ounces, Indy Spical 3. drachmes, good white wine, and the juyce of Quinces, of each 24. ounces, let them steep all together in an earthen pot the space of one whole night, and afterwards see the it to the half; this being done, strain it, then put four and twenty ounces of clear hony or Sugar unto it, and then let it see the to a sirupe. This sirup is also especial good for the Romach, for the Liver, and for all nourishing parts: it maketh appetite to meat, and helpeth to digest the meat: it is good for the falling sicknesse, it expelleth wind and driveth out all bad humours by the urine. In the table under the name of Wormwood is her vertue described at large.

Syrupus de Acetosa, of Sorrel. §. 2.

TAKE the juyce of Sorrel three parts, Sugar two parts; let it see the together, scum, and clarifie it well until it be sufficiently decocted. This sirup is good for all hot pestilential Agues: it quencth the thirst, and the inflaming heat of the heart, and also of the stomach, and it strengtheneth the same. See further in the table of the Sorrel.

Syrupus Acetosus, of Vinegar. §. 3.

IN the third Part, the 11. Chap. and 9. §. is taught how that this sirup is to be made, and one may also read her use there.

Syrupus Acetosus compositus, also of Vinegar. §. 4.

HOW this sirup, and also *de Radicibus*, is to be made, is to be seen in the third Part, the 11. Chap. and 9. §. where both their operations be described.

Syrupus acetosus de Cytoniis, which is of four Quinces. §. 5.

Her preparation is described in the third Part, the eleventh Chapter, and sixt §.

Syrupus Acetosus Diarrhodon, that is, of Vinegar of Roses. §. 6.

THIS sirup is very seldom used, but for what it is good, you may read that in the table of the Roses.

Syrupus de Acetofitate Citri, of the juyce of Citrons. §. 7.

TAKE the juyce of Citrons, which is strained through a cloth without wringing, otherwise the juyce will be thick when it is cold, like as pap; then see the away this juyce, with half so much Sugar. This sirup hath the same vertue as the sirup of Oranges, whereof we will speak shortly, but that it is more forcible. This sirup is made thus in Cipro, like as hereafter followeth; Take clear juyce, Sugar half so much, then stop it tight and and set it in the Sun. This sirup remaineth alwayes clear. Both these sirups be good against all venome, but especially for the Plague and all other putrified humours: it strengtheneth the stomach, it cooleth the heart, and all other inward parts, it quencth thirst, it bringeth sleep, it stayeth all vapours of the stomach, especially if one drink too much. Read further in the Table of the Citrons, and their vertues.

Syrupus de Agresta, of Verjuyce. §. 8.

FOR what Verjuyce is good, and how the same is to be made, we have taught in the first Chap. of this 8. Part: for the sirup are you to take 5. ounces, short sodden and unsalted Verjuyce, and 3. ounces and a half of Sugar; then let them see the together unto a sirup.

Syrupus

Syrupus de Aurantii, of Oranges. §. 9.

TAKE the juyce of sweet Oranges, which is wrung through a cloth, and well cleansed, two parts, Sugar one part; see the them together unto a sirup. This sirup is very good for all heat caused of Cholera. Likewise it is also good in all pestilential Agues, and it asswageth the thirst singular well: it may also be made of four Oranges, for that the same is much more forcible then that of Citrons.

Syrupus de Artemisia, of Mugwort. §. 10.

THIS sirup is very troublesome to be made, wherefore we will commend it to the Apothecaries: it is very good for all diseases of the Matrix, it keepeth it in her due place, it expelleth all wind, and all pain of the same, it strengtheneth the sinews, it openeth the pores, it maketh good blood, and it forceth womens terms. For what purpose else it may be used, look in the Table of the Barberries.

Syrupus de Berberis, of Barberries. §. 11.

TAKE Barberries which be very ripe, and let them see the well in wine until that they be mellow, then wring it through a cloth, and boyl the colature with Sugar, as before. Item, take the juyce of ripe Barberries, and let it see the apart, afterwards scum it well: when it is well cleansed, take as much Sugar as juyce, see the it all together unto a sirup: her vertue is to be read in the Table of the Barberries.

Syrupus de Betonica, of Betony. §. 12.

THE description of this sirup is very long, wherefore we will pretermitt her vertue may be judged by the description of the herb Betony in the Table.

Syrupus Byzantius. §. 13.

TAKE the juyce of Endive and of Barberries, of each six ounces, the juyce of Hops and of Buglosse, of each three ounces, see the all together, clarifying it until there remain 12. ounces, then put 7. ounces and a half of Sugar unto it, and let them see the all together to a sirup. This sirup maketh all the tough slimy matter to avoide, and it openeth all obstructions, wherefore it is also good for all yellow Jaundise, like as there be many other sirups.

Syrupus de Boragine, of Burrage. §. 14.

WE have before admonished in the fourth Chap. in the description of the conserve of Burrage, that there is none, nor indeed very small difference, between the Burrage and the Buglosse: nevertheless there be made at the Apothecaries two kinds of sirups, and commonly mixed with other medicines: wherefore is an householder to prepare it thus, Take the juyce of both these herbs, of each 8. ounces, the juyce of both these flowers, of each one ounce, see the the same with 4. ounces of Sugar, and scum it as behoveth, and ought to be; you may suffer the flowers to see the in some water, and pour the juyce unto it. This sirup is good against all diseases of the heart, and it maketh a merry mind: and of her power you may read further in the Register of Burrage.

Syrupus de Buglosa. §. 15.

Of this sirup is sufficiently written in this foresaid sirup of Burrage.

Syrupus de Calamintha, of field Mints.

TAKE of the filed Mints and white water of Mints, of each two ounces, the seed of Lovage, of the greater Pimpernel (instead of *Danci Cretici*) and Squinant, of each five drach. Rafins 6. ounces, hony 24. ounces, let them see the all that is to see the, scum and wring

wring it out well; then make with hony, or with as much Sugar a sirup of it. This sirup is especial good for a hard Spleen, and all hard intrails, and also for an old Cough, of all old people, which be Plagued with a feeble and short breath: like as you may read further of the Mints in the table.

Syrupus Capillarum Veneris, or of Maiden-hair. §. 17.

This sirup doth cost very much labour before the same may be made, like as we have admonished under the name of Maydenhair in the Table.

Syrupus de Cichoria cum Rhabarbaro, of Cicory. §. 18.

At all Apothecaries this sirup is very rise: it cleanseth and withstandeth all poyson, and especially the Carbuncle, and such like: it strengtheneth the heart, and all nutritive parts: it is also good for all pestilent Agues, it expelleth all bad matter by the stool, and by the urine: it causeth also appetite to sleep.

Syrupus de Cytonis, of Quinces. §. 19.

This sirup is like to all the other sirups, made of Sugar and juyce of Quinces: you shall read of her vertue and efficacy in the Register in the description of Quinces. There is another sirup described before of four Quinces, called *Mixa Cytoniarum*. Further, there are juyces or thick sirups prepared under the name of *Mixa*, whereof there be some described in the third Part, the 11. Chapter, and 17. §.

Syrupus de Citro, of Citrons. §. 20.

Some do take not onely the sournesse of the Citrons, but also the juyce of the white Strinds, so that not onely the outwardmost peeles and the seeds are separated; but this sirup is not so forcible as that which is prescribed: yet they be both made and used in all hot sicknesses.

Syrupus de corticibus Citri, of Citron peels. §. 21.

Take the outwardmost fresh peels of Citrons, cut in small peeces, one pound, pour thereon five times as much water, and let it seeth to the half; then wring it through a cloth, afterwards put a pound of Sugar unto it. When it is almost sodden to a sirup, then put 4. grains of Musk unto it, broken in Rosewater. This sirup cooleth not like the former, but it warmeth and strengtheneth the heart, and the brains, all inward parts, and the vital spirits. It strengtheneth the weak stomach, maketh a good breath, and defendeth from the Plague, &c.

Syrupus de Cucurbita, of Gourds. §. 22.

This sirup is seldom used, and in this Book but onely in two places.

Syrupus de Endivia, of Endive. §. 23.

Of this herb be many sundry sirups made. That which is called *Simplex*, is made thus: take the juyce of green Endive one pound, and when it is clarified through seething, then put ten ounces of Sugar unto it, seethe it away, like as all other sirups be. This sirup is good against all inward heat of the Liver, and other nutritive parts, it is used for many kinds of things, as may be seen in the Register.

Syrupus de Epithymo. §. 24.

At well furnished Apothecaries this sirup is rise, whereas the same is to be fetched: it expelleth the burnt cholerick humours, it doth therefore withstand all sicknesses which spring or come thereof, viz. the Leprosie, Canker, bad ulcers, and Fistulaes: like as his name shall shew in the Table.

Syrupus de Eupatorio, of Agrimony. §. 25.

THe opinion of many learned men is, that our Agrimony is the true *Eupatorium*; of this is also a sirup made, which is very troublesome to be made: wherefore we will not describe the same here. It hath a special power for to help the cold and obstructed liver, to expel all Dropsies and such like sicknesses, for to make all grosse slime thin, and to strengthen the liver: it also moveth urine. Look further of her vertue in the table of Agrimony.

Syrupus de fumo Terræ of Fumitory. §. 26.

TAke the juyce of Fumitory, and of the sprouts of Hops, of each one pound, clarifie it and temper it like as we have taught, and then decoct it unto a sirup with one pound of Sugar. At the Apothecaries there is another made of many sundry things, which here we will not describe. These sirups be both good for to open all obstructions of the stomach, and of the liver; for to strengthen the same also and to cleanse the blood, that thereby all scabbednesse, all bad sores, and such like accidents may be suppressed, and avoided. Wherefore they be also good against the Pocks, against all old ulcers, Leprosie, and other such like diseases more.

Syrupus de Glycyrriza, of Licorice. §. 27.

THe common people do make this sirup thus: Take a pound of small sliced Licorice, and pour thereon two pots of water, afterwards let it see the so long, until the vertue come out; then strain it, and put to this decoction one ounce of Dragagant, and let it see the together until it be thick enough. This sirup is very good for the Cough, and for all toughnesse of the breast. But this following is the right sirup of Licorice: Take small sliced Licorice one ounce, Maidenhair half an ounce, Hyssop one quarter of an ounce, put a quart of water unto it, and let it all together infuse the space of 24. hours, afterwards put unto it clear hony, Sugar pennets, and white Sugar. of each 4. ounces, Rose water 3. ounces, see the it together unto a sirup. This sirup cleanseth the breast, and the lights, it is very good for all cold coughs, and also for the Pleurisie, as you may read in the table of Licorice.

Syrupus Granatorum, of Pomgranats. §. 28.

IT is a great abuse to wring out the sour and sweet Pomgranats together, by reason that the sour and the sweet each apart are meet for sundry diseases, but the foresaid mixture we will leave alone for Cookery: thus, take two quarts of Pomgranate wine, and see the it so long until it be well clarified, then temper amongst it half a pound of Sugar, and so set it in the Sun until it come to work, and then afterwards preserve it in a cellar.

And for to write apart of the sour Pomgranats: Take thereof five pound of the juyce, and white Sugar three pound, see the it together to a sirup, scumming it alwayes about. This sirup is very forcible in all hot Agues which be caused of Cholera.

The sirup of sweet Pomgranats is prepared in all sorts as the former, like as the same is taught in the table at large of the Pomgranats, and every one may direct himself accordingly.

Syrupus de Hyssope, of Hyssop. §. 29.

YOU must take dry Hyssop, the roots of Smallage, of Fennel, Parsly, and of Licorice; of each 5. drach. peeled Barly one quarter of an ounce, the seed of Mallows, of Quince kernels and of Dragagant, of each one drach. and a half, Maidenhair three drach. Jujubes and Sebestes, of each 14. or 15. Currans 3. quarters of an ounce, Figs, and Dates, of each 5. or 6. Sugar pennets 12. ounces, then make a sirup thereof. This sirup is very forcible for all the diseases of the breast, and of the lights: it causeth all tough slime to avoide which may hardly be coughed up, like as shall be more at large taught thereof in the English Register, under the name of Hyssop.

Syrupus

Syrupus de Ireos, of Ireas. §. 30.

THis sirup is made, as in the third Part, the 10. Chapter, and 9. §. is taught, where as it is ordained against the Dropsie *Tympanus*, like as also the Table under the name of Ireos doth give to understand.

Syrupus de Iujubis. §. 31.

Of Iujubes take thirty or thirty six, the seed of Violets, and of Mallowes, of each two drachmes and a half, Maiden hair, peeled Barley, and Licorice, of each half an ounce, Quince kernels, white Poppy seed, the seed of Melons, of Lettice, and Dragagant, of each one drachme and a half; seeth them together in Well water, and to this decoction strained put twelve ounces of Sugar, and then let it seeth to a sirup. The same sirup is good against all hoarsenesse against the Cough, and against the Plenrifie, and also to other diseases more, like as the Table doth expresse.

Syrupus de Limonibus, of Limons. §. 32.

THis sirup is made of fresh Limons, even as the sirup of Oranges is made; but it is far stronger then the sirup of Citrons, like as the same may be seen in the Register under the name of Limons.

Syrupus de Lupulo, of Hops. §. 33.

TAke the juice of the sprigs of young Hops one pound, and the juice of Fumitory half a pound, which be both very clear decocted, and scummed, afterwards seeth them with a pound and a half of Sugar unto a sirup. The juice of Hops may also be taken alone. This sirup cooleth much, it expelleth the yellow Jaundise; moreover all sliminesse and also the Dropsie through the stool, and is also good for all other things, like as is sufficiently declared under the name of Hops in the Table.

Syrupus de Menta, of Mints. §. 34.

THere be two kinds of Sirups of Mints, as the same and also their virtues are described in the third Part, the 11. Chapter, and 17. §. where it is also admonished, that it is especial meet for the Laxe. For what causes more the same is profitable, that may you read in the Table under the name of Mints.

Syrupus de Myrto, of Mirtle seed. §. 35.

IN the third Part, the 11. Chapter, and 17. §. is this Sirup also specified, which is very commodious for many things, like as you may read in the Table.

Syrupus de Nymphæis, of water Lillies. §. 36.

TAke of the white leaves of water Lilly flowers one pound; let them waume up in water, afterwards wring them hard out through a cloth, and then seeth this decoction, skimming it, with a pound of Sugar to a sirup. This sirup is very meetly used for all hot sicknesses, like as before is taught in the fourth Chapter, and 39. §. It moisteneth, it cooleth, and furthers sleep. Another, which is commonly prepared at all Apothecaries: Take the leaves of white water Lillies one ounce, yellow water Lillies half an ounce, seeds of Fleawort and of Sorrel, of each half an ounce, the seeds of Melons, of Citruls, of Gourds, and of Cucumbers, (all together peeled) of each one quarter of an ounce; the seeds of Lettice, of Endive, of small Endive, and of Purslain, of each one drachme, Fennel roots half an ounce; shred it all together very small, and let it seeth in Barley water: afterwards strain it thorow, and wring it out hard. Now being clarified, then put six ounces of white Sugar unto it, Vinegar and the juice of sown Pomgranates, of each one ounce, then let them seeth altogether again unto a sirup, at last temper yellow Saunders with it, and Indi Spica, of each two scruples.

This sirup doth marvellous much withstand the hot *Cholera*, and besides all hot Agues, and procureth also sleep: it is also to be used for more other things, like as the Table under the name of water Lillies doth set forth.

Syrupus de Papavere, of Poppy heads. §. 37.

There be two kinds of these sirups made, the one called *Compositum*, is thus made: Take black and white Poppy heads which be very fresh, of each 25. drachmes, Maiden hair seven drachmes and a half, Licorice 22. drachmes, Jujubes 15. drachmes, Lettice seed two ounces and a half, Mallowes seed and Quince kernels, of each three drachmes, seeth them altogether in a pot of water even to the half: afterwards wring it out, and seeth this decoction again with Sugar and Sugar pennets, of each four ounces, unto a sirup. This sirup is very good against all dry Coughes, against the Consumption *Phthisis*, and against all rheumes: it maketh sleep, and is also good for more other causes, like as the Table maketh mention.

Syrupus de Persicis, of Peaches. §. 38.

This sirup is made of the juice of the self-same fruits, her virtues are described in the fourth Chapter; and wherefore it is further good, look for that in the Table of the Peaches.

Syrupus de Plantagine, of Plantain. §. 39.

This sirup is very seldom used, and besides made with greater trouble; it is also used but once, to wit, in the obstruction of the Pyles; it is made onely of the juice like as all other sirupes.

Syrupus de Pomis, of Apples. §. 40.

Of Apples there be two kinds of sirupes made, like as the same be described in the second Part, the sixt Chapter, and fourth §. their use is declared in the Register under the name or title of Apples.

Syrupus de Portulaca, of Purslain, §. 41.

This sirup is also made of the juice of the herb, but used very seldom, like as one may read in the Register under the name of Purslain.

Syrupus de Prassio, of Horehound. §. 42.

Take Horehound one ounce, Licorice half an ounce, Maidenhair, and Hyssop, of each three drachmes, Currans, Annis, Roots of Smallage, and of Fennel, of each 2. drach. and a half, of the greater Pimpernel seed, of Fenegreek, and Ireos, of each one drach. and a half, Linseed, and Quince kernels, of each one drachme, Currans one ounce, eight or ten Figs, Sugar pennets, and Sugar, or Hony, of each twelve ounces; then make a sirup thereof like as is taught before. This sirup is very good against all diseases of the breast, and of the lights, which be caused of cold tough sliminesse, and be hard to be expelled; but it is especial good for all old ancient people which have stuffed breasts. The register teacheth further for what this sirup is meet.

Syrupus de Pyris, of Pears. §. 43.

This sirup hath the same power which the sirup of Peaches hath; it is also made and used for the self-same sicknesses.

Syrupus de Radicibus, of Roots. §. 44.

There be also two sorts made of this, the one of twain, and the other of five kinds of roots, like as the same in the third Part, the 20. Chap. and 20. §. are described, where be also their virtues discovered. But whereto the same be further meet, look for that in the register under the name of the sirup of Roots.

Syrupus

Syrupus de Ribes, of Raspes. §. 45.

TAKE three pounds of the juice of Raspes, and two pounds of good Sugar, seeth the same unto a sirup. For what it is good, look before in the fourth Chapter, where it is described how that the same is to be made after sundry fashions.

Syrupus infusionis Rosarum, of Roses. §. 46.

TAKE fresh Rose leaves twelve ounces, put them in a pot, and pour upon it 30. ounces of hot Rose water; afterwards stop the pot close, and so let it stand a steep the space of eight hours; this being done, then wring it out and put fresh Roses unto it again, then let it stand a steep as before, then being wrung out again, put twenty ounces of Sugar unto it, and seeth it together softly unto a sirup; this sirup is especial good for to slake thirst, to cool all heat, and hot Agues, and also to strengthen the stomach: It withstandeth all rotten humours; wherefore it is also very good for the Plague; it withstandeth winds and other diseases more, like as the Table maketh mention at large.

Syrupus de Rosis siccis, of dry Roses. §. 47.

ALso there is a sirup made of dry Roses which looseth not, but bindeth, but it is not much used, and is made like as in the first Part, the 13. Chapter, and 4. §. is shewed; look for this in the Table under the title of Hony of Roses.

Syrupus Rosatus solutus, purging sirup of Roses. §. 48.

ALso there be sundry sirupes of Roses laxative prepared, as liketh each Physitian best; whereof in the first Part, the second Chapter, and seventh §. are described the two commonest sorts, and their vertues and operation added unto it. For what they be now further to be used, look into the Table under the name of Roses.

Syrupus de Rosis albis, of white Roses. §. 49.

ALthough this sirup be very profitable, neverthelesse it is much used; it cooleth much more then the red sirup. Some do commonly take onely the juice wrung out of the flowers, and they seeth it short, with Sugar unto a sirupe, to the end, that it might the better retain his virtue. Look further into the Register of white Roses.

Syrupus Sapor Regum. §. 50.

TAKE the juice of Buglosse and of Burrage, of each six ounces, the juice of sweet Apples nine ounces, let them stand and settle, and afterwards put one ounce of Sene husks unto it, let them so infuse 24. houres; and then let it seeth a waume or twain, and afterwards seeth it with nine ounces of Sugar, unto a sirupe; further, hang with a little bag, half a drachme of Saffron in it, and wring it oftentimes out. This sirup is onely occupied in *Melancholia*.

Syrupus de Stechade, of Stechas flowers. §. 51.

Hereof be two kinds described, but we will commend them unto the Apothecaries: they be also good for all cold diseases of the brains, and of the sinews, also for the Palsey, for the falling sicknesse, for the Cramp, for the convulsion of the mouth, for the Shaking: they do strengthen the stomach, and all other inward parts, like as the Register further declareth, under the name of Stechas.

Syrupus de Thymo, of Thyme. §. 52.

This sirup is also very seldom, and in this Book it is onely used against the Leprosie.

Syrupus Violarum, of Violets. §. 53.

THis present sirup is also described after three kinds of sorts: The first is made by infusion, like the sirup of Roses; the same is good against all inward burning, against all heat of Agues, of the Liver, of the Heart, against all roughnesse of the throat, against thirst, and against the obstruction of the belly.

The purging sirup of Violets is made laxative like the sirup of Roses, which is described in the first Part.

The third sirupe is made as hereafter followeth: Take one ounce of fresh Violets, Quince kernels, the seed of Mallowes, of each half an ounce, Jujubes and Sebestes, of each ten or twelve, water of Gourds as much as will suffice, let it then seeth together until the third part be boyled away. This sirup doth open the breast, the obstruction of the lights, it asswageth all roughnesse of the throat, and all cough which is caused of heat, it is also good for the Pleurisie, and for all dryth: it is very much used, like as the Register maketh mention under the name of Violets.

The fourth part of this Chapter, of the Species, and of Loosings.

Horoughtout all this Book, there be many kinds of Powders or Species used, which at all furnished Apothecaries be composed together and prepared of sundry things, of which all kinds of cordial waters, confections, and other things be made. But because the same be tempered together of many sundry things, and by reason that there cannot be made many at one time, therefore we have refrained from writing much of them.

Species de Ambra, of Amber. §. 1.

Because that this powder and Confection that is made of it, is very much used and requisite, therefore we will here describe the same: Take Cinamom, *Doronicum*, Cloves, Mace, Nutmegs, Clove leaves, and Galangal, of each 3. drachmes, Indi Spica, Cardamom, and Greins, of each one drachme, Ginger one drach. and a half, yellow Saunders, *Lignum Aloes*, and long Pepper, of each one quarter of an ounce, Amber one drachme, Musk half a drachme; then temper them, and pownd them all together very small: it is very forcible for all debility of the head, and of the whole body, it provoketh natural heat, it is also very good for all them that be vexed with cold humours, and in like manner for the joynts, and against the wambling of the stomach that can keep no meat or food, it causeth appetite and strengtheneth the heart. For what this powder or this Confection may be further used, that is here and there to be found throughout the whole book.

Species de Aniso, of Annis. §. 2.

These Species be very troublesome to be made, and they be not very much used. For what they be further good, look into the Table under the name of Annis.

Species de Anthus, of Rosemary. §. 3.

Of the flowers of Rosemary take half an ounce, Violets, Roses, and Licorice, of each 3. drachmes, Cloves, Indi Spica, Nutmegs, Galangal, Cinamom, Ginger, Zeduary, Mace, *Lignum Aloes*, Cardamom, Annis and Dill seed, of each two scruples, temper them all together. If you will have Tabulats of it, then take 8. ounces of Sugar, and make them up, these Species and loosinges be especiall good for all melancholick and feeble persons, it maketh merry, it strengtheneth the stomach, and is very meet for many more other things, like as the Table under the name of Rosemary doth specifie.

Species aromaticum Rosarum. §. 4.

THese Species are used for the debility of the stomach, and is described in the third Part, the 11. Chapter, and 5. §. You shall further find their virtues in the Register of Roses.

Species de Calaminta, of field Mints. §. 5.

BEfore is declared in the tenth Chapter, and 6. §. how that three kinds of mixtures be described by the Physitians, which be all made of Mints, but by reason their Species be much more usual then their Confection: therefore we will here notifie them, like *Mesua* describeth them. Take field Mints, Marjoram, the seeds of Silvermountain, and of Parsley of *Macedony*, of each three drachmes, Ginger one drachme and a half, the seeds of Smallage and sprigs of Thyme, of each one drachme, Lovage seed three drach. Pepper three quarters of an ounce, then temper them together: These Species be very good against all cold stomachs, lost appetite, those which be vexed with wind, and against shortnesse of breath, and also for other causes more, like as the Table maketh mention under the name of Mints.

Species de Cappariz, of Caper roots. §. 6.

THese Species are used very seldome, but the loosings thereof be onely once in this book ordained, *viz.* against the Spleen.

Species de Caryophyllis, of Cloves. §. 7.

THese Species be also called at the Apothecaries *Aromaticum Caryophyllatum*, and be made of many sundry things, they do strengthen the heart and the stomach, they expell the wambling and parbreacking, and do separate all tough sliminesse of the stomach, they do warm all nourishing parts, and also expel all winds: look further in the Table under the name of Cloves.

Species de Cinamomo, of Cinamom. §. 8.

IN the third Part, the 11. Chapter, and 5. §. be these Species described after two waies, and also their vertue thereby declared. For what they be further good, look in the Table under the name of Cinamom.

Species Cordiales, for the heart. §. 9.

OF these Species be sundry prepared, like as *De Gemmis*, and *Diamargariton*, and others more, which be altogether made for the heart. There be also a certain sort of these Species in the second Part, the sixth Chapter, and 8. §. described.

Species Diacostu, of Costus roots. §. 10.

THese Species be very seldom prepared, for that there come certain doubtful things into it. But they be good for all inward pain, and for the beginning of the Dropsie: but they be not more then once ordained in this book, against a diseased Liver.

Species de Croco, or Crocoma, of Saffron. §. 11.

THese Species be commonly called with a wrong name, *Diacurcuma*: They be (because of certain things which be put into them) very troublesome to be made, and be also not much used. Their vertue is to correct all lingring sicknesses of the Spleen and the Liver, as when a body is inclined to the Dropsie: they be very good against all slimy cold humours of the stomach, they do cause wind to avoid, and also all pains of the Kidneys, and of the bladder; but especially they expel water. Look further for it in the Register, under the name of Saffron.

Species de Cymino, of Comin. §. 12.

TAKE Comin seed one ounce and one scruple, let them steep in vinegar the space of 24. hours and dry again; Cinamom and Cloves, of each two drachmes and a half, Pepper and Ginger, of each one quarter of an ounce and five greins, Galangal, Savery, and field Mints, of each half a scruple; the seed of *Ameos* and of Lovage, of each one drachme, and eighteen greins, long Pepper one drachme, Indi Spica, Cardamom, and Nutmegs, of each two scruples and a half, make a powder of it. This powder is good for the diseases of the sinews, for a heavy breath, for the Cough, for the Stomach, and it openeth all obstructions; but it is most used in losinges, like as the Table teacheth the same under the name of Comin.

Species de Tragacantha, of Dragagant. §. 13.

THERE be also two kinds made thereof, to wit, cold and hot species of Dragagant; the hot you may find in the first Part, the fourteenth Chapter, and 4. §. and the cold be also described there, and there be declared their properties, and uses, like as you may see in the Table under the name of Dragagant.

Species Ducis. §. 14.

THESE be tempered together of many kinds of things; they be very good for a cold windy stomach, and for all inward cold parts. Item, for all cramping and pain of the uppermost bowels, and also for the Stone.

Species de Galanga, of Galangal. §. 15.

THIS Species and Confections are also made every where and used: Take Galangal, and *Lignum Aloes*, of each seven drachmes, Cloves, Mace, and Lovage seed, of each one quarter of an ounce, Ginger, long and white Pepper, Calamus, and Cinamom, of each one drachme and a half, garden Mints, Cardamom, Indi Spica, the seed of Smallage, of Fennel, Annis, and Comin, of each one drachme, pownd them very small unto a powder. This Powder is especial good for all wind, for all belchings of the stomach, it helpeth much for the digestion of the stomach, it warmeth the Liver and also the Stomach. For what this, as well in powder, as also in losinges is used, that is to be found in the Table under the name of Galangal.

Species de Gemmis, of pretious stone. §. 16.

BEFORE in the Cordial Species is admonished, that these may be called cordial species, whereof we have written down five kinds, viz. in the second Part of this Book, the sixth Chapter, and 9. §. And for what the same is used in Physick, that is declared in the Table under the name of precious stones.

Species Hiera simplicis. §. 17.

THESE Species be made like as in the third Part, the 11. Chapter, and 20. §. is shewed; and for what they be further good, is sufficiently taught and declared throughout all this Book.

Species de Ireas, of Ireas. §. 18.

THESE Species be described in the first Part, the 14. Chapter, and 2. §. their power and operation is to be found in the Register under the name of Ireas.

Species Justini. §. 19.

FORASMUCH as the description of this species is very long, we will omit here to describe the same, as also for that they are not much used. These Species and the losinges which

which be made thereof, be very good against all pain of the Kidnyes, they break the stone, expell gravel, and open the passage of urine. For what they may be yet further used, that is taught sufficiently here and there, where is discoursed especially of the pain of the bowels, and of the gravel.

Species de Lacca. §. 200

THese Species be made of many kind of things, but yet very seldome used: they be good against all obstructions, and against all swellings, they do mollify the hardnesse of the Kidnyes and the Liver, they expel all causes of the Dropsies, they move womens menses, and be good for all old yellow Jaundise, like as the Table doth shew at large under the name of *Lacca*.

Species Latificantes, and Latitia Galeni. §. 22.

BOth of these species have the names, to make merry. The first is described in the first Part, the twelfth Chapter and 8. §. But we do not describe the other, because that both of them have the same vertue. They both do strengthen the inward parts, they refresh the vital spirits, they do help natural heat, they expel all bad cogitations, they make a good colour, they ease the digestion of the stomach, they make merry, and they stay gray haire, like as is admonished in more other places.

Species Liberantes. §. 221

THese Species are used in the time of the Plague, like as the same are described in sixt Part, the fiftenth Chapter, and 12. §.

Species Lithonirion. §. 23.

THese Species be expressly ordained for the Stone and the gravel, wherein they be indeed fifty kinds of things mixed together, as the table doth shew.

Species de Margaritis, of Pearles. §. 24.

THese are two kinds of these Species, to wit, cold and hot, the hot Species are described in the first Part, the twelfth Chapter and 12. §. the cold sort which are most used are made in this manner: take the Peeled seeds of Pompeons, Gourds, Citruls, and Cucumbers, Purslain seed, white Poppy seed, white, yellow, and red Sanders, Ginger, Roses, Burrage flowers, Water Lillie flowers, and Myrtle seed, of each one drach. make them all to powder; this powder comforterth all feeble bodies that are readie still to swoon, whether the cause of swooning be in the heart, or in the stomach. It strengtheneth all inward parts, it is also good against the Cough, against the consumption, for those that by long sicknesses are greatly weakned. But regard must be had to hot and cold diseases, as this also severally is noted under the name of Pearls in the Table.

Species de Mentha, of Mints. §. 25.

THese Species are prepared at the Hypothecaries, but they are seldome used; and you may see their vertues in the name of Mints.

Species de Moschu, of Musk. §. 26.

THese Species are described after two wayes, to wit, under the name of sweet, and bitter Species of Musk, and because their composition is not a little troublesome, we have here omitted to recite them. They are good for the panting of the heart, against all bad dreames, against the tumors of the joynts, against a cold brain, against giddinesse, falling sicknesse, and against the shortnesse of breath. The bitter Species are much stronger then the sweet, and that especially for the moysture and corruption of the stomach, &c.

Species Nere. §. 27.

THese species are for the most part mixed with other compositions and made as followeth; Take Amber one ounce, *Lignum Aloes* three drachmes, Musk half a scruple, Camphire five greins, mix and beat them altogether.

Species de Olibano, of Frankincense. §. 28.

THese species, by reason of the Opium and Henbane seed which be put unto it) are seldome used inwardly, and therefore made but seldome. Whether they be made in powder or in a confection, yer be they alwayes good for all pain of the head, they stay all rheumes, they be good against the Cough, and spetting of blood, and they do also expel all wambling of the stomach, they be also good for all those that have any impediment in the Lights, and them that have the Pleurisie and spet matter, they stay the effluxion of natural seed, and *Satyriasis*, besides that all womens terms, if they run too much, for which in this book they be commended to be used: further look into the Table under the title of Frankincense.

Species de Papavere, of Poppie seed. §. 29.

TAKE the juyce of Licorice, Dragagant and Gum, of each five drachmes, white Poppie seed, and Sugar Pennets, of each ten drachmes, peeled Almonds five drachmes, Starch, Quince kernels, and Purslain seed, of each two drachmes and a half, peeled Gourds seed, the seeds of Pompeons, Cucumbers, and Lettice, and of Mallowes, of each one drach. and a half shred them, and stamp them very small: of this may commonly be made a confection with Sugar like as they are also in the Table under the name of loosings to be found.

Species de Penidio. of Sugar Pennets. §. 30.

THese species be also described in the second Part, the fift chapter, and 6. §. and also therewith declared for what the same is wont to be used.

Species Paonia, of Piony. §. 31.

These species be very seldome used, and that but once in this whole book.

Species Diapheniconis, of Dates. §. 32.

THIS mixture and her operation is described in the the third Part, the eleventh Chapter, and fift §. For what the same is now to be used, that is to be seen in the Table under the name of Dates.

Species Philanthropen. §. 33.

THIS is a very great composition, so that there come indeed some fifty things into it. It is seldome made, and is used in this booke but once, viz. in the obstruction of the kidneys.

Species Pliris Arcticon. §. 34.

IN these kinds of Species there are put many kinds of things; they be very good against all melancholick and pensive people, against weak stomachs, and also against all swoonings which proceed of any debility of the heart, they quicken the understanding and the memory, they be also very good for all them which have the falling sicknesse and a short breath, and also for other things more.

Species de Prassio, of Horehound. §. 25.

THIS is also one of the very greatest compounds, for that it is made of some 70. things. It is made in manner of a confection, and also in form of loosings. It is good against all dazeling and darknesse of the eyes, it cleanseth the throat, and all parts adjacent

cent, it dryeth the moisture of the *Vulva* in the throat, it asswageth the toothach, and it is especial good good for the heavy breath, and for all that which causeth the same, it expelleth the pain of the Liver, and strengtheneth the same, it strengtheneth the stomach and the Milt, it expelleth all pain and also all winde of the bowels, it clenseth the Kidneys and passages of urine from all gravel, and when the same is often used, then doth it make a good colour, it furthereth womens Terms, and also is good against the Tertian and Quartan agues. In fine, all they which often use these Losinges or Confections, they are freed and defended from many kindes of sicknesses, but because of their unpleasantnesse, they be seldom used, as in the Register you may see under the title of Horehound.

Species Diarrhodon Abbatis, of Roses. §. 36.

Albeit that this composition be made of many things, yet it is neverthelesse oftentimes used, wherefore will here discribe the same : Take red and white Saunders, ana. ʒ. 2. ʒ. Dragagant, Gum, and burnt Ivory, ana. ʒ. 2. *Sarabacca*, Mastick, Indy Spica, Cardamom, the juice of Licorice, Saffron, *Lignum Aloes*, Cloves, *Gallia Muscata*, Annis, Fennel, Cinamom, Rubarb, Basil, Barberries, the seeds of small Endive, of Purslain, peeled Melon seed, Gourd seed, the seeds of Cucumbers, of Pompeons, and of white Poppy seed, ana. ʒ. 1. Pearls and bones of the Stags heart, ana. ʒ. ʒ. ʒ. Sugarcandy and Roses, of each one ounce and three drach. Camphire, ʒ. 7. *Muscus*, G. 3. ʒ. pound each apart, and then temper them all together. These species be especial good for all hot Stomacks, for the heat of the Liver, the Milt, of the Lights, and for all pain of the intrailles, and of the whole body. For what these species or their confection be meet, look for that in the Register, under the name of Roses.

Species Electuarii de succo Rosarum, of Roses. §. 37.

These Species be before in the tenth Chapter, described amongst the Confections : out of which Species there be purging losinges wont to be made. In the Register shall you also finde (under the name of Roses) for what the same are to be used.

Species Rosate Novella. §. 38.

These kindes of Species be very seldom prepared ; they be especially meet for all hot and dry stomachs, Hearts, Lights, and Livers. They do quench thirst, stay vomiting, they fortifie the Stomach, they draw the resolved inward parts together, and they be very necessary for all that have any panting or beating of the heart, they do withstand sweat, and strengthen them also which be recovered from a long lingering sickness.

Species de Seminibus. §. 39.

These be also very seldom used, and be made of these seeds following, viz. of Annis, Fennel, Caraway, Cumin, Parsley seed, *Ameos*, seed of Smallage, *Amonum*, of each a like quantity : let all these steep together in Vinegar, and dry again, and afterwards be powdered to powder. They are used in all cold pains of the Kidneyes, in the gravel, and it moveth also urine.

Species Triasantalum, of Saunders. §. 40.

Take red, white, and yellow Saunders, Rose sugar, and Sugar, of each three drach. Rubarb, burnt Ivory, and the juice of Licorice, of each one quarter of an ounce, and 15. Greins, Dragagant, Starch, Gum, peeled Melon seed, Pompeon seed, seeds of Gourds, of Cucumbers, and of small Endive, of each one drachme and a half, Camphire one scruple, temper them altogether powdered very small. This is especial good against all heat of the Liver, and of the stomach ; it is also good against giddinesse, and the yellow Jaundies.

Species Trion-Pipercon, of Pepper. S. 41.

Take long, white, and black Pepper, of each five drachmes, Ginger, Thyme, and Annis, of each one quarter of an ounce, *Indy Spica*, *Ameos*, *Ammoniacum*, (or in stead thereof, *Cucubes*, or *Calamus*) Cinamom, one drachme, Cassie wood, the seeds of Smallage, of Silver mountain, *Asarabacca*, and Elecampane roots, of each half a drachme, make a powder thereof. This is very good against all cold stomacks, against all belchings, against the quartain ague, against all diseases of the liver, and also against the cough.

Species dia Turbith, of Turbith. S. 42.

These species be described after two waies, to wit, as they be ordained in the third part, the 11. Chap. and 20. S. against the obstruction of the body.

Species de Xyloaloe. S. 43.

Now for as much these species be very common, therefore we will not pretermit to describe them here: Take *Lignum Aloes*, and Roses, ana. \mathfrak{z} . i. Cloves, *Indy Spica*, Mace, *Gallia*, *Muscata*, *Cucubes*, Cardamom, Greins, Mastick, Cinamom, Cipers roots, Squinant, red and white Behen, Spikenard, red Silk, Pearls, red Coral, Amber, Citron leaves, *Basilicum*, Mints, Garden Mints, Marjoram, long Pepper, and Ginger, ana. \mathfrak{z} . β . Musk, \mathfrak{z} . i. Amber, \mathfrak{z} . i. β . pownd it small, and then temper them together. These species be good against all infirmities of the stomach, of the heart, of the liver, and also against all other inward diseases which be caused of cold. Item, for all swoonings, for the bad digestion, and for a stinking breath; they do also make merry, as you shall find described in the Table under the name of *Lignum Aloes*.

To make strong water. S. 44.

For a conclusion of this former Chapter, we will add unto it this strong water; Take Allom, and Copperas, ana. \mathfrak{z} . i. Saltpeter, \mathfrak{z} . β . put them all together pounded small into a body, and then distil it in sand. Make first a milde fire, and so a little stronger and stronger: and when the fume in the glasse receiver beginneth to be red, then give it a stronger fire; and when the rednesse beginneth to be done, then draw out the fire and let it be cold, then keep it stopt very close. though not onely the Chirurgions, but also the Goldsmithes, and other more do use this water; yet it is nevertheless very good against the pain of the teeth, but it must be wisely taken in hand, or else the Quicksilver must be wholly omitted whereof the powder precipittate is made, and also is calcined with it.

Species Berchtoldi. S. 45.

The occasion wherefore we have not adjoynd this Species with other, is therefore, for that these Species are onely used in the Kitchen and for fish: the same is tempered with some good Wine; they be not onely pleasant, but also very healthy. And to allay the moistnesse of the fish: Take Ginger, \mathfrak{z} . β . long Pepper one quarter of an ounce, Cinamom three three quarters of an ounce, Greins, \mathfrak{z} . i. β . Galangal, \mathfrak{z} . i. Saffron, \mathfrak{z} . β . Sugar, \mathfrak{z} . \mathfrak{z} . pownd them all small, and then temper them together.

Another: Take Cinamom, \mathfrak{z} . β . Ginger, \mathfrak{z} . 3. Greins, \mathfrak{z} . β . Cloves, Galangal, and Cardamom, ana. \mathfrak{z} . i. Saffron, \mathfrak{z} . β . Sugar, \mathfrak{z} . 2. pound them all together and make it moist with Wine: afterwards temper it in a mortar, and let it dry in a warm place, then bruise it at last to powder again.

The sixteenth Chapter.

IN this Chapter be certain Potions described, as also certain powders for meat, and Trochisks, which here and there be ordained in this present Practise of Physick: wherefore we will first begin with the Potions.

Decoctiones Aperitiue, Potions that do obstruct. §. 1.

HERE be some of these described in the third Part the 11. Chapter, and 20. §. viz. called the common, and with Rubarb, which be very necessary for to keep an open body: notwithstanding that one may use the same commonly, for to mix other Confections with it.

Decoctio Epithymi, of Dodder. §. 2.

THIS Potion is prepared as it is described in the first Part, the 12. Chapter, and 8. §. viz. in three kindes of waies. Her operation may you read in the Register under the name of Dodder.

Decoctio fructuum, A potion of certain fruits. §. 3.

THIS Potion is described in the third Part, the third Chapter, and fift §. where we do speak and discourse of the Rupture.

Decoctio pectoralis, The pectoral Potion. §. 4.

THIS Potion is very good for all them which have a short breath, For the Cough, and for the rheume, whereof there be two discovered in the second Part the 2. Chapter, and 2. §. and in the second Part, the 5. Chapter, and 5. §. For what the same is further used, is to be found in the Register, under the name of the pectoral potion.

Decoctio & infusio Senæ, A potion of Sene leaves. §. 5.

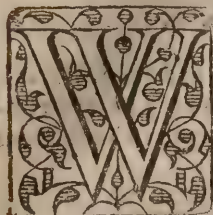
THIS Potion is described in the third Part, the 11. Chapter, and 20. §. where it is ordained for the obstruction of the belly, as the Register doth witnesse the same, under the name of Sene leaves.

A water of Mans blood. §. 6.

AFTER the discourse of these foresaid potions, I cannot pretermitt to adjoyn with this a new invention, whereof some Princes have very great estimation, and have also used otherwhiles for to remain thereby in their force, and to live long (as they thought:) which was this, viz. that one should chuse a young strong man, which was as yet in his flourishing youth, like as of 25. years, which was somewhat cholerick by nature: the same is to be fed the space of one moneth, and be well dyeted with light and healthy meats, also with all kindes of spices, and with good strong wine, who also is to be kept with mirth: this being so done, then are both his veins to be opened in his arms, and so much blood to be let out as he may tolerate and abide; and unto six pound of blood mix one handfull of salt: then put these together in a glasse body, stopp well and tight, and set it a whole moneth in horse dung, yet every eight daies in fresh horse dung: afterwards distill this blood in ashes, when the water is distilled out of it, then pour it again in the body, by all that which remained therein, to the end it may be soft again, and in this manner distill it seven times together. Other be of opinion, that as often as it is distilled, that then it is to be set again in horse dung. Some suppose that it ought to be but three times distilled, and that at the most: put the dry feces into a Retort, and distill it with moderate fire, and then will it yield a stinking oyl. Afterwards pour oftentimes water unto it, and distill this oyl as many times with the water, until it lose her savour or stench. This water is to be given in three or four times a year, each time one ounce: but not above three or four drops of the oyl, Each one may believe this as far as he will.

Concerning all other drinks, as Beer, Claret wine, Aromatical wines, Barly water, Ju-
leps, Almond milk, Mead, and such like: of them we have written elsewhere. In the end
of this book we will admonish and discourfe of more other herbed wines.

The second part of this Chapter, of certain powders for meat.



E will not here admonish of any powders, which be serviceable and
meet for any sicknesses: but we will onely speak of them that are used
for pleasure, and for to warm the stomach, or that may be strowed up-
on wine sops, as this ensuing: Take elected Cinnamom, ʒ. i. ʒ. Ginger,
ʒ. 3. Greins and Pepper, ana. ʒ. i. ʒ. Nutmegs, Cloves, and Mace,
ana. ʒ. 3. pownd all very small together, Sugar as much as you please,
and according as that you desire to have it strong.

Item, take Cinnamom one quarter of an ounce, Nutmegs, ʒ. i. Mace, Greins, and Cloves,
ana. ʒ. ʒ. Sugar as much as you please: Or take Cinamom one quarter of an ounce, Nut-
megs, ʒ. i. Mace and Greins, ana. ʒ. ʒ. prepared Coriander and red Roses, ana. ʒ. 2. Sugar
as much as you please, but not too much. These powders be very good, used as well at
meals, as afterwards.

Another, take black, white, and long Pepper, ana. ʒ. ʒ. Thyme, Annis, and Ginger, of
each five greins, Sugar five ounces, then temper them altogether. This is special good
for all cold stomacks.

The third part of this Chapter.



Trochiscus is a Greek name, and is as much to say as a round thive, or
round Cake, like as these *Trochisci* be made: but the Apothecaries
do commonly make them now adays four square, and about the
waight of one drachme, which is of small importance. These
Trochisks be made diversly, of which be many mentioned in this
our book: whereof we will onely describe the name and force of
them that be too troublesome to make, to the end the same may be
asked for at the Apothecaries, when there is use for them.

Trochisci de Absinthio, of Wormword. §. 2.

These be ordained onely against the obstruction of the Liver, and be described in the
third Part, the 12. Chapter and 4. §.

Trochisci Adulphi. §. 1.

These do take their name of the Sulphur, like as you may finde written in the second
Part, the fift Chapter, and fifteenth §.

Trochisci de Agarico, of Agarick. §. 2.

These Trochisks are found prepared at the Apothecaries, to the end that the bad qua-
lity of the Agarick may be taken away thereby. The manner to prepare them is
described in the Introduction. Their use shall you find in the Table under the name Aga-
rick.

Trochisci Alhandel, of Coloquint. §. 4.

The preparation of these Trochisks, is also described in the Introduction of this book,
for to strengthen other purgations with it, like as stands admonished in the Register,
under the name of Coloquint.

Trochisci Alkakengi, of winter Cherries. §. 5.

These be also troublesome to be made, they be good for all diseases of the Reins, and the bladder, and for Dysuria. Look further in the Register under the name of winter Cherries.

Trochisci de Barberis, of Barberries. §. 6.

Of the juyce of Barberries, take one quarter of an ounce, burnt Ivory, Lignum Aloes, Sorrel seed, Mastick, Gallia Muscata, and Indy Spica, of each one ounce, Gum three drach. Roses five drach. and Rosewater as much as is needful for to temper them together. You shall find their use under the name of Barberries.

Trochisci de Bolo Armeno §. 7.

These Trochisks be in no use, but they are advised to be used for a cold stomach.

Trochisci de Camphora, of Camphire. §. 8.

For that these Trochisks be very much used, therefore we will describe the same: take Roses half an ounce, burnt Ivory and Licorice, of each one quarter of an ounce, peeled seeds of Melons, of Pompeons, of Gourds, and of Cucumbers, Dragagant, Saffron, Gum, and Indy Spica, of each one drachme, yellow Saunders two drachmes and a half, Lignum Aloes, Cardamom, Starch, and Camphire, of each two scruples, white Sugar and Manna, of each three drachmes; then fashion them with the muscilage of Fleawort, which is made with Rosewater. These Trochisks be very good against all hot Agues, against all inflaming of the blood, and Cholera, against a bad stomach and bad liver, and also against thirst, which is caused thereby, they be also good against the yellow Jaundise, against the Consumption, and against the Dizzines of the head: like as you may further perceive in the Register, under the name of Camphire.

Trochisci de Capparis, of Caper roots. §. 9.

These Trochisks be very seldom made: they be good against the hardened milt, like as you may further read in the same place of the hardened Spleen.

Trochisci de Carabe, of Amber. §. 10.

Take a quarter of an ounce of yellow Amber, burnt Harts horn, parched Gum, burnt Coral, Dragagant, the juyce of Sloes, *Hypocistis*, blossomes of Pomgranats, Mastick, Lacca, and parched black Poppy seed, of each two scruples, Frankincense, Saffron, and *Opium*, of each half a drachme, then make thereof Trochisks with the slime of Fleawort. These Trochisks stop the blood; out of whatsoever place it should flow: as womens terms, the Piles, and excessive making of water: it healeth also all inward exulceration, viz. of the Liver, and of the Lights; look further in the table of Amber.

Trochisci de Chelidonia, of Chelidony. §. 11.

These Trochisks are used alone in this Book, for foul flesh in ulcers.

Trochisci de Corallis, of Corral. §. 12.

They be very troublesome to be made, and be very seldom used; they be onely good against the Piles.

Trochisci de Eupatorio, of Agrimony. §. 13.

Take the juyce of Agrimony, and of Manna, of each one ounce, Roses half an ounce, burnt Ivory three drachmes and a half, Indy Spica three drachmes, Rubarb, Asarabacca, and Annis, of each two drachmes and a half; pound them very small to powder, and

and temper them together with water of Cuscuta, then dry them in the shadow. These be especial good for all obstructions of the liver and of the Spleen, and also for all agues which proceed of it. Item, for the yellow Jaundise, and Dropsie; look in the Register for Agrimony.

Trochisci de Lacca. §. 14.

They are very troublesome to be prepared; they open the obstructions of the liver and Spleen, and cure the agues that are caused thereby; they do also expell the Dropsie *Ascites* by urine, as hath been shewed in the name *Lacca*.

Trochisci de Myrrha. §. 15.

Take *Myrrha* one drachme and a half, Lupines two drachmes and a half, Rue, white water Mints, Diptamus of Candy, Comin, Madder, *Asa Fœtida*, *Sagapenum*, and *Opopanax*, of each one drachme, then make thereof Trochisks with the juyce of Feverfew. These Trochisks do move womens terms, and assuage all pain, which may be caused by their obstructions; such like Trochisks of *Myrrha* have you described in the third Part, the 19. Chapter, and 2. §. look further in the table of *Myrrha*.

Trochisci de Olibano, of Frankincense. §. 16.

The description of these Trochisks you have in the third Part, the 11. Chap. and 12. §. look further in the table under the name of Frankincense.

Trochisci de Rhabarbaro. §. 17.

Take good Rubarb five drachmes, the juyce of Agrimony, and bitter Almonds, of each one quarter of an ounce, Roses, Indy Spica, Annis, Madder, the seed of Smal-lage, Wormwood, and Afarabacca, of each half a drachme; then make Trochisks thereof with water of Fleawort. These open the obstructions of the liver, they take away all pain and swelling of the same; they be good against the Dropsie, and the yellow Jaundise, and also against all distemperance of the body, like as you may read in the Register under the name of Rubarb.

Trochisci Diarrhodon. §. 18.

These Trochisks doth *Nicholaus* describe, and they be easily made: Take fresh Rose leaves half an ounce, burnt Ivory, and red Saunders, of each one drach, and a half, and 7. grains, white Saunders one drachme and 12. grains, Saffron two scruples and 7. grains, Camphire two grains: make Trochisks of them with Rosewater. They be very little used, like as is admonished in the table of Roses.

Trochisci de Rosæ, of Roses. §. 19.

By *Rasis* these be described in this manner following: Take Roses half an ounce, Lignum Aloes one quarter of an ounce, Mastick one drachme and a half, Wormwood, Cinamom, Indy Spica, Cassie wood, Squinant flowers, of each one drachme; fashion them with old Wine. They be very good against all pain and bad digestion of the stomach, against all cold agues, and the beginning of the Dropsie; but especially they be very good for all them which lose their natural colour: look further for this in the table of Roses.

Trochisce di Santalis, of Saunders. §. 20.

These be not made but when the same be prescribed of the purpose; they be very good against the diseases of the liver, and against the Dropsie, like as our table of Saunders doth shew.

Trochisci de Spica. §. 21.

THese Trochisks be not used, and there is mention made but ounce of them in this Book, and that onely against the pursviveness of the breast.

Trochisci de Spodio, of Ivory. §. 22.

THese be prepared as they are described in the third Part, the 11. Chapter, 12. §. and ordained for the Lask Lienteria: for what they be further necessary, that doth the Register make mention of Ivory.

Trochisci de Terra sigillata. §. 23.

OF more then twenty things be these Trochisks made; wherefore we do leave them to the Apothecaries. They be very much used, for that they be forcible against spitting blood, if the same be given with the water of Knotgrasse: they be also good against the bleeding at the nose if the same be anointed on the forehead: and also for womens flowers if they passe away too excessive fast: likewise for the bleeding of the Piles, and for pissing of blood, if it be spouted into the yard, like as the same is mentioned in the Register under the title of sealed Earth.

Trochisci de Violis, of Violets. §. 24.

You must take Violet leaves which be somewhat withered, one ounce and a half, Turbith one ounce, the juyce of Licorice, Manna, and Diagridion. of each half an ounce: make Trochisks thereof with the sirup of Violets. They are very seldom used alone, but sharpened with three grains, or with any other pills, if they be given to any body that is hard to be purged. They are made also without Diagridio, and they be also otherwhiles mixed with some other Trochisks: look further for it in the Register in Violets.

For to make writing Inke. §. 25.

WE must not pretermitt the description of this Inke (being a necessary matter.) It is also made in sundry manners; but this is the commonest manner for to make Inke: Take powdered Gall nuts one pound, Copperas half a pound, rain water 5. quarts; seethe them all together until the third part be wasted; then let it settle, afterwards strain it through a cloth: put 4. ounces of Gum unto it; and stir it oftentimes about. Some do not boil it but let it stand and steep, stirring it very often and well: but take for it no more but three quarts of water, and let the Gum be first dissolved in good wine Vinegar until it be all dissolved, and then put the other substance unto it, and thus it is also best of all, and doth remain alwayes without moulding.

For to make common Vernish. §. 26.

Vernish is made after sundry wayes, and there are also sundry sorts of them, each for an especial use; the one is made thus, and the other so. But we will here describe onely and teach how that it shall be most fitly made, and for what it shall be requisite for each one. First, take old Linseed oyl, and seeth it so long until it be as thick that if you do take a drop of it out and let it be cold, when you presse upon it with your finger it spinneth two or three threads, or glueth to the finger. This oyl being now so sodden, put Rosin unto it as much as shall suffice for to make the Vernish thick enough: then let the Rosin decoct together with oyl so long until it do stand wholly still. This vernish is good for the smiths, for the Trencher-makers, for the Trunck-makers; and further for to Vernish all slight things.

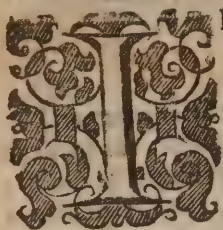
Of Painters Vernish. §. 27.

Take old Linseed oyl and see the same as is aforesaid; afterwards put amongst one pound of the oyl, half a pound of Mastick or somewhat more, and so let it see the together a good while. This being done, then set it in the Sun, in a leaden Bason, and pour one part of water upon it, and stir it well together; then will the oyl come upon the top, and let it stand so clarifying in the Sun and air the space of two or three moneths. But it is to be noted that you must alwayes take good heed of the fair weather, and of the rain, and also of the night; for if so be that it did rain, then would your oyl run over, and so you lose the same: wherefore must you have alwayes ready a board or planck for to cover the same oyl, as well from the rain, as from the night, upon adventure least that it should rain at night, &c. You may make also a fair Vernish of the oyl alone, to wit, through the seething it away, and then let it clarify as is before said.

For to make odoriferous Vernish. §. 28.

For to make this odoriferous Vernish you are to take a new earthen pot which is well leaded, and put into it one pound of oyl of Spike, and let the same be boyling hot: afterwards you are to take half a pound of Sandaraca, or somewhat more, and strew the same amongst it being beaten small, alwayes with a little at once, and stirring it well about; then set this Vernish to clarify as is said before. This Vernish dryeth very hard and with a fair glosse: it hath an especial good savour, and may be used for all things that you please.

The 17 Chapter.



In this Chapter do come no compositions, but onely those which be tempered with blew Violets and wall flowers, whereof we have oftentimes written before, whereof each is to be found in the Register; as the Julep of Violets, that you shall find in the third Part, the 12. chap. and 10. §. The sirup of Violets in the 15. Chapter, and fifty third §. The conserve before in the 4. Chapter. The oyl of Violets in the 12. Chapter, 69. §. viz. in this Eight Part. The vinegar of Violets is made, like as the vinegar of Roses is wont be made.

The 18. Chapter.

Of all kinds of Wines.

In this Chapter be all Wines contained, which be made with any kind of herbs, and such like things, viz. all such as may be accounted amongst the Physical remedies; and because they are commonly prepared with Wine or Must, therefore we will write first of them, and that in the briefest sort: for that to write of all kind of wines were matter without end.

Of Wine in general. §. 1.

It is most true, that this noble Plant is made of God for divers necessities of mankind, notwithstanding that man doth daily abuse this noble gift of God so shamefully, and so instead of doing good thereby. harmeth his body, and provoketh sicknesse, wherefore we must discourse and treat somewhat of both these things.

In this do all learned agree, and daily experience doth teach us, that Wine is so commodious and necessary for mans life, and for his health, that there can no better drink be devised. Moreover it withstandeth all poyson, and is especial good for all sorenesse of the
Kidneyes

Kidneyes, and for all pain of the Bladder. But especially fowr wine strengtheneth the stomach; further, it doth provoke digestion, it sustaineth natural power, it strengtheneth all inward and outward parts, it keepeth a body with a good colour, it maketh fresh and healthie blood, it maketh the languishing merry, the dismayed couragious, it carrieth the well digested meate into the inward parts, it consumeth the slimy humours, it strengtheneth and dryeth the brains, it refresheth the heart, it sharpneth the wits and the understanding, wherefore it is of the heathen endued with a godly name, and is called *Liber*, that is free. Further, it bringeth with it the pleasant sleep, it provoketh venery, it maketh women fruitful. In fine, wine hath so many vertues, that *Asclepiades* said, that the power of wine may well be compared with the Gods. *Esdra*s doth write (which I cannot pretermitt) that wine is stronger then men that drink it, that it altereth the wits, that it maketh Kings wise, poore, and rich men, it assureth and sharpneth the understanding, it causeth all pain to be forgotten, it satisfyeth all concupiscence, it careth neither for Kings, nor Princes, and it uttereth all that it listeth and pleaseth. These be now the commodities and avails which wine can bring with it.

But what shall I say to the contrary of those things which it doth if it be superfluously used? but we have enough spoken thereof in the six Part and eighteenth chapter, where we discourse of the Plague: but we will proceed with those things that are more fit for our purpose. We have before admonished, that there can no more commodious nor healthier potion be found for mans nature then wine, and of all other are best the fair, clean, light red, and they that have colour like Geese feet. But for to have a full and perfect instruction of wine, and for what Sicknesse each wine is prescribed or forbidden, that is to be seen in the table of the Vine. In like manner, there is also found here a perfect instruction of Must, of vine cuick, and of spirit of Wine: also in vinegar, and for what the same is good within and without, for what it is also hurtful. Lastly, we will describe sundry herbed wines, to wit, how that they be made, and also what operation they have.

Of sundry names of Wine. §. 12.

IT is also very needful, that one do know the nature of wine, for that some of them do alter their nature, according as they be young, old, white, red, thick, subtile, small, or strong. The white wine is warm in the first degree: the very old wine in the third degree; but the wine of a yeare old keepeth a middle mean. The thick red wine maketh much blood, because it needeth no great alteration, but the thin, white, and fowr wine giveth little nourishment. The thick and troubled wine obstructeth the belly, the Liver, the Spleen and the Kidneyes, so that all they which use the same too much, are wont to be troubled with the Dropsie, and Gravel, and especially the old folks. Out of this may each one choose such wines which be most meet.

Of Must. §. 13.

THE wine which we call Must, that is new Wine which is first prest out, and not long cellered, and hath not as yet wrought thorowly, like as the same is known unto all men: this must have his proper nature, but there is almost no Must which doth any good, but many that are hurtful. But Must it commonly used when one will make any herbed wines.

Of Vine cuick, or decocted wine. §. 14.

THE Physitians do call this wine Sapam, it is commonly decocted so long of Must and other strong wine, until that of three quarts there remain but one. The decocted wine is used in Physick very much inwardly and outwardly.

Of burnt wine. §. 15.

THE burnt wine is for the most part burnt of drosse, or lees of wine, which is not used so much for Physick, as that which is distilled of clear wine, and is rectified two or three times over again.

Of Vinegar. §. 6.

That vinegar is made of sower wine, is apparent to every body. It is also a marvellous work of nature that it spoyleth wine, and altereth it out of his natural course, and maketh some other thing thereof which is a thing by it self, and used as well in Cookery as for Physick, which is no lesse pleasant then wine it self. For Dioscorides, and other more learned ascribe to vinegar many innumerable vertues, like as we find by daily experience, therefore is also the red as well as the white vinegar ordained in Physick for many kind of causes, as it is also in some diseases forbidden. The lees of the vinegar is also otherwhiles mentioned in this book.

The ninth Chapter.

Of Herbed wines and such like.

First, we will teach here how this Wine is here to be prepared, the which is effected after sundry manners, and as liketh each one best. The common manner is, that the herbs are to be gathered between the middest of August, and the middest of September: but the fittest time is when they beare their flowers. These herbs are to be dried in the shaddow, or at least in a luke-warm Chamber where it doth not dust, until you will use the same. If now you will make any herbed Wine, then take a small vessel as big as you will, and put therein Beechen or Hasel chips into it, strow upon it a good deale of dried herbs, without wringing, and afterwards one part of chips again and herbs: do this so long until that all the whole vessel be full, and afterwards fill it up with Must. If so be that it be strong, then may you drink of it the sooner, and fill it full again. But to procure further advice thereof, therefore we will add unto this how to make other sorts of herbed wines.

If one will keep these wines sweet, then is one part of the Must to be decocted away with a light fire, and that according as the Must is strong, or thin. Other do prepare the herbed wine, by a certain distillation with such herbs as they will themselves, so that they keep their smell, power, and vertue, that if so be that one put but two or three drops of it into a quart of wine, that then all the wine will taste of it, so that thereby many experiences, labour and travel is spared. But because that such experiments be not known unto all men, therefore may they use these things following: take such herbs as you will, whether they be flowers or rootes, which be very dry, pownd them, and pour upon them good burnt wine: afterwards stop it tight, and let it stand so as steep the space of certain dayes; afterwards strain them out thorough a cloth, and then preserve it in a glasse. When as then you would have such wine, then pour thereof whether it be much or little into it; and if so be that you have no burnt wine, then take good old strong wine in stead thereof. But excepting the boyling or distilling of it, the wine it self is of that nature, that very shortly it draweth to it the power, smatch, savor, and vertue of those things which are infused therein. Some suppose, that one must cast into the vessel onely the herbs, roots, seeds, flowers, or any thing else that one will, and to pour new Must upon it, whether it be much or little, according to that the wine or any thing that is in it be strong or weak. Other do cast the roots, herbs, and other things in it when the wine is a year old. Some do take the herbs or roots &c. green: some dry. Some do shred the herbs, some do stamp them to powder, and so hang them in a bag. Each may take out of this that liketh him best. Let this suffice for the making of wines.

Wine of Elecampane roots. §. 1.

THis wine is prepared after divers sorts, but the best manner is which also needeth not much trouble, as hereafter followeth, take Must first trodden out of the Grapes, and let it seeth without any smoak about it even to the half, if that you desire to have it sweet. In this you are to seeth Elecampane rootes which be digged up in the spring time, and cut into slices, and dried on a threed. Seeth them so long in it until they have

lost

lost all their bitter taste: and if one will often use this wine, then are the roots so much the oftener to be sod with new wine, that the Wine may abide by his power, and the vessel is alwaies to be filled up againe with Wine. This is a very profitable potion for the head and the brains; in like manner also for to warm and strengthen the sinews if the same be vexed with rheumes. This Wine is also good against all cold diseases of the lights and of the breast, it cleanseth the same, it strengtheneth all bad digestive stomachs, it refresheth natural warmth, it warmeth the sinews, it openeth the passages of urine, it is good against all winds, it strengtheneth the Matrix, and it cleanseth the same of all cold phlegmatick moisture; and it provoketh also the terms.

Eyebright Wine. §. 2.

THis Wine is made of the herb, as we have taught before, his vertues are described in the first Part, the 7. Chapter, and 20. §. and in other places more.

Wine of whole Grapes. §. 3.

IF one will make this Wine as it ought to be, then take whole red or white Grapes taken from the stalks and well cleansed, and put them into a vessel with chips (as we have taught before) fill the white with white Must, or with Fern wine, and the red with red wine. Some do boyl it in Must, and that according to each ones pleasure, as also some there be which put no chips unto it, but they do put Sage leaves unto it, and let them lie a certain time in it. There be spices also wont to be hanged therein, so that the wine may get thereby not only a pleasant, but also a strong and good taste.

These Wines are first of all very commodious for all hosts and householders, so that all that which remaineth of other Wines, and is not drunken, may be poured unto it. Such Wines be very acceptable, but if one do drink too much thereof, then do they hurt the head, for they do distemper the brains, and that chiefly in the evening after supper, for that they be much subtiler, and more ascending then other wines: they make a body quickly very sleepy, they provoke vomiting against evening, but in the morning they make merrry: and amongst all other there be none that hurt the brains more then this, wherefore they are both drunken more for lust and pleasure then for commodity of health.

Wine of Avence. §. 4.

THese odoriferous roots do the Apothecaries and Physitians call *Garyophyllata*, the same is to be digged up in the spring time, but chiefly in *March*, in which time the roots be most forcible: let these roots dry well, and when they be cleansed, then hang them afterwards in the Wine, it will get thereby a very pleasant savour and taste, which refresheth the heart and strengtheneth it: openeth the obstruction of the Liver, warmeth the cold and moist brains, dryeth and strengtheneth the cold slimy stomach, it asswageth also all pain of the Matrix.

Betony Wine. §. 5.

THis Wine is made of brown Betonie, as all other herbed Wines be; it is especial good against all belching and wambling of the stomach, it withstandeth the overflowing of the gall, it is many times approved in a cold Matrix, and against all suffocation of the same, it strengtheneth all inward parts, it warmeth and healeth also the same, it openeth the obstructions, it consumeth all cold humours, it expelleth all venemous matter by the urine and by the stool, and in like manner also the yellow Jaundise: and if the same be oftentimes used, then it is very requisite against the falling sicknesse, against the *Sciatica*, against the sicknesse of the Lights, and against the Consumption: It is also very necessary against the cough, against short breath, and it expelleth also all agues which do come out of a foul stomach. The same power have the red Gilloflowers, like as the same be also a kind of Betony, whereof hereafter we shall speak further. This Wines use and operation you shall find described in other places more.

Burrage Wine. §. 6.

WE have admonished before of the description of the Conserve and Sirup of Burrage, how there is a small difference between this herb and the Buglosse, wherefore also both these herbs may be taken for this Wine, like as we have taught before, or the juice of the same may also well be used with this Wine, which wine doth drive away all poison from the heart, it cleanseth the blood, it maketh merry, it refresheth the vitall spirit, it driveth away pensivenesse and all bad thoughts, it is also very necessary for all them which do fall easily into any swooning, and is of a full temperate nature, &c.

Wine of Asarabacca. §. 7.

THis Wine and other more be prepared against the gravel, like as in the third Part, the 17. Chapter, and 4. §. is described; and you shall further find in other places more for what it is more commodious.

Wine of Framboyes. §. 8.

THis Wine is made like as the wine of the whole Grapes is made, it hath the nature of the same berries, it is much commended in the Plague and Squinancie, but if one put none other wine unto it, then is it not very pleasant, wherefore it is not commanded to be used in any other places of this Book.

Wine of Harts tongue. §. 9.

THere be two kinds of Harts tongues, viz. the *Ceterach*, which is the right Harts tongue, and the long Harts tongue, which is hairy about the stalks, they may be taken both together, and to make this wine as all other wines: it is not very pleasant of taste, but it is of great force, for that it openeth and strengtheneth the Spleen, it is good against all poison of Snakes, and being drunk warm, it asswageth all cramps and scouring of the belly, it taketh away the yellow Jaundise, and also obstructions of the Liver; it is also very good for all them which be vexed with the stone and with the gravel: it is also good against all melancholy, and expelleth the Quartain Ague, it consumeth all clotted blood which is caused in the breast through falls, it openeth also the conduits of urine, and healeth all diseases of the same. For what this wine is further meet, that is to be found described in other places of this Book.

Wine of Hyssop. §. 10.

THis herb is hot and dry by nature, which vertue the Wine also hath, wherefore it is good for all old persons, for it warmeth all inward parts, it asswageth the cold and moist cough; it is also good against the falling sicknesse, for when the same is used often and long, then doth it take away the same, and that especially in young folks. It is also good for the breast and the lights, for it warmeth the same, and consumeth all tough slimy matter, and also all agues which may spring out of the same: it openeth the pipes of the lights, and it maketh a clear voice, for it cleanseth the breast, and healeth all anguishes of the same: it taketh away the shortnesse of breath, and is especial good against the Dropsie, like as is admonished and described in more other places of this Book.

Winter Cherry wine. §. 11.

THis Wine is also made like as the wine of whole Grapes, it is very much used against the stone, the gravel, and is also especial good for all them which can hardly make water.

Cherry Wine. §. 12.

UPon the River of *Rhene*, and every where else, all wines which be made of red or black Cherries, are called Cherry Wines, and they make the same as hereafter followeth. Pluck the Cherries from the stalks, and pould them in a stone mortar with

with stones and all, and then pour red or white Wine upon it: but this wine will be very small, wherefore it is prepared after another manner with whole Cherries as followeth: Lay in a vessel of beechen or hasel chips as many as you please, and then one part of Cherries upon it, and so further until it be full, like as we have said and taught of the Wine of Grapes; fill then the vessel full of wine, and so let it lie three or four daies; then shall it be sufficiently coloured. This wine is of a good tempered nature, is very requisite in sommer time in great heat for to assuage therewith thirst, and to moisten the inward parts. It openeth also the liver, it expelleth urine, especially if the kernels with the stones be broken in it, for these kernels expel the gravel. Some do hang spices therein, which cannot be good, because his nature is altered thereby. Look into the Table of the Cherries.

Of Lavender Wine. §. 13.

There is but little made at once thereof in a small vessel, whereof may not be drunken long. There is a long bag hanged in it with Lavender flowers, and interbattered or quilted, to the end that not all the flowers fall in a heap. This wine is especial good for a cold head, and for moist brains, for the giddinesse, for the falling sicknesse, and such like diseases.

Of Malmsey. §. 14.

Albeit that this Wine be tempered neither with herbs nor with spices, but by nature, and of it self is a noble and pleasant wine, which is brought unto us out of Grecia, and other Countries adjacent, yet shall it neverthelesse not be against our purpose, because that the same is very much used in Physick, that his power and vertue be shewed at this present, look for it in the second Part, in the sixt Chapter; and in the third Part, the 11. Chapter, and 14. §.

Wine of Marjoram. §. 15.

This Wine is prepared as all other herbed wines are, it strengtheneth the brains, and warmeth all inward parts: it is very good for all them which be inclined to the drop-sie, it assuageth the pain of the belly, it expelleth urine, and moveth womens termes: it is a very good potion for to warm the head, and to strengthen the memory, as you find described in divers places of this Book.

Wine of Cinamon. §. 16.

This aromatical Wine is so called and placed amongst Claret Wine, whereof we have admonished before in the eight Part, in the third Chapter. This Wine is to be prepared in the harvest, and will keep good throughout the whole year; it hath all the virtues of Hypocrasse: Take one and a half, or two barrels of Must, seeth the same as we have taught of the wine of Elecampane roots; when it is cold, then put it into a clean vessel, and put thereto as many whole Grapes pluckt from the stalk as will go into the third part of the vessel: afterwards make a linnen bag, and put therein two pound of Cinamon, Ginger one ounce, Galangal one ounce and a half, Pepper and Greins, of each half an ounce, Cloves and Nutmegs, of each one quarter of an ounce, Cucubes, Cardamom and long Pepper, of each one drachme, Mace three drachmes, pownd all grosse, and hang these herbs in it. This Cinamon wine may be used for all cold diseases of the head, as all other Aromatical wines are to be used.

Item, for all cold and unfruitful women; but to the contrary, all young and hot people, and all they that be burthened with hot Agues, must shun this wine as poyson. Of this foresaid wine is admonished in many places of this book.

Muscadel Wine. §. 17.

This Wine groweth in Candy, from whence it is brought to Venice, and brought thence unto us, and is often used in Physick, like as is admonished in many places.

Wine of Gilloflowers.

S. 18.

THis Wine is made of red Gillofer flowers, and made after the same manner as the Wine of Betonic is made, which hath also the same force, like as both of these herbs taken to be of one efficacie, and is commended in sundry places of this book.

Wine of Buglosse.

S. 19.

Look for it before in the sixth S. of the Wine of Burrage.

Wine that purgeth.

S. 20.

These purging Wines be made after many kinds of waies, like as you find them described in their places, whereof you have one for an example in the third Part, the 11. Chapter, in the end of the 20. S. which may be used for a common opening of the body.

Wine of whole Grapes.

S. 21.

It is before described in the third S. wherefore we will not here discourse any further thereof.

Vinum Puniceum.

S. 22.

This is no artificial Wine, but it is a Wine which is of itself so grown without the addition of any thing unto it. It is very healthy, and also good of taste. The same is drunken in Germany, not only at great feasts, but also used for Physick, like as is sufficiently admonished thereof in the Table.

Rosemary Wine.

S. 23.

This Rosemary Wine is marvellous much commended, and taken for a very whole some potion, especially in all cold sicknesses. It strengtheneth the digestive vertue of the stomach, it causeth appetite, it fortifieth the heart, the brains, and the sinewes, it giveth a fair pleasant colour, not onely drunken, but also the face washed therewith, it consumeth all inward putrified humours, and it preserveth the body from all sicknesses. If the mouth be often washed therewith, then doth it make a well savouring breath, it strengtheneth the teeth, and the flesh of the teeth: wherefore it is also very good that all outward ulcers, viz. the Canker, fresh wounds, and such like sores be washed therewith. Further, this Wine is good for all diseases of the lights, for the consumption, and especially for all them that are rheumatick, and moist of brains. It is also good against the Palsey, against the falling sickness, against the lameness, and against the cold Matrix, it heateth and dryeth the same, and maketh it also meet for conception. Thus if this wine must be made in haste, and not be kept long, then may you take Rosemary flowers, Harts tongue, and also rindes of Tamarisk, of each half a handful, then pour upon it seven pots of Must, and then let it so stand and work or run over, and fill up the vessel alwayes with other good Wine. Item, take Rosemary and Harts tongue, lay it all a night to steep in wine, and then use this Wine instead of the foresaid Wine if the same cannot be gotten: his vertue and power is described in many sundry places.

Wine of Sage.

S. 24.

This Wine doth heal all soreness of the mouth, it setteth fast the teeth and also the gums, it strengtheneth the sinews and all lame joynts, it dryeth the moist brains which are hurt through Phlegma, it freeth from the cramp, trembling and shaking, and also from the falling sickness, the same being drunken, and the liver anointed therewith, or the hot vapour thereof received; for what it is further meet, that is admonished here and there in this Book.

Wine of Clarie. §. 25.

THe deceitful falsifiers of Wine have made this precious herb (which is a species of wild Sage) very suspicious, so that it is esteemed hurtful: but it is in truth not so, for if with this herb (as with all other herbs) the wine be prepared, then it is very fit for the head and for the stomach, for that it dryeth and warmeth the cold moist brains. It is also much to be compared with the wine of Sage and of Rosemary for his vertue, and this is also the cause wherefore we make so little mention thereof in this book.

Wine of Water Lillie flowers. §. 26.

THis wine is prepared very seldome, as also it is but once remembred in this Book, and that in the Consumption.

Tamarisk Wine. §. 27.

THis Plant doth willingly grow in moist places, and to this Wine is alwaies used the middlemost rindes, it hath the same power of the Wine of Harts tongue, wherefore they are commonly used together, as may be seen in many places of this book. This wine may also well be drunken for to cleanse the blood with it, and to consume melancholick humours which do cause the quartain Ague and the Scurvie, and such like sicknesses. What vertues this wine hath more, look for that in the Table, in the description of the wine of Harts tongue.

Wine of Wormwood. §. 28.

Although that this wine hath a bitter and unpleasant taste, yet hath it neverthelesse a marvellous great vertue, and is used above all other herbed wines. First of all it killeth the Worms, it withstandeth poyson, and it expelleth the hurtful phlegme; and if one drink the same often, it cleanseth and strengtheneth all inward parts that they cannot receive such matter, it dryeth the vapours of the stomach that they cannot ascend into the head, it maketh appetite, it openeth all obstructions of the inward parts, viz. of the liver and the spleen, and it taketh away also the yellow Jaundise which is caused thereby; it freeth from the Palsey, the falling sicknesse, and all lamenesse, it restoreth lost speech, it strengtheneth the weakned joynts if the same be well rubbed and fomented with it; and if mens or beasts wounds be washed with it, then is the same kept fair and clean, and suffereth no foul flesh to grow in them, but healeth them: it cureth also all scald heads if the same be washed with it.

If any one would go to Sea, then is he to drink certain daies before some of this wine, for that thereby shall he be freed of the Sea sicknesse. Moreover, this wine is an especial preservative against the Plague, and against all venemous ayr, if one take a good draught thereof before that such Patients be visited, it bringeth also sleep with it, and taketh away heavy dreams. But by reason the common people have not alwaies this wine in a readinesse, the juice of Wormwood may be tempered amongst Wine, and be used instead of the Wormwood wine. This Wine is meet for many more other diseases, like as may be read here and there in this book.

Wine of Zeduary. §. 29.

Take in the beginning of winter one barrel and a half of Must, let it seeth softly, like as is described of Elecampane Wine, afterwards put it into a clean vessel, and then put these spices following unto it: Take good Cinamom one ounce, Zeduary half an ounce, Ginger, Galangal, greins and long Pepper, of each one drach. pound them all together grosse, to the end that when the power of the Zeduary is gone, the spices may dry, and take out the Zeduary of it and put fresh unto it: if so be that you desire to keep this wine long, then is the same to be filled up with decocted wine, and not with common wine. This wine hath the same efficacie and power with all aromatical wines, and may also be used instead of them.

How the infirmities of all Wines are to be amended. §. 30.

WE are here not to write too largely how all the infirmities of wine are to be amended, but are to commend that to the Wine sellers, by reason that thereof divers books are written: for amendment of all Wines doth serve very well M. Tristrams water, which is described in the fifth Chapter, and 1. §. In like manner also all golden and vital waters which before in the eight Part, and sixt Chapter are described, if there be poured a little of them in Wine which is dead or low, and stirred well about.

Item, in the moneth of May you are to take a branch of a young green tree, shave off the uppermost rindes, and lay them the space of three dayes in fresh water: afterwards wash them well, and then pour fresh water again upon them. This being done, let them lie the space of three daies, wash them well again, and then dry them in the shadow. If you have now any Wine which beginneth to be dead, then take three or four of these rindes all of a length, and bind them to a threed, and hang them in the wine, it will thereby be very good and cleer.

There be here and there described divers sorts of Wine, which be prepared for sundry sicknesses and parts of mans body, viz. for the Head, for the Liver, for the Milt, for the Heart, and for the Reins, &c. each one may look for them in their places for which they will use them. Herewith we will in the name of God finish this our

Book of Physick, and commend the same unto our most true Father,

through Jesus Christ our Lord, the most true Physitian of

all our diseases, that he will most graciously

extend his blessings over it.

Amen.

The end of the Eight and last Part of this Book.

The



The first Table containeth all the names of all diseases,
accidents and infirmities: Also all manner of Compositions,
Conserve, Confections, Electuaries, Sirupes, Juleps, Trochisks, Pills,
Potions, Salves, Plaisters, Oyles, Baulmes, Waters, and Aromatical
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The end of the first Table.

This



This second *Index* containeth all the Simples that are Specified in this Work, as Roots, Herbs, Flowers, Fruits, Plants, Juices, Gummes, Woods, Stones, Barks, Mettals, Minerals, and Earths. Also all the parts of Beasts, and of the Body of man; that are or may be used in Physick.

Brecocks or Peaches, are called in Latine *Mala armeniaca*, *Mala praecocia*, and *Bericocia*: others do call them *mala praecocina*, and the common sort name them *Chrysemela*, but this is the right and true Latine name of the Orange: it is a fruit sufficiently known, and growing in this our countrey.

Adders tongue, is called of *Plinie* *Lingua*, and *Lingulaca*, of the Herbarists, *Echioglossum*, *Ophioglossum*, *Lingua viperina*, *Lingua serpentina*, and *Lingua dialeratica*. This herb is to be gathered only in April and in May, it groweth in moist meadows and low grounds, and that at no other time then in the above said moneths. It is used in vulneral porcions, oyles and salves.

Alcock, or *Indish Pepper*, in Latine *Peperidum*, *Piperis*.

Alchoof, or (as some say) *Hatchoo*, is called in Greek and in Latine *Chamaecissus*, *Selinia*, *Hederabimilis*, and *Coronaria*, by the Herbarists, *Hedera pluvialis*, and by the Apothecaries, *Hedera terrestris*.

Allium alpinum, it is also called *Allium reticulatum*, *Victorialis*, and *Victorialis longa*, to distinguish it from *Gladiolus segetalis*, which by divers authors is called *Victorialis rotunda*, although in very deed they differ greatly. The leaf of this herb is not much unlike to that of Neesewort, the root is long and hairy, twisted together, as if it had been done of purpose with the hand, whereof two of them are laid cross one over another, as the legs of man or woman otherwhiles are placed. This root do the rosening Merchants (I mean the Mounti-

banks and Quacksalvers) sell for the right *Mandragora* or *Mandrake*, saying, that they have digged it up under the Gallows with great hazard of their lives: thus do they beguile and seduce the common sort of men with untruths, which ought by the Magistrates to be severely punished, and not for a small peece of silver to be permitted, otherwise, I fear they shall be called to an account for it, when it shall be said, *Redde nationem villicationis tuae*.

Allum, *Alumen*, *Alumen liquidum*, *Alumen stiparinum*, *Alumen rubeum*, the Apothecaries do call it, *Alumen de Rocha*.

Amber in Latine, *Ambarum*, *Ambar*, *Ampar*, *Ussuccinum orientale*, and at the Apothecaries, *Ambra*, it is a precious liquor, or a kind of sweet smelling earth.

Amethyst, *Amethystus*, a precious stone.

Anmie, *Ameos*, *Anmum*, *Anmi*, *Cuminum regium Hippocratis*, *Cuminum Alexandrinum*, and *Cuminum Ethiopicum*, it is a kind of plant which beareth a sharp and sweet seed, which the Apothecaries do call *Ameos*.

Anacardus or *Anacardium*, is a strange fruit so called.

Angelica is called by divers and sundry names, for that there be divers sorts of it, as *Hippiatricis*, *Lasaron Gallaticon*, in Greek *Lasar Gallicum*, *Lacerpitium Gallicum*, and of the Herbarists, *Imperatoria*, *Ostracium*, and *Astracium*, the Apothecaries do call it *Astracium*, and *Magistratum*.

Anthora, is called of *Paulus Aegineta*, *Ar-nabo*, and of the Arabian writers *Zurumbet*, of the Simplicists *Zurumbetum*. It is a sweet smelling root like to Ginger, but it is bitter in taste. It is commonly called *Zedoaria*, but unjustly: for there is no small difference between *Zurumbet*, that

The second Table.

is, *Anthora*, and *Zedoaria* of the Arabians, as manifestly appeareth by the words of *Avicen* and *Serapio*, who do write of these two in sundry chapters, severally: wherefore the *Zedoaria* of the Arabians is not our *Anthora*, although that it hath bin falsly used in many compositions for it, but it is the root of *Zeduary*; *Anthora* is an herb, not much unlike the lesser *Wolfsbane*, but that it groweth somewhat higher, and the flowers are a little lesse and yellow. It hath two black roots round like unto an Olive; blackish without and as it were withered; within white and solid. It groweth in great quantity on the hills in *Savoy*, and about *Geneva*, all about *Salmes*, in high *Burgundy*, and on the hills of *Switzerland*. The latter Greek Writers call it *Zadura*, *Zaduaria*, *Zedura*, *Zudar*, *Zaduara*, *Zadur*, *Zadera*, *Zaduär*, and *Zadar*: *Serapio* calleth it *Zedoaria*; *Avicen* *Zeduar*, *Gieduar*, and *Napellus Moysi*. The *Simplicists* name it *Anthora*, *Antithora*, and *Anthullia*: wherefore whensoever you shall find *Zurumbet* in any composition, then be sure to take *Anthora*; but if you read *Zedoaria*, then take *Doronicum*.

Antimony, in Greek *Stribi*, *Stribium*, or *Stimmi*; of *Galen* *Gynacium*, and of *Plinie* *Platiophthalmos*: it is called at the Apothecaries by the barbarous name *Antimonium*. *Plinie* also calleth it *Alabastrum*, which name is proper onely to *Alabaster*; it is a mineral like to lead, and known of all men.

Argentine, *Argemone altera*, *Inguinaria Plinii*, *Anserina*, *Argentina*, *Tenacetum sylvestre*, *Agrimonia sylvestris*, *Potentilla*, and *Potentilla*. This herb is sufficiently known, and much used for all pains and gripings in the belly which are without any binding.

Aristologie the round, vide *Hartwort*.

Aromatical wine, is a wine made with spice, and a kind of *Hippocras*, *Aromatites Hippocras* is called in Latine *Vinum Hippocraticum*, the *Claret wine* *Clarea*, *vinum Claritum*, and at the Apothecaries *Claro-batum*.

Artichokes, are called in Greek and in Latine *Scolymus*, *Cinara*, *Cinarus*, *Acantha*, *Cactus*, *Cardus altiss*, *Strobilus*, *Carchophilus*, *Articacalus* and *Articoca*.

Ars-smart, in Greek and in Latine *Hydropiper*, *Piper aquaticum*, *Piper caninum*, *Herba pavonis*, *Pavonaria* and *Periscaria*, of *Hippocras*, *Polycraton* or *Polycriton*. It is a well known and contemned herb, but very good for wounds; it is hot and dry. The other

kind, which by the unskilful without any regard is used for the true *Ars-smart*, is somewhat bigger, and hath blewish spots on the leaves, it is also something colder and dryer by nature then the former, and it is called *Periscaria major*, and *Periscaria maculata*, and of *Plinie* *Plumbago*, and *Molybdæna*. The first sort is the right *Ars-smart*, which is not only used in wounds, but also for the *Piles*, and the juyce of it for the worms.

Asarabacca, *Asarum*, *Nardus rustica*, *Vulgaro*, and as some say *Vulvago*: the Apothecaries call it *Asarum*, and some *Asarabaccara*.

Ash tree, in Greek and in Latine *Melia*, and *Fraxinus*, it is a common and well known tree.

Azure stone, *Cyanon*, in Latine *Lapis Cyanus*, *Lapis caruleus*, and *Lapis stellatus*, at the Apothecaries *Lapis lazuli*.

Avenge, or herb bennet, *Garyophyllata*, *Avantia*, *Sanamunda*, *Oculus leporis*, and of *Plinie* *Geum*.

Axungia vehicularis, or *Unguentum vehiculare*, is a composition of Tarre and Tallow that countrey men do use to grease their Cart wheels withal, it is used for Ruptures or Hernies.

B

Bacon, is called of *Plinie* in Latine *Lardum*, and of *Plantus* *Laridum*.

Badger, *Meles*, *Taxus*, *Tassus*, *Taxo*, it is a well known beast.

Barberry tree, in Greek and Latine *Oxyacantha Galeni*, *Crespinus*, and at the Apothecaries *Berberus* and *Berberis*.

Barley, in Greek and Latine *Criso* and *Hordeum*.

Bay tree, in Greek *Daphne*, in Latine *Laurus*. There are two sorts of Baies, the male and female kind. The female is the common Bay tree which beareth the berry: the male is altogether like to the former, but that it beareth no berries: the female is called of *Plinie* *Laurus baccalia*, and of the Herbarists *Laurus foemina*, *Laurus baccifera*, and *Laurus foecunda*. The male is called *Laurus mas*, and *Laurus sterilis*. Both kinds are planted in gardens with us.

Balme, *Melissophyllon*, *Meliphylon*, *Melittæum*, and *Melittæna*, in Latine *Apiastrum*, *Citrargo*, and *Citraria*, of the Herbarists *Citronella*, *Melissolium*, & *Cedronella*, at the Apothecaries *Melissa*. *Nicolaus Myrepsus* calleth it in Greek *Melissochorium*, that is,

The second Table.

Herba apium. Our Baulm undoubtedly is the right *Melampyllum* of the ancient Physicians, although divers will gainsay it, for both in form, vertues and operation do they agree. There be also two kinds of this herb, the one which is common and daily used; of the which in this place we speak. The other hath long and jagged leaves, and brown flowers, and it beareth the smell of a strong and odoriferous Limon, and it is called *Melissa cretica*, and *Melissa Turca*, to distinguish it from the other; both kinds are in use.

Bearfoot, *Acanthus seu Acantha*, *Herba Topiaria*, *Herbapacantha*, *Pæderos*, or *Pædorotes*, *Melampyllum*; of the Simplicists *Branca Originalitica*, to sever it from our common Bearfoot, which is the right *Spondylium* of our ancestors. The wild Bearfoot or *Acanthus* is very common every where in Germany, it groweth willingly in low and moist meadows, and is there called of the common people *Graskol*. It is there ordinarily used in the pot amongst other pot-herbs. *Dioscorides* calleth it *Acanthus sylvestris*, the Simplicists call it *Carduus pratensis*, and *Brassica pratensis*.

Beere, *Cervisia*, *Zithum*.

Beetes are called of the Grecians *Tenillon*, *Tenilis* and *Seutlon*, of the Latinists *Beta*, and at the Apothecaries *Cicla*. There are two kinds of it, the white and red Beetes: the white Beetes are called *Beta candida*, and *Beta Sicula*, whence the barbarous names *Cicla* and *Sicla* first began. The red Beetes are called *Beta rubra*, in English red Beets, of which there are also another sort with a dark red coloured leaf, called *Beta nigra*. The white is used in Physick, and the other in the Kitchen.

Beestings, in Greek *Trophalia*, in Latine *Colostrum* and *Colostrum*.

Behen or Ben, are two roots, the white and the red, they are seldom used severally. The white is known of all Simplicists, and it is called *Cardianthemum*, of *Dioscorides* *Ocymastrum*, we know no other name for it but Behen or white Ben. The other sort which is brought unto us from forraign Countries, is called the red Behen, and but little accounted of with us. Some do use the roots of Tormentil or of Pimpernel for it, and that indeed not amisse, for that the roots of the red Ben is both without smell and taste, and also uncertain.

Benzoin, *Beniovinum*, *Belzoinum*, *Benzoinum*, and *Benzuinum*, is a sweet smelling juice, which is called at the Apothecaries

Asa dulcis, it is very seldom used alone, but is alwayes used in compositions, whether it be by fuming candles or sope balls.

Beril, *Berillus* or *Beryllus*, it is a precious stone, pale green coloured. There is another kind of it that is somewhat yellowish, and is called *Chrysoberillus*, that is, a yellow Beril. The Beril is used for all infirmities of the heart, being mixed with other things.

Betony, in Greek and Latine *Cestron*, *Psychotrophon*, *Betonica*, *Vetonica*, *Serratula*, and *Scribonius* doth call it *Hierobotane*, that is, *Sacra herba*, otherwise is Vervein, called *Hierobotane*.

Bevercod, *Castoreum*.

Bisket, *Panis nauticus*, *Biscoctus*, *Bucellatum*, *pyrus Hippocratis*, it is a bread twice baked.

Birdlime, in Greek *Cleos*, in Latine *Viscum*, *Gluten aviarum*, and *Gluten aucupum*.

Bistorta, in Greek and Latine *Bisanica*, *Bisanica*; of the Herbarists *Serpentaria rubra*, *Bistorta*, and at the Apothecaries *Serpentaria* or *Colubrina*.

Blackberry bush, or Bryer: *Batus*, *Rubus*, *Morus Vaticana*. The fruit of this shrub is called the Blackberry, in Greek and Latine *Mora horti*, *Mora rubi*.

Blites, in Latine *Blitum*; of the Herbarists *Beta insipida*, and *Beta farinacea*. There be four kinds of it; the first is the common Blites, and known by that name *Blitum*, *Blitum album*. The second kind hath red leaves, and is well known and common in every garden, called red Blites: the Simplicists do call it *Blitum rubrum*, and *Olas rubrum*. The third groweth on every dunghil, it is much lesse, and is called wild Blites. The fourth kind is brought unto us from forraign Countries, but now it is common in all gardens, and it is called Hungarian or Indian Blites; the Herbarists do call it *Blitum Indicum*, *Blitum Ungaricum*, and *Blitum Topiarium*. The common Blites shall be used in all compositions, to wit, where blites is named without any addition.

Borrage, or Burrage, *Buglossum*, *Euphrosynum*, *Nepenthes*, *Borago*, *Lingua bovis*, *Lingua bubula*, and *Corago*.

Borras, *Chrysocolia factitia*, and at the Apothecaries *Borax*. There is another kind of *Chrysocolia*, which the Goldsmiths were wont to use in soddering, this is called of the Grecians *Chrysocolia*, and in Latine

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Auriglutinum, *Gluten auri*, and *Chrysocola nativa*, but that is not taken inwardly as the common Borrax is.

Bran, *Furfur*, *Cantabrum*.

Brimstone, in Latine *Sulfer*, *Sulphur*: there are two kinds of it, the one as it is digged out of the myne, which is called *Sulfer vife*, in Greek *Theon Apyron*, and in Latine *Sulphur ignem non expertum*, and *Sulphur vivum*. The other kind is the common Sulphur or dead Sulphur, in Greek *Theon pepyromenon*, in Latine *Sulphur ignem expertum*, *Sulphur factitium*, and *Sulphur mortuum*: but whensoever Sulphur or brimstone is found in any composition, then shalt thou understand Sulphur vife.

Bryony, in Greek *Ampelos Leuca*, *Bryonia Leuca*, *Psilothrum*, *Ophystaphilos*, *Meloirum*, *Archisotrus*, *Cedrostis*; *Hippocrates* calleth it *Echetrofis*; *Plinie*, *Maadon*. In Latine *Bryonia*, *Vitis alba*, and *Bryonia alba*, *Vua serpentina*, *Vua anguina*, *Rorastrium*, of *Apuleius*, *Dentaria* and *Apiastellum*, in the Arabian tongue *Alphescera* and *Fescera*. The other kind is called the black Bryony, but it is not so common with us as the white: the leaves of this are not much unlike to the long Hartwort leaves, but they are somewhat longer and tenderer, fashioned like a Hart: it runneth up into the hedges like the white. This black Bryony is called of *Dioscorides* *Ampelos melana*, *Chironios ampelos*, *Bucranium*, and *Plinie* calleth it *Cynacanthus*. In Latine *Bryonia nigra*, *Vitis nigra*, *Vitis Chironia*, *Bacantha*, *Betisalca*, and of *Plinie*, *Apronia*; The Herbarists call it *Tamarus*, *Taminus*, *Tamus*, and *Vua taminia*; the Arabians *Alfescresin*, and *Fescresin*, yet it is altogether unknown to our Physitians and Apothecaries. It groweth very much about *Lauterberge* in the woods and hedges thereabout. Whensoever thou dost find Bryony in any composition without any addition, then shalt thou understand the white Bryony onely.

Broom, is altogether unknown to the Grecians, *Plinie* calleth it *Genista*; at the Apothecaries *Genesta* and *Genestra*. The Simplicists call it *Spartium scoparium*, and *Genesta scoparia*, for a difference of the Spanish broom which *Dioscorides* calleth *Spartium*.

Buck, *Hircus*, of this beast are many things and parts used in Physick.

Buffle, *Bubalus*.

Buglosse, Oxetongue, Lang de beuf, in Latine and Greek *Buglossa*, *Buglossum*, *Lingua bovis*, *Lingua bubula*, the Greeks do also

call it, *Euphrosinon*, or *Nepenthes*: these are the true names of the Buglosse of the ancient Physitians. The herbs that now adaies are called Buglosses, are in number 8. whereof three are tame or garden Buglosses, and five wild. The first kind is called the Spanish Buglosse, which is the true Buglosse of *Dioscorides*, as every one doth acknowledge that compareth it with the description: the Simplicists call it Spanish Buglos, *Buglossum semper virens*, and *Mesues* calleth it *Buglossa domestica*. The second kind is called Burrage, *Borago* and *Corago*, it is both common and well known. Many do take this to be the right Buglosse, but indeed the former is to be taken for the right. The third is our small Oxetongue, or Lang de beuf, which the Apothecaries do daily use, and is called the lesser Buglosse; and of the Herbarists, *Buglossa minor*, *Buglossa officinarum*. The fourth kind of Buglosse, although with us it be planted in gardens, yet notwithstanding it is a wild Buglosse, for by *Merborge* in *Lottering*, and also in *France* it groweth very common in every field. It is called the greater Buglosse; Italian Buglosse, *Buglossum Italicum*, *Buglossum Gallicum*, and at the Apothecaries *Buglossa major*, *Mesues* doth call it *Buglossa sylvestris*, and other will make a kind of *Echium* of it. The first kind (and the second among the wild Buglosses) groweth not above one foot in height. it beareth a purple flower admixed with blew, it is commonly found in woods, and in sandy grounds: it is both in smell and taste like the lesser Buglosse, and is called also the lesser wild Buglosse. The Simplicists call this fifth kind of Buglosse, *Buglossa sylvatica*, *lingua Ovina*, and *Cynoglossa minor*. The sixth kind (and the third wild Oxetongue) groweth not above a span and a half in height, it is very sharp and pricking, it beareth a light blew flower, it is found in gardens, and in other we'll tilled places of it self: the Herbarists call it *Buglossum Echiotis*, and *Buglossum sylvestre spinosum*. The seventh Buglosse (and the fourth amongst the wild ones) is also commonly so called, it groweth every where by the high way sides, and dry places, it is well known to every man under the name of Buglosse, it is called in Greek and Latine *Echium*, *Alcibiadium*, and of *Aegineta* *Alcibiadium* and *Dorias*, of the Simplicists *Buglossum viperinum*, *Buglossum sylvestre*. The eight kind and fifth wild Buglosse, is called red Buglosse, because it hath red roots, it is called in Greek and Latine

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Latine *Anchusa*, but *Matthias Sylvaticus* doth call it *Lactuca asinina*; the Herbarists call it *Buglossa rabra*, and the Apothecaries *Alcana*, but *Alcana* is otherwhiles taken for *Ligustrum*. The first six kinds of tame and wild Buglosses are moyst, and meetly warm, in time of need they may be used one for another.

Bull, *Taurus*.

Burre the greater, in Greek *Prosopia*, *Prosopium*, in Latine *Acrium*, *Personata*, *Personatia*, *Bardana*, and at the Apothecaries *Lappa major*.

Butchers broom, or Kneeholm, in Greek *Oxymyrine*, *Myrsine Agria*, *Myriacantha*, *Myacantha*, *Schinchus*, *Sciagus*, *Catangelas*, *Gyrenia*, *Ocneron*, *Cine*, and *Chamemyrsus*. In Latine *Myrsus sylvestris*, *Myrsus Aculeata*, *Myrsus acuminata*, *Myrsus humilis*, *Myrsus terrestris*, *Genitura Herculis*, *Ruscus*, and *Spina murina*. The Herbarists do call it *Spina vesperilionis*, *Palma murina*; the Apothecaries *Bruscus*; and *Dioscorides*, *Hiera myrsus*, that is, *sacra myrsus*. This Butchers broom is onely planted in gardens in Germany, although his roots and red berries be daily used of the Apothecaries. In France it groweth very common in divers places, to wit, about *Orleans* and *Montargis*.

Cabbage, or Coleworts, a Cabbage is called in Greek *Crambe*, *Cephalote*; and *Nicander* doth call it *Gaster*: In Latine *Caulis imperialis*, *Brassica capitata*, *Brassica tritiana*, *Caulis capitatus*, *Caulis albus*, *Brassica alba*, and the Apothecaries name it *Capitium*; this is most common of all other kinds of Coleworts, we call it a Cabbage. The other sort of Cabbages is called of *Plinie* *Lacuturris*, and of the Simplicists *Brassica lacuturria*, or *Brassica sabaudica*, of some Savoy Coleworts. The third kind is called the red Cabbage, in Greek *Caulodes*; in Latine, *Brassica cumana*, *Brassica levis*, and *Brassica rubra*. The fourth sort is named crisped, or crumpled Coleworts, this is much sweeter then any of the rest, and it hath crumpled or wrinkled leaves, like to the headed Lettice, for which cause it is called in Dutch *Laitoncoole*, that is, Lettice Coleworts; and by *Plinie*, *Brassica fabellica*; and by the Herbarists, *Brassica crispa major*, and *Brassica dulcis*. The fifth sort is the lesser crumpled Cabbage, in Greek *Selinoides* or *Selinusia*; and by *Athenius*, *Brassica crispa minor*, *Brassica Apia-*

na, and *Caulis crispus minor*. The sixth kind is the common Coleworts, and is also used in Physick, it is called *Crambe*, *Caulis*, or *Brassica* without any addition. The seventh sort is the Cauliflorie or flowered Cabbage; *Plinie* calleth it *Brassica Pompeiana*; and the Simplicists, *Brassica cypriana*, and *Florecaulis*. The eighth kind is called Rapecole, or *Rapocaulis*, but this sort was altogether unknown to our predecessors.

Calamine is the oar of brasfe, *Cadmia*, *Cadmia fossilis*, *Cadmia nativa*, for a difference of *Cadmia factitia*, or *Tuttie*; *Plinie* nameth it *Lapidemaresum*, the Apothecaries barbarously call it *Climiam*, *Cathimiam*, and *Lapidem Calaminarem*, and those that work in mines name it *Cobaltum*. This mineral stone is much used amongst Chirurgions, and is the very best of all the sorts of *Cadmia*, as *Galen* witnesseth.

Calcedonie, *Calcedonius* is a precious stone, and a kind of *Onyx*.

Calamus was by the ancient Physitians called *Acorus*: some do take the great Galangal for it, and although the same be not the right *Acorus*, yet is their error more tolerable then of those that use the *Irea* root instead of *Calamus*.

Calamus Aromaticus, is the right *Calamus* of the ancient Physitians, and it is called *Acorus* and *Piperatum*: but the right *Calamus Aromaticus* is a sweet smelling reed, which is never brought unto us, and therefore we do use *Acorus*, that is, *Calamus*, which doth now supply the place both of *Calamus*, and of *Calamus Aromaticus*.

Camelina is called of *Dioscorides* *Myagrum*, of *Theophrastus* *Erysimum*, of Herbarists *Camelina*, of the Apothecaries *Sesamum*. And although it be not the right *Sesamum* of the ancient Physitians, yet doubtlesse it may safely be used instead thereof, because as yet the right *Sesamum* is not known. It hath power to warm reasonably, and to ease all manner of pain: wherefore it is much better to use a thing in place of the true *Sesamum* which is well known, then a thing altogether unknown and uncertain.

Camel, *Camelus*.

Camomils, in Greek and Latine *Chameamelum*, *Anthemis*, *Leucanthemus*, and *Leucanthemum*, the Apothecaries do call it *Chamemilla* and *Camomilla*. Chamemils are hot and dry in the first degree.

Campher, *Caphora*, *Camphora*, in Latine, and in Greek *Caphura*; it is a strong smelling juyce or sap of a tree in Indie: it is cold and

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and dry in the third degree, and it is much used in physick. There is yet another kind of Camphire, which is a kind of mineral or of Amber, called Camphire of the mine, that is hot and dry by nature. This kind of Camphire is altogether unknown to the Physitians, for which cause also it is not in use.

Canker, in Latine and Greek *Carcinoma*, *Carcinus* and *Cancer*, a virulent and corroding ulcer.

Canterbury bells, in Latine *Smilax levis*, *Volubilis*, *Campanula*, *Convolvulus*, *Campanella*, *Sandulaca*, *Conjugulum Catenis*, and *Funis arborum*. This herb is known every where.

Capers, in Greek and Latine *Capars* and *Puturis*.

Capon, *Capus*, *Capo*, and *Gallus spado*.

Caraway, in Greek and Latine *Carum*: *Ætius* calleth it *Carcum*, *Carium*: *Simeon* termeth it *Carnabadium*; others call it *Caroum* and *Careosemen*; the Apothecaries call it *Carui*: and *Athenæus* *Pastinaca* major.

Carbuncle, in Greek and in Latine *Anthracites*, and *Carbunculus*.

Carduus *Benedictus*, *Astræylis hirsuta*, *Carduus sanctus*, and *Carduus Benedictus*.

Carpe, in Greek in Latine *Cyprinus*, *Carpo*, and *Carpio*: *Erasmus* doth call it *Carpa*.

Carot, *Carota*, *Pastinaca Rubra*.

Cassie canes or pipes, in Latine and in Greek *Cassia*, *Casia*, *Cassia fistula* is, *Siliqua Egyptia*, and *Cassia Carthartica*.

Cassie wood, look for *Cassia lignea*, or *Xylocassia* in the Latine Table.

Caterpillers, in Greek and in Latine *Campe*, *Erucha* and *Brachns*; some men do call them *Erucula*; they are worms sufficiently known, that eat and spoyle all green herbs, as Cabbages, leaves of hedges and trees. They that live on the Pine trees and Firre trees are called in Latine *Erucæ Pinorum*, and *Erucæ Picæarum*; in Greek *Pityo-campe*.

Cats Mints, field Mints, wild Pennyroyal, *Calamintha agrestis*, or *Arvensis*; and *Pulegium agreste*. Of *Mesua*, *Calamintha domestica*, *Calamintha felina*, and *Cattaria*.

Celendine, in Greek and Latine *Chelidonium majus*, *Cræta*, *Philomedium*, *Orthonium*, *Radix Pandionia*, *Aubium*, *Fabium*, and of the Alchimyists *Celidonium*, of Serapio *Curock*, *Curcuma*, and of the Apothecaries *Celidonia*. It is an herb common and well

known, the Simplicists do call it *Herba hircundinaria major*. The second kind is called the lesser Celendine, *Pilewort*, or *Figwort*: in Greek and in Latine *Chelidonium minus*, and *Triticum sylvestre*, of the Herbarists *Herba hircundinaria minor*, *Tetraculus Sacerdotis*, *Scrophularia*, or *Scrofularia*, and at the Apothecaries *Celidonia minor*. The former kind is alwaies understood if it be without any addition.

Centorie, in Greek and Latine *Centaurium minus*, *Lymæstium*, *Lymnæum*, *Libadium*, *febrisuga*, and *Fel terra*.

Cerase, in Greek and Latine *Psymnithium*, *Cerussa*.

Ceterach both great and small. The lesser Ceterach is called in Greek and in Latine *Scolopendrium*, *Hemionon*, *Asplenium*, of *Scribonius Largus*, *Calcifraga*; of the Herbarists *Scolopendria vera*, and *Scolopendria minor*, *Splenium*, *Asplenium* and *Ceterachum*. The Apothecaries do call it *Ceterach* as the Arabians do; it is the true *Scolopendrium* of the ancients: *Theodorus Gaza* calleth it *Mula*, or *Herba Mula*. Our unskillful Physitians and Apothecaries do use the Harts tongue *Phyllis*, for the true *Scolopendrium* without any regard or care. If Rosemary were not so common, they would take the Juniper tree for it, and Nettles for Marjoram: wherefore it is a great grace that old women do so well know the herbs, otherwise they would often be deceived, seeing their whole trust and credit relyeth on the Herb Wives. The other kind of Ceterach is also called Harts tongue, of *Dioscorides*, *Dorchitis altera*; of the Simplicists *Scolopendrium majus*, *Scolopendrium major*, *Asplenium*, *Asplenium majus*, *Spicantum*, *Scolopendrium* or *Asplenium sylvestre*, because it groweth in dark and moist places. Both these herbs do take their names of the worm *Scolopendra*, which is called an Earwig, or worm with many legs; because the leaves seem to be noted with it. Both these herbs have the same operation, for they are both hot in the first, and dry in the second degree: they are the best splenetical herbs that are to be found, for they are good for all maladies of the spleen.

Chaste tree is called in Greek and in Latine *Amittonianum*, *Agnos*, *Lygus*, *Agonus*, *Tridactylum*, *Lecriscicum*, *Virex*, and *Salix Armerina*: of the Herbarists, *Piper Agrestis*, *Piper Monachorum*, *Arbor casta*; and of the Apothecaries *Agnus castus*. There are two kinds of it, to wit, the greater and the lesser Chast tree. The great groweth

The second Table.

- in height like the Willow tree, and hath also leaves most like it, it smelleth very pleasantly, the flowers are white and purple coloured. The other kind hath altogether purple flowers, it is fuller of branches hath whiter leaves, and is much lesse then the former.
- Charvil, *Cerephyllon* and *Cherifolium*, and of the common Physitians and Apothecaries *Cerifolium*.
- Chestnut tree, *Castanea*, *Glans Sardiniana*, *Jovis glans*: the fruit is called *Nux Castanea*: there are divers kinds of them that are not needful to be rehearsed at this present.
- Cherries, *Cerasa*, there are two kinds of them, sweet and sowre, and each of them may be subdivided into more kinds. The hard, sweet, and great Cherries are in some places called Spanish Cherries, and in Latine *Cerasa duracina*, or *Pliniana*; they have a very sweet and pleasant taste: amongst these are the white Cherries also comprehended. The common red Cherries are called *Cerasa Mellea*, for their great and pleasant sweetness. The red and sweet Cherries that leave a bitterneffe in the mouth behind, have first been grafted on a Bay tree, whence they as yet do keep their bitterneffe, and are called *Cerasa Amarella*, and *Laurea*. The black tame Cherries are called *Cerasa alba*, *Albiana*, *Caciliana*, and *Cessiana*. The little wild and black Cherries are comprehended under the *Albiana*: and in like sort also the little wild and red, under the great red and domestical or tame Cherries. Of the sowre Cherries there be two sorts, to wit, white and red; the red are called *Aproniana cerasa*: others call them *Judiana*, and *Agrua*. The black are named *Cerasa Amarina*, and *Amarena*: but amongst all kinds of Cherries, are the wild black, the red, and the domestical black Cherries used most in Physick, and aboye all other those black ones that are called *Amarena*. Wherefore if one find the name of Cherries in any receit without any addition, then are the black Cherries or *Amarena* to be understood and taken for it.
- Chickweed, in Greek and Latine *Alfine*, at the Apothecaries *Morsus Gallinae*, of the Herbarists *Pabulum anserinum*, and *Paverrina*. This herb is cold and moist.
- Cichelings, in Greek and Latine *Labyrinthus*, and of *Plinie*, *Cicercula*; they are white four square Peason, sufficiently known of every man.
- Cichorie or Suckerie, in Latine and Greek *Picris*, *Chreston*, *Cichorium*, *Pancratium*, *Troximum*, *Intybus* or *Intubus erraticus*, *Cichorium agreste*, *Seris sylvestris*, *Amarago*, *Cicorea*, *Ambubeia*, and of *Celsus* *Ambugia*, of *Plinie*, *Cichorea*; and of the Arabians, *Taraxacon*, and *Altaraxacon*. Of the other kind of *Intybus*, look in *E.* for *Endive*: *Galen* calleth all these kinds of Cichories and Endives *Intybolachana*, that is, *Intyba-cea olera*.
- Cinamom, in Greek and Latine *Cinamomum*, *Cinnamomum*, and *Cinnamum*; it is a sweet smelling bark, and a well known spice: it is also called *Canella*. It is hot and dry in the third degree.
- Cinquefoil, in Greek and Latine *Pentaphyllon*, *Pentapetes*, *Chamezelen*, *Pentafolium*, and *Quinquesolium*.
- Ciper roots, or wild Galangal, in Greek and Latine *Cyperus*, *Erysiocentrum*, *Cyprius*, *Juncus quadratus*; it is called of *Celsus* and *Plinie*, *Juncus angulosus*, *Juncus triangulus*. There are two kinds of it, the one hath a round root, and is called *Cyperus rotundus*, the other a long root called *Cyperus longus*.
- Cipresse tree, *Cupressus*, *Cyparissus*.
- Citron tree, *malus Cipria*, *medica*, or *Persica malus*.
- Citrons, in Greek and Latine *Cidromelum*, *Cochimelon*, *Malum citrium*, *Malum medicum*, *Malum citraum*, *Malum assyrium*, *Malum Hesperium*, and *Malum citrinatum*, and at the Apothecaries *Citrinatum*.
- Citrus, *Citrullus*.
- Clarie is called of the Herbarists in Latine *Orvata*, *Orvalla*, *Sclarea*, *Scarlea*, *Maurifalvia*, *Gallicrista*, *Torabona*, and *Herbasancti Johannis*; at the Apothecaries *Gallitricum*, and *Centum Galli*: it is a kind of *Orminum* or *Horminum*, although it be neither of them that *Dioscorides* doth write of, yet may it by reason of his similitude, properties and vertues be used either with or for *Horminum*. The other kind of Clary is the wild Clary, that groweth every where in the fields, it hath deep jagged leaves with a blew purple flower, and is called *Scarlea sylvestris*, or *Sclarea sylvestris*, and *Gallitricum sylvestre*. But whensoever Clary is prescribed, then ought the garden Clary to be used.
- Clavers, look in *T.* for Three leaved grasse.
- Clay, *Argilla*: *M. Cwerd* calleth it *Terra sigillaria*, *Columella*, *Terra sigularis*. This Clay is used in this book for the bleeding at the nose.
- Cloves,

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Cloves, in Greek *Caryophyllum*, at the Apothecaries *Cariofilus* or *Gariofilus*.

Cock, *Gallus Gallinaceus*.

Cockle, *vide* Cornerose.

Codwort, in Greek and Latine *Bubonium*, *Asterium*, *Aster Atticus*, *Asteriscus*, *Hypophthalmus*, *Herba inguinalis*, and *Inguinaria*, of the Herbarists *Stella Attica*, *Oculus suis*, and *Alibium*. There be four kinds of it, to wit, the first with the blew flower, which is commonly known by the name of Codwort. Some Simplicists do call it for a difference *Bubonium caruleum*. The second is almost like the former, but that the leaves and the flowers be somewhat bigger, and the flowers yellow, and starwise like the blew; this groweth by the river of Rhene. The Herbarists term it *Bubonium luteum*, and *Inguinaria lutea*. The third kind groweth on dry hills, whereof the leaves are lesse double, wrinkled, and bended almost like a half Moon, the flowers are very yellow, and lesse then the afore-said: the Simplicists call it *Bubonium lunatum*. The fourth kind hath long and pricked leaves, with three or four sinewes, like to the lesser Plantain, and hath a fair starlike flower, yellow every where, and every flower hath six small leaves under it, placed also like a star. This kind did we first get from *Marselles*, for which cause it is now called *Bubonium Massilioticum*, and *Stella Massiliotica*: but when and wheresoever Codwort is named with any addition, there is alwaies the common Codwort with the blew flower to be understood. This may also be called *Ramicaria*, or Rupture weed, because it is especial good for the Rupture.

Coloquint, in Greek and in Latine *Colocynthis*, *Sicyona*, *Cucurbita sylvestris*, *Cucurbita sylvatica*, and *Cucurbitula*.

Conie, in Greek *Dafnus*, of Polybins and Galen *Cunilus*, in Latine *Cuniculus*: it is a well known beast in all Countries.

Copper is called in Greek *Chalcos*, in Latine *As*, *As Cyprium*, *Cuprum*.

Coriander, in Greek and Latine *Corianon*, *Corion*, and *Coriandrum*.

Cork tree, in Greek *Phellus*, and of Theophrastus *Ipsos*, and of Theophrastus Scottaster, *Anarica*, in Latine *Suber*. It is a kind of Oake, and very common in Italy, they have a thick rind or bark, of the which our Cork is made.

Cornerose or Cockle, in Greek *Lychnis agria*, in Latine *Lychnis sylvestris*, of the Simplicists *Caryophyllum arvensis*, *Pseudomelanthium*, *Githago* and *Nigestrum*: Dioscorides

calleth it *Atocium*, *Hieracopodium*, *Tragopodium*, *Lampada*, and *Semura*: some unskilful Physitians and Apothecaries have used this herb for the *Melanthium* or *Nigella* of the ancients, the which errour divers Apothecaries and fond fellows have so imbibed, that they will rather follow their own foolish opinions, then be better instructed of others.

Coral, in Greek and Latine *Coralium*, *Coralium*, *Gorgonia*, *Lithodendron*, *Dentrites* and *Eurallium*.

Costus roots, *Costum* and *Costus*: of this root there be two kinds, to wit, the bitter and the sweet Costus roots. The bitter root is alwaies used for the Costus without any addition.

Coutsenille, in Greek and in Latine *Coccus baphica*, of Pausanias, *Hysge*, *Coccum infectorium*, *Coccum tinctorium*, *Gratum infectorium*; in the Arabian tongue *Kermes* and *Chermes*. The Silk-Diers for a difference of the crimson colour, have named it *Kermesinum granum*, for the crimson colour and *Kermes* of the Arabians is not one and the self-same. The Coutsenille is called *Kermesinum*, by reason of her brave colour, which is somewhat like unto scarlet. Also the crimson colour called *Kermesinum*, is taken from the roots of certain herbs, and it is an external thing from the roots, although it grow with them, for it is found to grow on the barks of certain trees, and hath no vertue or use in Physick at all, as the Coutsenille doth, which is the natural fruit of a little tree, not unlike to our Butchers broom, but that it is somewhat lesse, with fewer leaves and fruits: wherefore they do erre greatly that take the crimson colour *Kermesinum* for the Coutsenille, and use it for the same in their compositions and medicaments. But the Apothecaries do erre more grossly that do use the Gooseberries in stead of the Coutsenille, and (that which is worse) the unskilful Physitians do bear with it, and let it passe for good, so that it may well be said of them, that one blind man leadeth another; but woe be to the Patient, for he ought not to be jested withal, seeing the Coutsenille is not used but in extreme debility of the heart, for which neither the crimson colour, nor the Gooseberry hath any vertue at all. The Coutsenille is also used of women with child for to comfort and strengthen the child in their bodies, and to prevent all mishances, for the which it is very meet and requisite. The Gooseberry is of a quite contrary nature.

Cowslips,

The second Table.

Cowslips, Cowflops, of some Ladykeyes, or Primroses, in Greek *Phlomis*, *Arthritica*, in Latine *Verbasculum*; the Herbarists do call it *Herba paralysis*, *Primula veriflora*, *Primula vioris*, *Brachia cuculi*, and *Herba primi floris*; and the Apothecaries *Arthre-zica*, and *Betonica alba*, the which is indeed the right white Betony. There are three kinds of them: the first kind are the common Cowflops with the yellow flowers, that grow every where in dry meadows, and on grassy hills: these are called of the Herbarists *Verbasculum odoratum*, by reason of their pleasant smell. The second kind groweth in the Woods, and is much bigger then the common Cowflops, it hath a pale yellow colour, but without any smell at all, and it is called *Verbasculum sylvestre*, and *Verbasculum album*; and when this kind is set in gardens, it groweth as big again as before. The third kind are the double Cowflops, that are set in gardens, and they are much fairer, greater, and more pleasant then the common, and are called *Verbasculum multiplex*.

Crevets, in Greek and in Latine *Astacus fluviatilis*, *Gammarus*, *Gammarus*; it is a kind of shell fish very common and well known. This fish is now adaies of divers learned men called *Cancer* unjustly, for that there be no *Canceri* in Germany; for the true *Canceri* have no tail as our Crevets have, which are in all points like to the Lobsters, but that they are much lesse.

Crabs or wild Apples, *Malum sylvestre*, or *Pomum sylvestre*; they and their leaves are used for the lask.

Cresses, in Greek and Latine *Cardamum*, *Nasturtium hortense*, and of the common Herbarists *Cressio*.

Cricket, *Grillus*, a little worm very common in all brew-houses.

Cristal, *Chrysellus* and *Chrysellum*.

Crowfoot, in Greek *Batrachion* and *Batrachis*, in Latine *Ranunculus*, *Herba Sardonis*, *Herba scelerata*, *Strumea*, and *Herba Strumea*, at the Apothecaries *Flammula*, and *Pes Corni*. Plinie calleth the double Crowfoot *Polyanthemum*, it is called here Batchelors buttons, and of the Simplificists *Ranunculus multiplex*. There are divers kinds of it, but because they are not all of them used in Physick, we will only speak of the lesser sort, which by reason of the round root that it hath it is called *Ranunculus rotundus*, and at the Apothecaries *Flammula*, and of some (for to distinguish it from the other sorts) *Flammula minor*, and *Flammula rotunda*: and this kind of

Crowfoot is only to be used in Physick. Cuckoe, in Greek *Coccyx*, in Latine *Cuculus*, a bird too common and well known.

Cuckobread, in Greek and Latine *Oxys*, *Oxy-triphyllon*, *Trifolium acerosum*, *Panis Cuculi*, and at the Apothecaries *Alleluia*.

Cuckopit, Priests pintle, or Wake Robin, in Latine *Pes vituli*, *virile*, *Sacerdotis*, *Serpentaria minor*, and at the Apothecaries *Aron*.

Cucubes, in Greek *Carpesium*, of *Actuarius*, of the Arabians, and at all the Apothecaries *Cubeba*.

Cucumber, *Cucumis*, *Cucumer*, and *Cucumis sativus* in Greek and of *Aristophanes*, *Sicys* and *Sichos*.

Cumfrey, of *Dioscorides*, *Symphytum alterum*, *Symphytum majus*, and *Pecton*; of *Apuleius* *Pectis*, *Anazetesis*, *Hemostasis*, *Consolida major*, and *Alus Gallicus*, of *Scribonius* *Inula rustica*, *Consolida*, *Confirma major*, *Conserva major*, and *Solidago*: it is a common herb, whereof there be two sorts, the one with purple flowers, and the other with white. There is yet a third kind called *Symphytum pernum*, of *Apuleius* *Xylophyton* and *Anachylis*, of the Herbarists *Consolida petrea*; this groweth on hills and stony places.

Cumin, in Greek and Latine *Cuminum*, *Cuminum*, *Cuminum sativum*, *Cuminum hortitanum*, and *Cuminum Romanum*.

D.

Daffodil, it is called in Greek and Latine *Hemerocallis*, *Lilium sylvestre*, *Lilium Saracenicum*, and at the Apothecaries *Affodillus* for *Aphodelus*, but unjustly: and although it be not the true *Hemerocallis* that *Dioscorides* describeth, yet it is a kind of it, and very like it in vertues and operation. The right Daffodil is called in Greek and Latine *Aphodelus*, *Hastula regia*, *Albucum*, the flowers with the stalk *Anthericos*. It is now by the diligent and expert Physitians brought unto use again.

Damask Prunes, *Pruna Damascena*.

Dandelion, Priests crown, wild or yellow Cichory, in Greek *Hedynois*, of *Theophrastus* *Aphaca*, and of the Herbarists, *Seris urinaria*, *Herba unaria*, *Seris somnifera*, *Caput Monachi*, and *dens Leonis*. The Apothecaries and unskilful Physitians do call it *Taraxacon*, and *Altaraxacon*, which names are due to Plantain, as may be seen by *Serapius* and the Arabians. For that which *Dioscorides* calleth *Inibus sylvestre*, that

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do they call *Taraxacon*, or *Alluraxacon*. This herb is cold by nature; it provoketh sleep, it openeth all inward obstructions, it moveth urine abundantly.

Daneweed, in Greek and Latine *Chamaeete*, *Ebulus*, *Sambucus pumila*, *Sambucus humilis*, *Sambucus arvensis*.

Dates, in Greek and Latine *Dallyli*, *Caryota*, *Caryotides*, and *Palmula*; fown Dates are called *Tamarindi*.

Date tree, in Greek *Phoenix*, and in Latine *Palma*.

Daysies, in Greek *Ballis*, in Latine *Bellis*, *Belisium*, and *Bellis flos*; by the Herbarists *Pasanthemum*, and *Herba Aethritica*, *Herba margarita*, and at the Apothecaries *Consolida minor*. The other kind is called *Bellis major*, *Bellium majus*, and of the Herbarists *Cheilantheum*, *Consolida media vulneraria*.

Diamond, *Adamas*, a well known gemme or precious stone.

Dill, *Anethum*, it is hot in the third, and dry in the second degree.

Diptamer, *Diptamus*, in Greek and Latine *Polemonia* or *Polemonium*, *Phyletaria*, *Chiodynamis*, *Fraxinus pumila*, *Fraxinula*, *Fraxinula*, *Fraxinella*, *Fraxinella*, and *Diellamus albus*. The Apothecaries call it *Diptamus*, and *Diellamus albus*. This plant hath been taken a great while for *Paeonia mascula*, but it is the true *Polemonium* of the ancients.

Dishwasher, a little bird called *Motacilla*, *Cauda Tremula*, and of *Hesichius*, *Cyrillus*, it is a common and well known bird.

Divels bit, *Morsus Diaboli*, *Succissa*, *Facenigra*, and *Fremorsa*. It is a kind of Scabious, and is not unlike the same, only that the leaves of it be not jagged as the Scabious leaves are.

Dock, in Greek *Lapathum*, in Latine *Rumex*, and at the Apothecaries *Lapathum*. There are six kinds of Docks: the first hath long piked leaves like Sorrel, but something sharper, and it is called in Greek to distinguish it from the rest, *Oxylapathum*, in Latine *Lapathum acutum*, *Lapathum acutifolium*, and at the Apothecaries *Lapathum acutivolum*. The second kind hath great broad leaves, not much unlike the former, but somewhat bigger, the Herbarists do call it *Lapathum latifolium*, *Lapathum platiphylon*, and *Lapathum non acuminatum*, which is almost altogether in use under the name of *Lapathum acutum* unjustly; but amongst the unskilful Physitians and Apothecaries a foot or twain breaks no square: this groweth in meadows and other moist places.

The third kind hath yet bigger, but softer or gentlea leaves: it is sown in gardens, especially in France, where they use it amongst other pot herbs in their porridge, the roots of it are bigger then the other, somewhat yellow, not much unlike to Rubarb: it is called in Greek *Lapathon*, *Cepaon*, in Latine *Lapathum domesticum*, *Rumex sativus*, and by the Herbarists *Rhabarbarum monachorum*, and *Patientia*: some do call it *Lapathum latifolium sativum*, to distinguish it from the former. The fourth kind hath very great leaves, and piked before, it groweth in ponds and other waters, and is called in Greek *Hydrolapathon*, and *Hippolapathon*, in Latine *Lapathum equinum*, *Rumex equinus*, *Lapathum aquaticum*, *Rumex aquaticus*, and *palustris*; the Grecians do also call it *Bulapathon*. The fifth kind hath leaves like the first and the common Dock, with many red spots and veins, and it is found in gardens, it is called of the Herbarists *Lapathum sanguineum*, *Rumex sanguineus*, and *Sanguis Draconis*. The sixth kind is Sorrel whereof shall be spoken elsewhere.

Doronicum, the Arabians do call it *Doronigi*: it is mingled with other things that serve for comforting of the heart. Some will affirm that it is venemous, because the second kind of it is such, that it killeth both man and beast: Wherefore if our *Doronicum* be poison, then must of necessity follow that the herb *Antora* or *Antitora* be also venemous, because the one is as like the other in leaf, flower, and root, that the one can hardly be known from the other. But that our *Doronicum* is no poyson, hath experience taught us many years ago.

Dragons, in Greek *Dracontium*, *Dracontea*, *Dracontia*, *Isarum*, *Biarum*, *Iarum*, *Harmigrion*, and *Sigiginalium*. *Apuleius* calleth them, *Pythonium*, *Anchomanos*, *Sanchromaton*, *Typhonium*, *Crocodilium*, *Therium*, and *Theriophonum*; in Latine *Serpentaria*, *Columbina*, *Colubrina*, *Manriaria*, *Dracontea*, and *Collum Draconis*; of the Arabian Physitians *Luf*, *Luph*, or *Alluff*: the Simplicists do call it *Dracunculum*. There are three kinds of Dragons, to wit, the first, which we do call the greater Dragons, *Dracontium majus*, *Dracunculus major*, and *Colubrina magna*, thereby to know it from the other two sorts. The second kind is somewhat lesse, and like to the Cuckopit, it is called *Dracontium minus*, *Dracunculus minor*, or *Colubrina minor*, and of *Athenaus*, *Aronia*: *Cordus* doth call it *Dracunculum*, *Henicophyllon*, and *Luph planum*.

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num: the greater they call *Loph Crispum*. Others do call it the lesser Dragons, that is, *Serpentaria minor*. The third kind groweth near the water, upon a stubbed root, with many stalks unto it, and on every stalk one onely leaf, much like to Ivie, and every stalk bringeth a bunch of berries like Cuckopit: it is called *Dracunculus palustris*, *Dracunculus aquatilis*, *Colubrina palustris*, and *Arum palustre*. We call them water Dragons. Some simple Physicians and silly Apothecaries do use the *Bistorta* roots for the roots of Dragons: but what great distance is between them, what difference in their vertues and operations, is sufficiently known to the learned.

Dragon blood, *Cinnabaris Indica*, *Sanguis Draconis*, and *Lacryma Draconis*, it is the sap of a tree in the Indies called *Draeco*.

Duck, he or or she, *Anas*.

E.

Earth sealed, in Greek *Sphragis*, in Latine *Terra lemnia*, *Sigillum lemnium*, *Lutum lemnium*, *Rubrica lemnia*, *Minium lemnium*, *Lutum sigillatum*, and at the Apothecaries *Terra sigillata*: This earth is marvellously falsified and counterfeited, wherefore great heed must be had in the use of it. Our hedge Physicians will rather use clay, then want earth in their receipts.

Earthworms, *Lumbrici*, *Vermes terreni*, *Intestina terra*.

Eele, *Anguilla*, the well known fish, that will not be held by the tail.

Elecampane, in Latine *Heelenium*, *Enula*, *Enula campana*, and *Terminalium*.

Eldern, in Greek *Aëe*, and in Latine *Sambucus*.

Elme, in Greek *Ptelea*, in Latine *Ulmus*: there are two kinds of it, the common is called *Ulmus campestris*. The other kind groweth on hills, and is called in Greek *Oriptelea*, in Latine of *Gaza*, *Montiumus*, and of others *Ulmus Montana*.

Endive, in Greek and in Latine *Intybus*, *Intybum*, *Intybus sativus*, and *Seris*, at the Apothecaries *Endivia*: it is a kind of tame Succory, and is known at this present in every place.

Endive the white, or the lesser Endive, in Greek and Latine *Intybum sativum angustifolium*, *Seris sativa angustifolia*, *Seris sativa minor*, and *Seriola*: the Apothecaries do call it with a barbarous name *Scario-lam*.

Eryngus, in Greek and Latine *Eryngium*, of the Herbarists *Herba pleuritica*, *Acus Veneris*, *Capitulum Martis*, *Centum capita*, and at the Apothecaries *Iringus*. There are two kinds of it, the one, which is common with us, and by the name of *Eryngus* sufficiently known. The other kind hath broad leaves, and is not so prickling as the former, it hath also a fair and bigger top, and a fair skie coloured flower, it is planted in gardens, it groweth otherwise at the sea side: the Simplicists call it *Eryngium marinum*. Some unexpert Physicians and Apothecaries do use the star Thistle for *Eryngus*, but erroneously, for it is a little Thistle, much lesse then the *Eryngus*, it hath many little heads, with purple flowers, and prickles about them standing out like a starre, it hath a small root, that perissheth in Winter, it groweth every where in dry places. The Herbarists do call it *Carduus Stellatus*, *Carduus Calcitragus*, *Tribulus stellatus*, *Acanthasterion*, *Spinastella*, *Calcitrapa*, and *Calcitripola*: *Valerius Cordus* doth call it *Polyacantha*, but it is not the *Polyacantha* of *Theophrastus*. Others do call it *Eryngium minus*, that is, the lesser *Eryngus*. And although this Thistle do also move urine, or provoke the terms in women as *Eryngus* doth, yet nevertheless it is not the same, but it is much stronger then the *Eryngus*; for if one use too much of it, then doth it expel blood with the urine: wherefore the same is duly to be used, and instead of *Eryngus* use the common Thistle, or Squills for it: *Rondoletius* doth call *Eryngus* by the name of *Coronopus*.

Escharbot, in Greek *Cantharus*, in Latine *Cantherius*, *Scarabaeus*, and *Pilularius*.

F.

Fearn, in Greek and Latine *Pteris*, *Blechnon*, *Dasyclenon*, and *Filix*, a well known herb, and common in all woods & Heaths: it is called of *Nicander*, *Betris*.

Fenegreek, in Greek *Telis*, *Aegoceros*, *Cervaitis*; of *Pliny*, *Carphos*; of *Theophrastus*, *Buceras*; of *Hippocrates*, *Epiteras*; in Latine *Fœnum gracum*; of *Pliny*, *Siliva*; of *Varro*, *Silicula*, and of the Herbarists *Tersifolium gracum*; it is an herb, whose seed is onely in use.

Fennel, *Faniculum*, *Marathrum*, it is a common and well known herb.

Fesant, *Phasianus*, *Fasianus*, and *Fachis avis*. It is a common bird, which ought to be used for meat in many diseases, as hath been

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been shewed in divers places of our Book.

Feverfew: it is called of the Herbarists *Pseudoparthenium*, *Amarella*, the practitioners and Apothecaries do call it *Matricaria*. This Feverfew hath until this present day been taken for the true *Parthenium* of the ancients, albeit that the most famous and learned Physicians *Antonius Musa*, *Brassavolus*, *Leonardus Fuchsius*, *Gulielmus Rondeletius*, and divers others have long since sufficiently shewed, that the bitter and stinking Camomils (of some called dogs Camomils) are the true *Parthenium*; for it is not only in all points correspondent to the description of it, but agreeth also to the vertues and operations with it, and he that readeth *Dioscorides*, is constrained to affirm the same: wherefore it is a great wonder, that many men will be so obstinate, that although one do shew them the truth it self, yet will they like swine tumble in their dirt, and stick to their ungrounded opinions, whereby they seem to seek the overthrow of all truths. The true *Parthenium* are the stinking Camomils, which are called of the Herbarists *Herba virginea*, *Cynanthemis*, *Busonaria*, *Anethum caninum*, *chamamelum fetidum*, and *Cotula fetida*.

Field berries, look Huckle berries.

Field Cypres, in Greek and Latine *Chamaepitys*, *Abinga*, or *Abiga*, at the Apothecaries *Iva*, and *Iva arthetica*, or *Arthetica*: of *Pliny*, *Thus terra*, of the Herbarists *Herba apoplectica*, *cucurbitularis*, and *Pinus pumila*.

Fig tree, *Ficus*.

Figs, dried figs, *Ficus*, *ficus passa*, *Carica*, there are three kinds of them brought unto us, the first are they that come in frailes, and they are the meanest: the second kind are the leaf Figs, that are brought from Candy and Cyprus, these are fatter and better then the former. They are called leaf Figs, because they are packed and made up with Bay leaves between them. The third kind are lesser and pleasanter then the rest, they are brought from Provence, they are called figs of *Marselles*, and these are the best of all for Physick.

Figwort, the great *Scrofulary*, this herb hath been unknown to the ancients, and nowadaies it is called of our Physicians *Scrophularia* or *Scrofularia*, and also *Millemorbia*, or *Castrangula*.

Firre tree, in Greek *Elite*, in Latine *Abies*, there are two kinds of it, the first is the common firre tree, which of the Simplicists

is called the white firre tree, or *abies candida*, the second kind of Firre tree is called in Greek *Pence*, in Latine *Picea*, and of the Herbarists *Abies nigra*, which is the red firre tree. But where thou findest Fir tree in any receipt without addition, there is the common Firre tree meant.

Fitches, in Greek *Bicion*, or *Aracus*, in Latine *Vicia*, there are two kinds of them, the first is that which is known to all men by the name of Fitches, the other kind groweth of it self here and there, they are called wild fitches, *Dioscorides* doth call them *Aphace*, in Latine *Vicia sylvestris*. But if the name of Fitches be found without addition, then shalt thou understand the first kind of them. Our unskilful Soothsayers and Apothecaries do take the fitches for the true *Ervum* of the ancient Writers, but it is an open deceit, which ought to be punished by the Magistrates, and to call such carelesse fellows in question for their false *quid pro quo*.

Flax, in Greek and Latine *Linum*, *Pliny* calleth all that *Linum* that may be spun.

Fleawort, in Greek and Latine *Psyllium*, *herba pulicaris*, *pulicaria*; of *Pliny* *Cynoides*, and *Cynocephalon*. The seed only of this herb is used in Physick, it is cold in the second, and dry in the first degree.

Flint or pible stone, in Greek *Chalix*, in Latine *Silex*.

Flowerdeluce, *Lilium coeleste*, and *Iris Germanica*. Although this our Flowerdeluce do not agree in every respect with the *Ireas* of Italy, yet it is a kind of it, and much stronger in purging, for which cause it is above all other kinds used in the Drop-sie.

Folefoot, in Greek *Bechium*, and *Chamelence*, in Latine *Populago*, *Tussilago*, of the Herbarists *Ungula caballina*, and *herba divi Quirini*; at the Apothecaries *Farfara*; of *Theophrastus* *Aphyllantes*, because that it bloweth without any leaves, wherefore it is also called of some *filius ante patrem*, others do likewise term it *populus humilis*, *pumila*, *farfarella*, *farfara*.

Famboys, in Greek and Latine *Batus Idæus*, *Rubus Idæus*, *Rubus Cervinus*, *Cervinus*, the whole shrub is called the Framboye hedge, the fruit Framboyes, *mora rubi Idæi*.

Frankincense, in Greek and Latine *Libanus*, or *Libanum*, *Libanotis*, *Thus*, *Tur*, *Opolibanum*, *Incesum*, & at the Apothecaries *Olibanum*. There are four kinds of it, the first is very white, round, and little cornes or grains: it is called in Greek *Siragonias*, of

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of Pliny, *Thus masculum*, of the Simplicists *Thus testiculatum*, at the Apothecaries *Olibanum testiculatum*, in English white Frankincense, and this is the best of all the kinds. The second kind is gray, yellowish, and is that which is left after the former is picked out, and it is onely called Frankincense. The third is also used, and it is full of barks; to which the Frankincense sticketh, and it is taken from the tree; and although it be thought unclean, yet hath it his place in Physick as well as the best. This is called *Thuris cortex*, *Thuris corticosum*: and at the Apothecaries *Olibanum corticosum*, in English rindes or barks of Frankincense. The fourth kind are the reliques that are left after the former three kinds are taken out, all these kinds do come of one and the same tree: but there is yet another contemned kind of Frankincense at the Apothecaries, and also at the Druggists, that is not worthy to be numbred amongst the former kinds, because it is only a deceit and knavery used instead of good ware, wherefore it ought by good right to be thrown out of doors. This is made of the gum of the Pine tree, and so prepared deceitfully, it is called *Thus Adulterinum*, in English counterfeited Frankincense. Frankincense the black, *Timiama*, in Greek *Nascaphthum* *Narcaphthum*; of others *Thymiama*, and at the Apothecaries *Thymiama*. It is a sweet smelling bark which is used in sweet unguents, or fuming candles; some do call it *Incesum nigrum*.

French beans, *Phaseolus*, *Phasolus*, *Dolicus*, *Phaselus*.

Frogg, *Rana*.

Fumitory, in Greek and Latine *Capnos fumaria*, and *Fumus terra*, the Herbarists call it *Cerfolium felinum*, and *Columbinum*. It is a well known herb, and is hot and dry in the third degree.

G.

Gadrise tree, a tree called in Greek and Latine *Crania*, *Cornus*.

Galangal, *Cyprus Babylonius*, and *Galanga*, a well known spice, whereof there be two kinds, to wit, the great and the lesser, but the lesser is the true Galangal, and is to be used instead thereof, but the great is called *Galanga major*. This is used of some

for the true *Acorus*, that is, *Calamus*: but they erre greatly, for *Acorus* is our common *Calamus*, as hath been shewed elsewhere.

Galles, *Galla*, they that grow on the Oakes are altogether unmeet for Physick, they are called of Galen *Oxicocida*, that is, *asinina galla*.

Garlick, in Greek *Scarodon*, and in Latine *Allium*.

Gilloflowers, are called of the Herbarists *Cariophyllus flos*, *Cariophyllus hortulanus*, *Cariophyllus domesticus*, *Betonica altilis*, and of Pliny *Cantabrica*, the Apothecaries call it *flos cariophyllarum*, but there are divers other herbs that are called *Herba tunica*, but some suppose *Carduus Benedictus* to be the right *herba tunica*, where they should read *herba turca* or *turcha* and not *tunica*. *Gordonius* doth call our *Ocymastrum*, that is, Behen, *herbam tunicam*, so that almost each author hath his own *herbam tunicam*. Some do call our Gilloflowers *flos tunicus*, to distinguish it from *herba tunica*, which is Behen, and they do very well, for a thing well distinguished preventeth many errors.

Gentian, in Greek and Latine *Narce*, *Alot Gallica*, and *Gentiana*.

Gentian the lesser, in Greek *Phyteuma*, in Latine *Cruciata*, *Gentiana Cruciata*, and at the Apothecaries about the River of Rhene *Herba dei Petri*. This herb is used even at this present for them that have taken somewhat to fall in love with another body, or that are bewitched. It is also a true remedy experimented, if it be used as it ought.

Germander, in Greek and Latine *Chamedrys*, *Chameroys*, *Lyndris*, *Trixago*, *Circula*, and *Serratula*. Whensoever thou wilt use Germander, take that with the brown red flowers, which is a kinde of *Teucrium*, for that is the true Germander, and is called of some *Calamandrina*, and *Morsus muricorum*.

Ginger, *Zingiber*, a well known spice called also *Gingiber*, and at the Apothecaries *Zingiber*.

Gips, in Greek and Latine *Gypsum*, or *Gypsum*: there are divers kinds of it, but the best is that which is most like to chalk.

Gitte, in Latine and Greek *Melanthium*, *Gith*, and at the Apothecaries *Nigella Romana*. There is yet another kind of it, whereof the plant is bigger, and more pleasant.

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pleasant to behold, but the seed is not so strong in smell, and is called *Damask Nardus*, of the Herbarists *Nigella Damascena*: but the first kind is only used in Physick. They are both of them hot and dry in the third degree.

Glew, in Greek *Colla*, and *Xylocolla*, in Latine of Virgil, *Gluten*; of Varro and Salustius, *Glutinum*, otherwise also *Glutinum taurinum*, and at the Apothecaries *Gluten ligni*.

It is used in plaisters for the rupture of the Gnat, in Greek *Gnops*, and of Hesichius, *Mo-*

pis, in Latine *Culex*.

Goat, *Capra*, in Greek *Acanthis*, in Latine *Carduelis*, and is good in meats for them that have a cold stomach.

Goose, *Anser*.

Goosegras, in Greek, *Aparine*, *Omphalocarpus*, *Philanthropus*; in Latine *Aspergula*, *Asperula*, and *Speronella*, it is a well known weed, hot and dry by nature.

Gourds, *Cucurbita esculenta*, *Cucurbita ventricosa*, *Cucurbita cameraria*, *Cucurbita peritica*, and at the Apothecaries *Cucurbita*.

Gray, look a Badger, *B*.

Gromel, in Greek and Latine *Lithospermum*, *Gorgonium*, of Theophrastus *Diosporus*, and at the Apothecaries *Milium solis*. Dioscor. calleth it *Lithospermum*, and *Semen Leoninum*. There be two kinds of it: the first groweth in the fields and untilld places: the second is like the former which is used at the Apothecaries, but it groweth not above a span in height, and the seed is also much lesse, it is called *Lithospermum arvense*: the other hath small leaves like to Flaxe, and between every leaf a little seed, not unlike to the true Gromel: the Herbarists do call it *Lingua passerina*, *Lithospermum sylvestre*, and *Lithospermum nigrum* in English black Gromel, to distinguish it from the white which is daily used. Some also do adde to the former kinds *Lachrima Jovis*, calling it *Lithospermum majus*, although it have no communion with them: the first is most used.

Greins, *Cardamomum majus*, at the Apothecaries *Granum Paradisi*; it is used commonly both at the Apothecaries, and in the Kitchen.

Grasse, in Greek and Latine *Agrostis*, and *Gramen*.

Grashopper, *Cicada*.

Greenfinch, *Acanthus*; in Greek and in Latine *Spinus*, and of Theodorus Paza *Liguvinus*: it is a well known bird, and used

commodiously in meates for all cold rheumies.

Gum, in Latine *Gummi*, at the Apothecaries *Gummi Arabicum*.

H

Are, *Lepus*, it is a common and well known beast; especially in rich mens houses.

Hares foot, in Greek and in Latine *Lagopus*, *Lagopodium*, *Perleporinus*: the Herbarists do call it *Trifolium Leporinum*, *Trifolium felinum*, and *Trifolium Trinitatis*. This herb is much used for the lask.

Harts ease, in Greek and Latine *Diosanthos*, *Phlox*, *Phlogium*, *Herba flammaea*, *Herba clavellata*, *Herba Trinitatis*, and at the Apothecaries *facea*. Gase calleth it *Flammula*: it is otherwise called of the Herbarists *Flos Jovis*. It is an herb common in all gardens and fields, it is much used, and especially the water of it.

Harts tongue, in Greek and Latine *Phyllis*, and *Lingua Cervina*. It is of divers unlearned Physitians taken and also used for the *Asplenium* of the ancients, or for the true *Scolopendrium*; where notwithstanding the true *Scolopendrium* is common enough.

Hartwort or *Aristolochy*, *Capnos Chelidonia*, *Capnos phragmites*, *Pes Gallinaceus*; of the Herbarists *Pseudoaristolochia*, and *Radix Concava*. The roots of this herb have the unskillful Physitians brought in use for the true *Aristolochy* the round, and is unto this day used for the same at many Apothecaries, which neverthelesse is nothing like it. So befalleth it commonly that we will see and discern what is done in the heavens amongst the stars, and do not know those things that are beneath on earth, and belonging to our Art. This herb is a kind of *Fumitory*, which *Erius* and *Pliny* have so described it, as may appear by their writings. Here is to be noted, that as often as you find either round Hartwort, or round *Aristolochy*, that the right round *Aristolochy* is to be taken for it. The true *Aristolochia rotunda* is called in Greek and Latine *Aristolochia* and *Me-locarpon*: otherwise it is called for a difference *Aristolochia rotunda*, and *Malum Terra*.

Hasel, or *Hasel nut*, in Greek *Carya*, in Latine *Corylus*, and *Nux avellana*. There are two kinds of it, the one that groweth every where in the Woods; and the other that

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is planted in gardens called a Filberd tree; The Nuts are called in Greek *Leptocaryon*, *Nux avellana*, *Nux pontica*, *Nux praneftina*, *Nux Heraeleotica*, and *Avellana*. The same Hesel Nuts are called Filberds, Lombardy Nuts, that is, *Nux Longobardica*. The wood of the Hesel is cut in chips as the wood of the Ash, and also used in the making of aromatical wines.

Hawthorn is called of *Theophrast* *Cynosbatrus*, of *Plinie* *Cynospaston*, and *Nemospaston*, of *Dioscorides* *Oxyacantha*, of *Gaza* *Canirubus*, the fruits are called Hawes.

Hawke, *Accipiter*, of *Virgil* *Sacer ales*.

Heath, *Erica*, of *Theophrastus* *Tetralax*.

Hedghog, *Echinus*, a well known beast, it is full of prickles over the whole body, so that his skin will not serve to fur a pair of mittens.

Hemlock, is a very venomous herb; it is called in Greek *Conion*, *Cathechomenion*, *Abiaron*, *Aegnos*, *Aspendas*, *Eibusa*, *Ageomera*, *Apalegusa*, *Timoron*, *Dolia*, *Palyanodinos*, *Amarrofis*, *Dardanis*, *Aphras*, *Creidion*, *Catapfixis*, *Cate*, in Latine *Cicuta*: it groweth here and there by hedges, in medowes, and in other grassie places, it hath a very stinking and hurtful savour.

Hemp, in Greek and Latine *Schœnostrophon*, *Asterion*, *Canabis*, or *Cannabis*; it is but seldom used in Physick: it is oft called Halterweed.

Henbane, in Greek and Latine *Hyoscyamus*, *Dyoscyamus*, *Emmanes*, *Dithyrabion*, *Typhonium*, *Pythonium*, *Alterium*, *Apollinaris*, *Fabulum*, *Faba Jovis*, *Faba suilla*, *Herba calicularis*, *Faba lupina*, *Mania*, and at the Apothecaries *Jusquiamus*. It is cold in the third degree: especially the white, which onely is used in Physick. The gray and black Henbane seeds by reason of their great cold, are taken for poyson, wherefore neither of both ought to be used inwardly.

Herb-bennet, look Avence, *A*.

Herb twopence, is called of *Theophrastus*, *Erestedanum*: in Latine *Centimorbia*, *Centimorbum*, or *Centimorhium*: at the Apothecaries *Namularia*, *Serpentina minor*, and *Serpentinaria minor*. Some do also call it *Hirundinaria*: it is a common vulneral herb.

Hermodyctyles, in Greek *Colchicon*, in Latine *Ephemerum deleterium*, *Ephemerum lethale*, *Bulbus agrestis*; of the Herbarists *Canineca*, *Panicum Ciconia*, and *Bulbus Caninus*. Our Physicians and Apothecaries do call them *Hermodyctylum*. But because that divers other plants are called *Hermodyctyles*; it is need-

ful to distinguish them here, that no man put either himself or any body else in danger: for our common *Hermodyctylus*, is the *Hermodyctyle* root, and the true *Colchicum*, which *Galen* calleth *Ephemerum deleterium*: *Avicenna*, *Serapio*, and other Arabian Physicians do affirm the same; and it availeth nought, that some will distinguish the *Colchicum* of the Grecians, from the *Hermodyctylus* of the Arabians: their false and erroneous opinions are easily withstood; for you need but only compare the Chapter of *Hermodyctyles* of *Serapio*, with the chapter of *Colchicum* of *Dioscorides*, then shall you evidently perceive that it is one and the same root: For *Serapio* being a diligent follower of *Dioscorides*, hath taken his chapter de *Hermodyctyla* out of the chapter de *Colchico* *Dioscoridis verbatim*, word for word; as he hath also done in all other plants that are described of *Dioscorides*, as all they may perceive that have conferred both these Authors together. Wherefore it is most sure that the *Colchicum* of the Grecians, and the *Hermodyctylus* of the Arabians, which now also are used for *Hermodyctyles*, are one and the same. But *Dioscorides* and *Serapio* affirm their *Colchicum* and *Hermodyctylus* to be a poyson as well as the venomous Toadstooles, wherefore also they command, that they be in no wise used or eaten: And although *Serapio* do say, that the *Hermodyctyles* be good for the Gout, and other joynt diseases, yet he addeth, that if one use too much of them, that thereby the muscles and the stomach are marvellously weakened: but then he speaketh of the root of the white *Hermodyctyles*, and supposeth that they that are red and black should altogether kill one. Seeing then they are so dangerous, these roots ought not to be tolerated at the Apothecaries, and much lesse to be used inwardly. Whereas then we know sufficiently that our *Colchicum*, or *Hermodyctylus* is so venomous, therefore must they needs lie extreemly, that brag that they can cure all joynt diseases with it. For it is most true, that they that use these *Hermodyctyles* for the Gout, whether it be in Pilles, Potions, or any other way, do wax worse and worse every day, and at last are constrained to die an untimely death, as hath been seen in divers men, and at divers times: notwithstanding that divers learned men have warned them

H h h 2

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them that use such dogged medicines; but no man will be taught of another, which is the onely cause that we will not leave our own opinions and errors, which thing doth not only bereave many a man of this life, but also of the life to come. Wherefore I would admonish and warn every man to take heed of them, and where he findeth *Hermodyctyles* in any receipt, that he omit them. And because that there be Pills made with *Hermodyctyles*, which would be very commodious for the Gout, if they were left out, therefore I would wish the *Hermodyctyles* to be omitted, and to put *Turbith*, or *Agarick* instead thereof, or to take *Medulla Carthami* for it: for they that have observed this order, have found great good by it. But if you take the roots of the true *Mechoacan* for it, that would be much better, for I my self have approved the same: this done, you need not fear any mishap or danger, from which I could not omit to warn every good body. It is very true that divers Grecian Writers, as *Aetnarius*, and *Nicolaus Myrepsus*, have left unto us certain compositions, wherein are both the white and the red *Hermodyctyles*, as in *Aurea Alexandrina Nicolai*, and *Diamoschu Aetnarii*, but these Authors have not meant the *Hermodyctyles* of the Arabians, or the *Colchicum Dioscoridis*, but they have meant the *Behen album*, and *rubrum*; which very well ought to be noted, that this precious confection be not defiled with the *Hermodyctyles*, *Turbith*, or with *Mechoacan*. *Dioscorides* hath also his proper *Hermodyctyles*, which he calleth otherwise *Pentaphyllum*; and it is called in English Cinquefoyl, whereof hath been spoken before.

Heron, in Latine *Erodias*, *Rhodius*, *Avis Diomedea*, and *Ardea*: it is a bird every where well known.

Hollyhocks, in Greek and in Latine *Althea*, *Aristalthea*, and *Dendron Malache*; of *Aetius* and *Galen* *Ehiscus*, *Ibiscus*, *Hibiscus*, and at the Apothecaries *Matvaviscus*, and *Bismalva*: the leaves and flowers are hot and dry in the first degree.

Hony, *Mel*.

Hony-suckle, in Greek *Periclymenum*, *Periclymenus*, *Agine*, *Carpathon*, *Splenion*, *Calycanthemum*, in Latine *Volucrum majus*, *Involucrum majus*, *Pileolus Veneris*; and of the Herbarists *Matrisylvia*, *Matersylvia*, or *Vinciboscum*; of *Scribonius Sylva mater*: the Apothecaries do call it *Caprifolium*, or *Lilium inter spinas*. There are two kinds

of it, first the common sort which is known every where by the name of Hony-suckle; the other kind is onely set in gardens, and is very like the former, but that the leaves are somewhat broader, and grow close to the stalks much like the *Thorowax*: the flowers are a little shorter then those of the former, and white of colour intermixed with purple, and smell very pleasantly. In Provence and Italy is this sort as common as the other is with us; for it groweth in every hedge, &c. The Herbarists do call it for a difference from the former, *Caprifolium Italicum*, *Caprifolium perfoliatum*, or *Periclymenum Italicum*, and *Periclymenum perfoliatum*, both these plants are hot and dry by nature: the leaves and the flowers are used for stinking ulcers, fistulaes, Canker, and Pox.

Hops, in Greek *Bryon*, in Latine *Lupulus salictarius*, *Lupulus Humulus*, and of *Mesues* *Volubilis*, or *Volubilis magna*, *Lupus reptans*, *Habiola*, and *Bruscandula*. It is hot and dry in the second degree.

Horehound, in Greek and Latine *Linostrophon*, *Phyllopharis*, *Camelopodium*, *Prasium*, and *Marrubium*.

Horse, *Equus*.

Horse Leach, *Hirudo*, *Sanguisuga*: it is a well known Water-worm, it is often used to draw out blood of the body of man.

Horse Radish, *Sinapi Persicum*, at the Apothecaries *Raphanus major*, of the Herbarists *Raphanus condimentarius*, and *Raphanus obsoniorum*: The Arabians do call it *Nasturtium album*. This root is every where well known, and is taken of divers unskillful Physitians and Apothecaries for *Armoracia*, and *Raphanus minor*, or *Sylvestris*, the which are the names of wild Radish.

Horsetail, in Greek *Hippuris*, in Latine *Equisetum*, *Cauda equina*, and *Asprella*; *Dioscorides* doth also call it *Ephedron*, and *Anabasis*. There are two kinds of it, the greater and the lesser; the greater is that whereof we have now spoken: the lesser is called *Hippuris minor*, *Equitium*.

Horsetongue, in Greek and Latine *Hypoglossum*, *Hypoglossum*, *Epiglossum*, *Epiphyllotocarpum*, *Lingua pagana*, *Bonifacia*, *Uvularia*, and *Bislingua*.

Hounds tongue, *Cynoglossum*, or *Cynoglossa*, *Lingua Canina*; it is cold and dry in the second degree.

Housleek, in Greek *Iscion*, *Hypogressum*, *Stergethron*, *Zepthalmon*, and *Aithales*;

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in Latine *Sedum sempervivum*, and of *Apuleius*, *Vitalis*, *Caulis Jovis*, of the Herbarists *Herbatenitrus*: the Apothecaries do call it *Barba Jovis*. The second kind is the lesser Houfleeck called of the Grecians *Triphales*, *Eristhales*, *Geastitis*, and *Petrophytes*, in Latine, *Aizoum minus*, *sedum minus* *Vermicularis*, *Canda muris*, of *Plinie* *Digitellus*, of the Herbarists, *Herba vermiculata*, at the Apothecaries *Grassula minor*: both these herbs have like operations, for they do dry, coole, and are astringent, but cold in the third degree.

Huckleberries, field Berries, Bilberries, *Pseudomyrtus*, *Vitis Idea Theophrasti*, it is a plant growing on hills and in woods very common. These Blackberries are falsely taken for Myrtle seeds of the southsayers and unlearned crue, as they also do with the leaves instead of Myrtle leaves, for they could never guesse by the sign and course of the Moone, or by any other stars influence, what the right Myrtus is, for which cause they use this plant for it; but one must take heed not to use them for Myrtles, for they neither have the vertues nor operation of them.

Hyssope, or Ilope, *Hyssopus*, *Hyssopum*.

I

Jacinth, in Greek and Latine *Hyacinthus*. It is a precious stone of a light violet colour. It is called an oriental, or Bohemish Amethyst. It is dealt withal of the unskilful as is with divers other simples, for the Chrysolite hath been used many yeares for the Jacinth, but how erroneously that hath been done, may appeare by the writings of *Plinie*, who sayth, that the Jacinth is like the Amethyst. Wherefore it is apparant that the *Hyacinthus* hath his name of the violet coloured flower *Hyacinthus*, which is most like to the natural Amethyst, so that the *Chrysolithus* hath falsley been used for the *Hyacinthus*. Also the yellow stone *Prasus*, or *Chrysoprasium* hath falsely been called *Chrysolithus* by which meanes these stones have been confused and confusedly used the one for the other: wherefore *Hyacinthus* is the Bohemish or oriental Amethyst, and the Chrysolite is a false Jacinth, and *Chrysoprasus* is the false Chrysolite, this have I thought good to shew, by reason of the great errors daily committed, to the end that more warily might be dealt hereafter in the like cases.

Jasper stone, it is a precious stone, whereof there be divers kinds, to wit, green red, light red, dark blew, liver coloured, and spotted, yellow like Turpentine, and gray with smoakie colours; all these kinds are in the fields about *Nivernoy*, and also here and there in France, also in Germany in sundry places, except the green and dark green Jaspers, which onely are brought out of India, these two last kinds are the best. The dark green Jasper is called *Heliotropius*; the light green like a Smaragde is called *Iaspis viridis*, this is used for the Smaragde but unjustly. The liver coloured is called at the Apothecaries *Lapis Hepaticus*. The yellow Jasper is called of *Dioscorides* *Therakinthifula*, and the blew Jasper *Arizusa*.

Jewes lime, in Greek *Asphaltos*, in latine *Bitumen*, and at the Apothecaries *Bitumen Indicum*, it hath his name by reason that it was wont to be brought unto us from *Judea* out of the salt sea, wherein the *Jordan* doth exonerate it self, which also hath been taken for the very best of *Galen*, *Dioscorides*, and of divers other ancien writers: but that which is now adayes found at the Apothecaries, is onely a deceit and a counterfeited Jewes lime, to wit, made of Pitch, and *Oleum petrae*, which is both bought and sold of Jewes and other covetous Marchants; wherefore it is much better to use of our Dutch Pitch (which is the right *Bitumen*) then to take one that is counterfeited. Pitch or Jewes Lime is very seldome used alone, but it is alwayes mixed with other things.

Jewes stones, in Greek and Latine *Tecolithus*, *Phenicites*, *Pyrene*, and *Eureos*. All these names doth *Plinie* attribute to the Jewes stone, yet he doth also call the sponge stone *Spongites Tecolithus*, but this name is onely due to the Jewes stone. It is called of *Dioscorides* *Lapis Judaicus*, by which name it is also known at the Apothecaries.

Ink *Atramentum scriptorum*, *Atramentum librarium*, the Apothecaries do call it *Encaustum*.

Indian nut, in Greek *Caryon Indicon*, in Latine *Nux Indica*, and of *Serapio* *Nergoil*. It is a fruit like to the great Pompeons whilest it is green, but it is brought unto us dried; the shell of it is as hard as a horn, black without, and as big as a common bowl. It is also well known in this country: within it hath a white pith or kernel, it is used at all Apothecaries.

The second Table.

The kernel is hot in the second; and moyst in the first degree. *Ireas* of *Dioscorides*, *Iris*, *Unia*, *Thamastos*, or *Thelpide*, or *Thalpid*, and *Catharon*; of *Athenaus*, and *Theophrastus*, *Hieris*; in Latine *Iris*, *Opetritus*, *Radix martica*, and *Radix consecratrix*; of the Herbarist *Strapula odorata*, *Radix violacea*, and at the Apothecaries, *indeclinabiter incassu genitivo*, *Ireas*, or *Irios*. There are five kinds of it, the first is strange, and is onely planted in Gardens; it hath a faire white and odorifrous flower; the roote is also white and sweet smelling; it is called of the Herbarists *Iris alba*, *Iris domestica alba*. The second kind is also planted in gardens; it is very like the former, but the flower is blew and within of divers colours; not unlike to the the rainebow; the roote is somewhat grayer then the first, and not so odoriferous; it is called blew flower deluce, of the Herbarists *Iris carulea*, *Iris domestica carulea*, and *Lilium caruleum*. The 3. kind groweth of it self in the woods, it is much like to the last mentioned, but that the flower is bigger and somewhat declining to the Violet or purple colour, within distinguished with many colours like a raynbow. This is called wild *Ireas*, of the Herbarists *Iris sylvestris*, *Lilium coeleste sylvestre*. The fourth kind hath small, yet long and narrow leaves, and a fair blew flower without any smell; the root is somewhat lesse then of the others, but not odoriferous, yea almost without smell, but very sharp and biting in tast. It groweth commonly near the Rhene in Marshes; it is called of the Simplificists *Iris palustris angustifolia*, *Lilium caruleum palustre majus*. The fift kind groweth also in moyst places near the Rhene, it hath broader and shorter leaves then the former, with a blew flower: the root is sharp on the tongue but without any sent. It is called of the Herbarists *Chamaeiris*, *Iris pumila*, *Iris palustris minor*, *Iris palustris latifolia*, *Gladiolus palustris latifolius*, *Gladiolus palustris minor*, and *Lilium caruleum palustre minus*. *Dioscorides* commendeth the *Iris Illyrica* or *Sclauonica* above all other kinds. This is somewhat lesser then the common kind of *Ireas*; it is also somewhat reddish and of a pleasant colour, and sweet in smell. But the Italian *Ireas* and that which groweth in Apulea, doth not onely exceed the former in odoriferousnesse, but also in operation; wherefore it is also commended of all

learned physitians above that of *Illyria*. The Herbarists do call it *Iris Italica*, *Iris Florentina*, *Iris Apulca*: in English the white *Ireas* roote. If thou therefore find *Ireas* in any composition with any addition, then shalt thou take the *Iris Florentina*, which is common at all Apothecaries.

Isop look Hyssop. H.

Jujubes in greek and Latine *Sericum Zyzophum*, and at the Apothecaries *Jujuba*: it is a kind of Prunes that are well known.

Iron, *Ferrum*, it is very much used in Physick; for it is made red hot and extinguished in water, wine, milk, and many other liquors more.

Juniper tree in Greek *Arcuthos*, in Latine *Juniperus*. There are two kinds of it, the great and the lesser Juniper tree: the lesser is common on every hill and known to every man; in greek and of *Dioscorides*, it is called *Arcuthis* and *Acatthalis*, of *Theophrastus* *Oxycedros*, in Latin *Juniperus minor*, *Junipurnus*, and *Junicellus*, in English the Juniper shrub. The great Juniper tree hath bigger, stronger, and more pricking leaves, then the lesser, and it is a meetly great tree; the berries and fruits are thrice bigger then those of the former; it groweth on high hills and in woods. It is called in Greek of *Dioscorides* *Arcuthos* and *Acataera*, of others *Oxyarcuthis*, and of *Theophrastus* *Cedera*, in Latine *Juniperus major*, *Juniperus acuta* and *Cupressus sylvestris*. They are both of sundry vertues and operations in Physick, and therefore they may be used without indifferently.

Ivory, *Ebur*, *Ebor*, *Dens Elephantis* but *Juba* doth call the Ivory or Flephants tooth *Cerata*.

Ivie, in Latine and Greek, *Cissus*, *Hedera Edera* and *Hadera*.

K

Kite, *Ictinus*, in Latine *Milvus* and *Milvius*. Knotgras, in Greek *Polygonum*, in Latine *Proserpinaca*, *Herba Sanguinalis*, or *Sanguinaria*. There are three kinds of it, to wit, the male, the female, and the lesser knotgras; the male is sufficiently known by the name of knotgrasse, it groweth every where on the high waies and untilled grounds: it is called in greek *Polycarpon*, *Carcinethron*, *Tentalis*, *Myrtopetalon*, *Cnopodium*, *Pedalion*, in Latine *Polygonum mas*, *Sanguinaria*, *Herba Sanguinalis mas*,

The second Table.

mas, Seminalis. *Unguis muris, Proserpinaca*; of *Apuleius, Clinopodiontes, Scorpionaca, Statumaria, and Miserevivium.* The Herbarists do call it *Polygonum Heracleum, or Herculeum, Corrigola, Multinodia, Centumnodia, Gramen Porcinum*; of *Actius Heliobotant* that is, *Herba solis, Dioscor.* doth also call it in greek *Cynochala*; the second kind is a kind of horsetaile, and is called of the common people the lesser Horsetaile, and of *Diosc.* to distinguish it from the other *Polygonum famina, or Sanguinalis femina,* The third kind and the lesser knotgras groweth willingly in the fields amongst Turneps, and it hath a small flax like leaves and great store of seed; the Herbarists do call it *Polygonum minus, Centinodia minor, Multinodia minor, Corrigiola minor, Sanguinalis minor, Seminalis minor,* and *Ruella*; but whensoever any mention is made, then must the first kind be understood.

L

L Adymantle, the greater Sanicle of *Valerius Cordius*, is called in greek *Drosium, Drosfera, and Psiadium*: the Herbarists do call it *Alchimilla, Stellaria, Sanicula major, Pes leonis* and *Planta leonis*; it is a well known vulnerall herb, yet all together unknown to the ancient Physitians. It is hot and dry in the second degree, it is used in all manner of vulneral potions, salves and oyles.

Ladythistle in greek and Latine *Sylibum*, of the Herbarists *Cardus diva Maria, Cardus marianus*, at the Apothecaries *Cameleonta*, as they are taught by the unskilful physicians

Lark in Greek *Corydes*, and *Corydalis* of *Pliny*, in Latin *Galetita, Alauda*. The Lark is much commended for the pain of the belly and many other infirmities

Larks spur of *Dioscor.* *cuminum sylvestre alterum*, of the Herbarists *Fletrauthemum, Calcaria, Herba diva Otilia, Flos regius, Cuminum cornutum, Cuminum siliquosum, Cuminum corniculatum* and *Calcatrippa* although the starkthistles in Italy be also called *Calcatrippa*, at the Apothecaries. *Consolida regia*, and *consolida regalis*, *Ruellius* calleth it *Cornuta*.

Lavander *Lavendula, Lavandula* and *Lavendandula*. There are two kinds of it sufficiently known to every man, to wit, the great and the lesser, the lesser kind is commonly called *Lavander* and is every where

known by that name; the greater is called *Spikenard*, and of the Herbarists *Spica hortulana*, and *Pseudonardus*. In old time, as well as in this our age, have these herbs been planted near Bee hives, because the Bees do love both the smell, and the taste of lavander flowers. The ancient physitians have called this herb *Casia herba, Casia coronaria*, and *Cnaoron*; whereby they have meant both the Lavander and the Spikenard; for there are two kinds of the herb *Casia*. The use of both these herbs is very common with us in Physick; not onely used of it self, but mixed also with other things.

Laurel or Lorel, in greek *Daphnoides Eupatalon, Pelasgum Plinii, Peplein, Dioscorides*, in latine *Laureola* and *Piper montanum* of the Herbarists: it is a well known plant, that groweth in woods and dangerous to be used: some unskilful Physitians and Apothecaries do use it for the true *Mezereon* of the Arabians.

Lead Plumbum.

Leaven, in greek *Zyme*, of *Theophrastus Phryrama*, in Latine *Fermentum*.

Lemon, Lemonium malum, Limonium malum, Pomum Lemonium, and Limonium, it is sufficiently well known every where.

Lentils, in greek *Phacos*, in Latine *Lens*, and *Lenticula*. They are maen between hot and cold, but dry in the third degree.

Lettice in greek *Thridax*, in Latine *Lactuca*, a very common and well known herb. There are many kinds of it: first the common Lettice which is called broad Lettice, secondly: the crumpled Lettice, called *Lactuca crispa*, and *Lactuca cappadox*: the third kind is the headed Lettice, *Lactuca sessilis*; of *Pliny*, *Lactuca Laconica*; of *Columella*, *Lactuca Ceciliansa*; and *Lactuca medica*, of *Atheneus, Astylis*; and of *Pythagoras, Eunuchion*, because that it hindereth the generation of humane seed: the fourth kind is wild, and is called wild Lettice, in greek *Thridax agria*, in latine *Lactuca sylvestris*, of the Herbarists *Chenoglossum, Lingua anserina*, and *Cardus Hepaticus*. Some blunt Physitians do use this for *Endive*, although the *Endive* be very common and known of most men, which is no small error.

Licebane, or Stavesacre, in greek *Astaphys agria, Staphis agria*; and *Phthitioctonum*, in latine *Uva sylvestris, Pedicularis*; and *Herba Pedicularis*, of the Herbarists, *Piper murinum*, and at the Apothecaries *Staphisagria*: of the whole plant is onely the seed used.

The second Table.

Licorice, *Glycyrrhiza*, *Glyceraton*, *Glycephyton*, *Adipos*, *Syllira*, *Lybystafon*, and *Theoprast*. calleth it *Etyglycea*, in latin *Radix dulcis*: *Radix Scythica*, and at the Apothecaries *Liquiritia*: and of some barbarous people *Regulisia*: it is a well known root, and especially about Bamberge, where it groweth in that abundance, that it doth not onely serve Germany, but many other countries more.

Lighe, *Lixivium*, and *Lixivia*, *Columel*, *Spuma caustica*, of *Martialis*, *Spuma Batava*.

Lignum Aloes, in greek *Agallochum*, of *Etius*, *Simeon Serbus*, *Nicolaus*, and *Aetnarius*, *Xyloaloes*, in Latine of Pliny, *Tarum* of the latter writers *Lignum Aloes*, *Xylum aloes*, and *Xyloaloes*. The Druggists do call it *Calambucum* *Lignum Taprobanum*, *Lignum paradisi*, and *Lignum sancte crucis*. In the Bible hath it onely been called Aloes; it is an odoriferous kind of wood which is brought out of the Isles of *Sumatra*, or *Taproba*: There are many kinds of it, the heaviest is the best, and that which is hard and spotted black, and very Sappie, is also taken for the best.

Lilly, in greek and Latine *Crinon*, *Lirium*, *Lilium*, *Rosa Junonis*, or *Junonia Rosa*, *Nicander* calleth it *Crinanthemum*. The Apothecaries call it for a difference of the others, *Lilium album*, that is, the white Lilly; and by the name of the Lillies in this book are alwayes the white ones meant.

Liriconfancy or May Lillies, or Lillies of the vallies; of *Theophrastus*, *Lilium Vernum*, of the Herbarists and common Physitians, *Lilium convallium*. Some would have it to be the *Cacalia* of *Dioscorides*. But they are deceived. The flowers of this herb are onely used.

Litharge of gold or silver, *Lithargyrum*, there are two kinds of it: the first is the Litharge or dross of silver, *Argyritis*, at the Apothecaries *Lithargyrium argenti*. The second kind is the Litharge of gold and it is somewhat redder then the former. There is yet another kind called of *Pliny* *Molybditis*, and of other *Spuma plumbi*: that is the scum of Lead. Otherwise it is also called *Lythargyrium argenti*, also *Lithargyros* and of *Pliny* *Spuma argenti*, as the Litharge of gold is called of some *Spuma auri*. These three kinds have the same qualities and operations, yet is the Litharge of gold taken for the best; then the scum of Lead: Lastly the litharge of silver.

Loadestone, in greek of *Galen*, *Magnetis*, and

Heractia; of *Callimachus*, *Heracleotis*, and of *Porphyrus*, *Magnes*, and it is also called in latine. It is called of *Pliny* *Sideritis*, because it draweth Iron unto it.

Lobster, *Cancer Marinus*.

Lovage, in greek *Hippocelinum*, in latine, *Apium equinum*, of *Theodorus Gaza*, *Equapium*, of the Herbarists, *Pseudoligusticum*, of the Apothecaries and common Physitians *Levisticum*. Because they have used it many yeares for the true *Lybisticum*, or *Ligusticum*, therefore will they (according to their old custome) remain in their error, and will by no meanes be better instructed, let the poore Patient speed as he list; notwithstanding that the true *Libysticum* of the Ancients be in great abundance brought out of Italy, for it groweth very common in *Liguria*, and other provinces: but diligent and careful Physitians do plant the same in their gardens. Others that have not the true *Ligusticum* use the *Angelica* for it, or the *Oustrutium*, for both these herbs have the same virtues with the *Ligusticum*: the which all physitians and Apothecaries ought to imitate, untill such time as they attaine to the true *Ligusticum*. If we did so much trouble our selves about the knowledg of herbs and simples, as we do about the making of Calenders and Prognostications, we might have this and many simples more which now we want. The *Ligusticum* is also called *Panacea* of *Dioscorides*.

Lupines in greek and Latine *Lupinus Therminus*, and *Faba Lupina*.

M

M Ace in greek, and Latine, *Macer*, *Xylomacer* *Macis* and *Nucis myristica involucrium*, It is a well known spice, hot and dry by nature.

Madder, in greek and Latine *Erythrodanum*, of *Nicander*, *Scyron*, *Rubia*, *Rubia tinctorum*, *Rubia infectoria*, *Vena tinctoria*; at the Apothecaries *Rubia tinctorum*, and *Vena tinctorum*. There are two kinds of it, the wilde and the tame: the wilde groweth every where in the woods, and it is much better & fitter for Physick then the other, which my self have approved to be true, at sundry times; the root is onely in use, for the herb hath small vertue.

Maggie, *Pica*, and *Citta*.

Malmsey, in greek and latine *Momembrastis*, *Vinum Arvisum*, *Vinum Creticum*, *Vinum chinum*, and *Nicolaus Mirepsus* calleth it *Vinum*

The second Table.

Vinum Momembrasiaticum, the common Physicians and Apothecaries call it *Vinum malvaticum*, and *Vinum marvisianum*, or *Malvisianum*.

Mallowes in greek *Malache*, in Latine *Malva*. There are four principal kinds of it, whereof the first is the tame Mallow, which groweth in gardens and elsewhere: it is called *Malva sativa*, *Malva hortensis*, of the Herbarists, *Malva Major*, *Hippomala* and *Malva caballina*: this is the right Mallow or *Malva sativa* of the ancients, notwithstanding that it groweth in all places of it self. The second kind groweth every where by the hedges and ditches, and it is much lesser then the former; it is called in greek *Malache agria*, and in latine, *Malva sylvestris*, or *Malva agrestis*, of the Herbarists *Chenomalache*, *Malva anserina*, *Malva Leporina*, and *Malvapumila*, in English the lesser Mallowes. The 3. kind is now adayes planted in gardens, and it is called crumpled Mallowes, it is more moyst then either of the former, although that first it came from them: for by the art of Gardening it is so changed, as many other plants also are. It is called of the Herbarists *Malva Romana*, or *Malva Crispa*. The fourth kind is called a winter Rose, in greek *Moloch*, and in Latine of Apuleius, *Hastula regia*, of the Herbarists *Rosa transmarina*, *Rosa hyemalis*, *Rosa autumnalis*: the Apothecaries call it *Malva arborea*. The first two kinds are mean warm and moyst by nature, but the lesser disagreeeth somewhat from the other. The crumpled Mallowes are much moyster by nature then the other, and is but seldome used in Physick, and that because the two first are much stronger. The winter Roses are middle mean warm but astringent withal, that as the former kinds do loose the belly, so this doth bind the same, wherefore it is also used for the lask; they therefore do lie falsely that commend this kind above all the Mallowes of Dioscorides and Galen.

Mandrake, *Mandragora*, *Antimelon*: this is called of Pythagoras, *Anthropomorphos*.

Maniple is an handful, or as much as one can hold in his hand of herbs, flowers, rootes and such like things, in greek *Dracos*, *Dragma*, and of the latter Grecians *Dismidion*, in latine of Cornelius Celsus, *Manipulus*, of Scribonius and Marcellus, *Fasciculus*, of Plinie, *Fasciculus manualis*.

Manna, *Melligo*, *Saliva siderum Ros*, *Syriacus*,

Mel aerium; of Galen *Eromeli*, *Drosomeli*, at the Apothecaries *Manna* or *Manna celestis*, to distinguish it from the Frankincense which is called *Manna Libani*, and *Manna Thuris*. There are two kinds of *Manna*, the one is soft and thin, which is gathered in stone pots, and that is called of Galen lib. *tertio de alimentorum facultatibus*, the principal *Eromeli*, that is *Mel aerium*, and *Mel libani*. The Arabians do call it for a difference from the other *Teremabin*, and *Averroes Tergebinum*. The Simplificists do call it, *Manna liquida*. But now adayes it was neither found nor used any longer, as it is wont to be in the time of Galen, and of other writers. This *Manna liquida* doth Hippocrates call *Mel cedrinum*. The other kind is dry and hard like Sugar, and is differing according to the place where it is collected, so the one is called *Manna Calabrina*, and *Manna Bombycina*, this is brought out of Calabria, and it is accompted the worst kind, and it is not so sweet as the other. The other kind is called *Manna Brianzona*, it is in compacted hard, and fatty greins, it is also sweeter then the former, and more forcible in operation. The third kind is whiter, and the greins of it are not unlike to them of Mastick, it is also called *Manna granata* or *granulata*, or *Mastichina*, and it is the very best.

Marchasite, in greek and latine *Pyrites*, at the Apothecaries *Marchasita*, it is a mineral stone, it is used in Gum and Tinder boxes. There are many kinds of it, whose names do all differ according to the mineral that they contain.

Marjoram bastard, look Organy O.

Marjoram gentle in greek *Sampsychus*, in latin *Amaracus* or *Amaracum*, of *Egineta*, and at the Apothecaries *Majorana*.

Marigold, of *Virgil*, *Columella*, and *Pliny*, *Caltha*, and of the Herbarists *Solsequium aureum*, *Ferrucaria*, *Caltha poetica*, to distinguish it from the *Caltha* of Dioscorides, which is the *Chrysanthemum*: it is otherwise called *Calendula*, and there are 3. kinds of it, to wit, the common Marigold, that groweth in every garden, and is called *Calendula*. The 2. kind hath fair great and double flowers, it is called *Calenda multiplex*. The third kind is much lesse then both the former, but very like to the first kind with flowers, leaves and rootes: this kind groweth every where about worms, & also about Reingan in plowed fields, & it is much better & fitter for Physick then the former, it is called the wild Marigold,

The second Table.

Marigold *Calendula sylvestris* and *Arvensis*: some call it *Calchula*, because it is the least of the three.

Mastick, in Greek and Latine *Mastiche*, *Resina lentiscina*, and at the Apothecaries *Mastix*.

Maudlingwort, in Greek *Chrysocome*, and *Chrysis*, in Latine *Coma aurea*, *Aureola*, and *Amaranthus*, of Galen and the Herbarists *Amaranthus luteus*, *Amaranthus aureus*, *Tinearia*, *Silphalithemum*, *Stechas citrina*, *Stichas citrina*, and at the Apothecaries *Stichados vitrinum*. This herb is known to most men, and is hot and dry by nature.

Mault is prepared barley, whereof the beer is made, it is called in greek of Aetius, *Byne*, and in latine *Maltum*.

May Lillies, or flowers. look Liriconfancy. L.

Marsh garlick in greek and latine Dioscorides *Scordium*, *Scorbinum*, *difosmon* and *Mithridation*, of Apuleus *Scordilum*, *Mithridation* and *Hema Ictinos*, of the Herbarists *Trixago palustris*, *Trissago palustris*, *Trixago aquatica*, *Chamadrys aquatica* and of Apuleus *Sanguis Milvi*. There are three kinds of it; the first is very like the true Germander both in the flower and in the leaf; but that the leaves are somewhat softer and of a light green colour, and smell like Garlick; the second kind is much like to the former, but that it is in every respect somewhat greater; it hath soft leaves somewhat rough and gray, but in smell like to the former. The first kind is called of the Herbarists *Scordium minus*; and the second kind *Scordium majus*; the third kind hath a square stalk and white flowers like to the Horehound; the leaves are big and much jagged, the smell is like Garlick, but not so strong as the other two. Plinius calleth it *Scardotis*, the Herbarists *Scordium alterum Plinii*, or *Scordium Plinianum*, *Scordiastrum*, *Marrubium palustre*, or *Marrubium aquaticum*; in English water Horehound. The Apothecaries and such like Southsayers have taken the wild Garlick for the true *Scordium*, but how falsely that is apparent enough to all the learned. The first and second kind are used promiscus the one for the other but it availeth not, seeing that they are both of one operation. The water or marsh Horehound is as yet unknown at the Apothecaries, and not used at all. The *Scordium* is used in many compositions.

Maidenhaire in Greek and Latine *Adian-*

thum, *Polytricon*, *Callitrichon*, *Ebenotrichon*, *Capillus Veneris*, *Supercilium terra*, and *Herba Capillaris*. There are two kinds of it: the first is *Adiantum nigrum*, or *Adiantum gallicum* because that it is brought out of France unto us: all the English names (as *Venus haire*, *Maidenhaire*, &c.) are proper unto this kind, and whensoever you find either of them in any composition, then shall this kind alwayes be understood: the second kind is called *Adiantum album*: it is a common and well known herb here and Ielsewhere; some men call it *Onopertium*, *Filicula Affellorum*, *Ruta muraria*, and *Salvia vite*. Look in V. for *Venus haire*.

Meade or Hony water, in Greek *Hydromeli*, *Melicratum*, and in Latine *Aqua mulsæ*.

Medlar tree, *Mispilus*,

Melilot, is called of the Herbarists *Melilotus Nobilis*, *Herba flava*, *Herba leporina*, *Melilotus coronata*, *Sertula Regia*, and *Corona regia*. It is a well known herb, it groweth in high meadowes and hills, about a span and a half in height (to wit in the Low-countrys) with small Clavers; it hath a fine yellow flower which doth both smell and taste like hony, it is not much unlike the flower of peason. It is used every where instead of the true *Melilotus* of the ancients, because it hath the same vertues and operations that are described to their *Melilotus*. But in all Germany is the *Saxifragium luteum* most used, and the *Melilotus Saxifragus*, and *Trifolium ursinum*, which Dioscorides doth call *Lotus Lybica*, *Lotus sylvestris*: This is much more forcible then the common *Melilotus* as hath been approved. And although this kind be *Melilotus sylvestris* with *Dioscorides*; yet there is another kind of it to wit, *Melilotus Avicenna*, whereof he maketh two kinds, the one with white, and the other with yellow flowers: both which do smell very sweet and are altogether bitter in taste; yet doth ey digest and bind, which qualities Dioscorides and Galen do also ascribe to their *Melilot*; wherefore it is advised to take the great *Melilot Avicennæ*, and is used at the Apothecaries. The white *Melilot* is not common in all countrys, wherefore it is sown in gardens in many places. The white is called at the Apothecaries *Melilotus alba*, and the yellow *Melilotus lutea*, the Herbarists do thus distinguish it from *Lotus sativa*, they call it *Lotus alba*, *Lotus lutea* as they also call the *Lotus sativa*, and *Lotus Carulea*. *Serapio* hath also his proper

The second Table.

- proper Melilot, to wit the lesser Vitches, which after the flower is fallen away it getteth little husks like bird clawes. Some do use the lesser small Melilot that grow in meadowes, which is something lesse then the common Melilot, calling it *Melilotus minor*, wee call it the lesser Melilot. Dioscorid. calleth his Melilot that groweth in *Campania*, *Sertala Campana*, and *Cato Sertala Campana*.
- Melons, *Melon*, *Melopepon*, and *Melona*. *Mithridate*, *Antidotus Mithridatica*, *Methridatium*, and at the Apothecaries *Methridatium*. It is a precious confection against all poyson, which first was made by King Mithridates, and hath called it by his own name.
- Mewe, *Anethum sylvestre*, *Anethon ursum*, *Anethum*, *toruosum*, and *Meum*: some do call it *Sesili Creticum*, but care not for them, for it is the true *Meum* of the ancients, as every one may see and find to be without deceit, that shall confer it with the description of Dioscorid.
- Milke Thistle, in Greek and Latine *Chamaeleon niger*, and at the Apothecaries *Cardopatum*, some do call it *Carlina nigra*.
- Mill dust, in Greek *Pollen*, *Farina volatica*, at the Apothecaries *Farina volatilis*.
- Mill stone, *Lapis molaris*, of Virgil *Lapis incusus*.
- Millet in Greek, *Cenchros*, of Strabo *Cenchris*, Hipoc. *Paspale*; it is every where in Germany well known, and is daily used in meates.
- Millet of Indy, It is called in Latine *Milica*, of Plinie *Milium Indicum*, of the Herbarists *Panicum Indicum*, *Meliga*, *Sorghum*, and *Saggina*. The Portingals call it *Milium saburtum*. It is a plant not much unlike to the Sugar canes, and beareth a brown seed like a Lettice, but somewhat sharper. It is now lately sown in gardens.
- Miscledene, in greek of Plinie *Ixos*, and of Virgil *Astilis*, of Hesichus *Stear: Stelis*, in Latine, and of Virgil *Viscum*. It is an excrescence of trees, and groweth commonly on Peare and Apple trees: also on the Hawthorne tree, and Birch trees; but that which groweth on Oakes, Tillet trees, Chestnut trees, or Hasels, is commended above the rest in Physick. It is used for the falling evill and swimming of the head.
- Mosse, in Greek *Bryon*, *Spaghnon*, *Mnion*, and *Amnion* in Latine, *Muscus*, *Muscus arborum*, and *Lanugo arborum*: at the Apothecaries *Ufnea* of the Arabians.
- Mouse *Mus*, a domestical animal.
- Mouse eare, *Auricula Muris*. The hearbs that are called Mouse eare are 4. in number, although there be but one of them that is called so of the ancient writers; the first and greatest kind is called of some Mouse eare, others Lungwort; it groweth in dark Beechen woods, and old wals, it hath broad rough and hairy leaves that lie down flat on the ground, a stalk that is divided into three or four sprigs, on the top whereof are yellow flowers; this stalk being squeezed it yeeldeth a white milk juyce like to the wild Lettice; the Chirurgions do call it *Lactaria consolida*; the Herbarists *Pilosella major*, *Auricula Muris major*, and *Pulmonaria Gallica*, because it also serveth for the diseases of the Lights. The second kind is called *Pilosella media*, and *Pilosella*, or Mouse eare by which name it is every where known, as also in this Book it is called no otherwise. The third kind is called the lesser Mouse eare, of the Herbarists *Flos Angelicus*, and *Pilosella minor*. It groweth in barren grounds, it hath fair white and purple flowers. The 4. kind is called the blew Mouse eare or blew Eye-bright, of Dioscorides *Myosotis*, *Auricula muris*, and of the Herbarists, *Enphrasia carulea*, and *Auricula Muris carulea*. This herb is nothing like to the former 3. kinds in operation and vertue; for the water distilled of it is used for the dimness and bleerednes of the eyes. The ancient Physitians have onely used it for the bad eyes. But our common Mouse eare is onely used in potions for wounds and ruptures, and such like compositions; notwithstanding that it hath his proper use of it self.
- Mouse of the Apples, *Mus Aptinus*, whereof the grease is used against the lameness and extenuation of the joynts.
- Mugwort, *Artemisia*, it is an herb sufficiently known, hot and dry in the second degree.
- Mulberry tree, *Morus*, *Sycaminus* in Greek, in Latine *Morus*, and *Arbor sapiens*; the fruit is called *Morum*, or Mulberrie.
- Mummie, *Mumia*: there are two kinds of it; the one is digged out of the graves in Arabia and Syria, of those that are Balsamed, and is brought unto us; it is called *Pissasphaltus sacitium* of the Arabians *Mumia*, at the Apothecaries *Mumia*.

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Mumia. Serapio calleth it *Mumia sepulchrorum*, to distinguish it from this kind following, the Physicians call it *Mumia Arabum*, for a difference from *Mumia Græcorum*. The second kind is onely an equal mixture of the Jewes lime, and *Bitumen* in Greek *Pissasphaltum*, in Latine *Picibitumen*, and of the Simplicists *Ceramentana*, *Cera terrestis*, *Pissasphaltum nativum*, and *Mumia nativa*; but as often as *Mummie* is named in this present work, is not the Jewes lime meant, but the *Mummie* of the Arabians, to wit *Mumia sepulchrorum*, which is found at all Apothecaries under the name of *Mumia*.

Muscadine, *Vinum Apianum*, *Vinum Muscatulum*, *Vinum Muscatellinum*, and *Muscatellum*.

Muske *Musks*, *Moschus*, *Musculus*, it is the dried matter of the impostume of a certain beast which is called of the Barbarians *Gazella*.

Must, in Greek *Gleucos*, and *Deucos*, in Latine *Mustum*, and *Vinum Musteum*; the wine first prest out of the grape is called *Columela*, *Mustum Lixivium*, of Plinie *Potropion*. This wine was wont to be inclosed in Tuns, and they well hooped, to the end it should not clarifie, and that it might continue sweet. It is called of some *Vinum coactum*; it is called of the Grecians *Aigleuces*, that is, *semper mustum*. It is often used for Physick, but very seldome alone.

Mustard, in Greek and in Latine *Sinapi*, *Napi*, and *Sinapis*. There are two kinds thereof, the wilde and the tame Mustard. They are both of them hot and dry in the fourth degree; the tame kind is more commended for Physick then the wilde.

Mustard seed the white, or *Rocket*, in Greek *Eufomus*, or *Eufomum*, in Latine *Eruca*; there are four kinds of it, the first kind is sowed in gardens, and is known every where by the name of *Rocket*, or white Mustard seed; this is the true *Eruca* and *Eufomum* of the ancients. The second kind groweth of it self in the fields, not unlike the former, but somewhat lesse; it is called of the Herbarists *Eruca sylvestris*, with us, wilde rock. The other two kinds, to wit, the third, and fourth, do grow about the water side and have much bigger leaves then the former, whereof many leaves lye downe flat on the ground about the stalke: the one beareth white the other yellow

flowers, they are called of the Herbarists *Eruca aquatica*, *Erucula marina*, in English water rocket.

Mynts crumpled, *Menta crispa*, *Mentha sativa* or *Mintha*, it is hot in the third, and dry in the second degree; the Greeks do call it *Hedyosmum*.

N

Narcissus in Greek and Latine *Narcissus*. There are three kinds of it, the first is sufficiently known by the name of *Narcissus*, the Herbarists call it *Rhodonarcissus*, and *Narcissus Roseus*, this is the true *Narcissus*. The second kind is very like the former, but it is somewhat bigger in every respect, it is called of Theophrastus *Leucoium*, that is, *vila alba*, and this kind is most of all used at the Apothecaries. The third kind is like the first in leafe and roote, but a little bigger, and the flower is yellow, the Herbarists call it *Narcissus Autumnalis* but this is onely to be understood of the flower that groweth in harvest without any leaves. The roote of it is called *Colchicum*, and *Ephemerum*; as hath been said of the *Hermodactyles*.

Nep, at the Apothecaries *Menta felina*, *Cataria*, it is used of divers men for *Calamintha montana*, because it hath the same vertues, so that it may be done without any harm.

Nettles, that do burn, or burning nettles, *Urtica pungens*, *Urtica urens*.

Nettles, in Greek *Acaliphe*, *Acalephe*, *Cnido*, in Latine *Urtica*, there are three kinds of them, first, the great and common burning nettle which is unknown to all men, this is called *Urtica mas*, or *Urtica major*. The second kind groweth not with us, but must be sowed in gardens, this bringeth her seed in heads like to Flax, and indeed it is not unlike to Linseed; but that it is somewhat lesser and whiter. This Nettle is called of Dioscorides and Plinie, *Urtica sylvestris*, and of the Herbarists *Urtica Romana*, *Urtica Italia*, *Urtica famina*. The seed of this Nettle is more fit for Physick then the former, and it is also more forcible. It is called the Italian, Romish, or garden Nettle, *Urtica hortulana*; notwithstanding that beforesometimes it hath been taken for the wild nettle. The third kind is the lesser and hotter of all, Plinie calleth it *Cania*, and the Herbarists *Urtica minor*. The seeds of all kinds of nettles are hot in the

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the end of the first, and dry in the second degree; the roots and leaves do warm, resolve, and discusse.

Nettles; stinking or dead nettles, *Urtica iners*, *urtica mortua*, *urtica labeo*, *Anonium*; there be commonly four kinds of it, they are called in Greek of *Dioscorides Galeopsis*, and of *Pliny Galeopsis*, *Galeobdolon*, or *Galephos*; in Latine *Urtica labeo*, *urtica fetida*, in English stinking nettles. The second kind is bigger and hath yellowish flowers, it is called of the Herbarists *Archangelica*; and *archangelica lutea*, or *Anonium luteum*, it is also a kind of *Lamium*, (although *Pliny* do ascribe but one kind of *Lamium*) and is called the yellow archangel. The third kind hath white flowers, the leaves are altogether like to the nettle leaves, wherefore they are also called dead nettles; it is called of *Pliny* and of the Herbarists *Lamium album*, to distinguish it from the former, *Archangelica alba*, *urtica mortua*, *urtica iners*, *urtica lactea*, and *Anonium album*. The latter Chirurgions do call it *Herba panaritiis*; this is the right *Lamium Plinii*, and *urtica mortua*, dead Nettles, or white Archangel. The fourth kind is a pretty herb, not unlike to the nettle, with fair purple flowers, with a strong smell like to baulm; it groweth in thickets and woods, it is called of *Pliny* *urtica Herculanica*, or *urtica Herculeia*, *urtica odorata*, also *urtica scarlata*, and that by reason of her strong and pleasant smell, they are also called wood nettles, *urtica sylvestica*. Here is to be noted, that when dead nettles are any where prescribed, that you must take the white Archangel *urtica lactea*.

O.

Oak, *Quercus*, *Arbor Jovis*.
Oates, in Greek and Latine *Bromus*, and *Avena*.
Oleander, in Greek *Rhododendron*, *Nerium*, *Rhododaphne*; the Herbarists do call it in Latine *Laurus rosea*, *rosea arbor*, *Rosago*, *Oleander*, and *Oleandrum*. It is a tree with green leaves like to the Bay tree, but the leaves are somewhat longer and lesser, not much unlike to the leaves of the Olive. It beareth a pleasant horseflesh coloured rose, and is planted in gardens. It is hot in the beginning of the third, and dry in the second degree.
Olive tree, *Olea*, and *Oliva*. There are two kinds of it, the tame, and the wild Olive, the tame is named as before: the wild

is called in Greek and Latine *Agriolea*, *Cotinus*, and *olea sylvestris*: the tame Olive is called of *Virgil* *Palladia arbor*.

Onion, in Greek and Latine *Crommyum*, *Cepa*, *Cepē*, and *Cepa indeclinabiliter*. There are many kinds of it, to wit, long, round, great, and small Onions, red, brown, and yellow: the long ones are much stronger then the round, and the yellow stronger then the white. *Pliny* divideth them into two kinds, the one doth he call *Cepa condimentaria*, and hath no head at all, but the tops are only used, and it is called *Cepa pallanaca*. The other kind is called *Cepa capitata*. Amongst all Onions, are greatest accounted the best for meat, they that are flat like Turneps, they are called *Cepa Africana*. Next after them are the Spanish onions, but they are lesse, longer, and sharper, yet bigger then any onions in this Countrey. There are also two kinds of them, the one is red, the other white; but whensoever thou wilt use onion seeds in any composition, then shalt thou take the seeds of our onions, for that is much more fit for Physick, but the Spanish onions are better for meat.

Orange, in Greek *Atraphaxis*, and *Chrysolobanum*, in Latine *Atriplex*, *Atriplexum*, and *olus Aureum*, it is a common potherb cold in the first, and moist in the second degree.

Orange tree, *Narantia malus*.
Orange of *Athenens*, in Greek *Chryseon*, of *Nicander* *Nerantzion*; of *Virgil* *Aureum malum*, and of the common people *Malum Nerantium*, *pomum Arangie*, *Adamium*, and *Aurantium*.

Organe, grosse or course Marjoram, in Greek and Latine *Origanus*, or *Origanum*; *Conila*, and *Cumila gallica*, of *Apulians*. There are three kinds of it, the first is called in Spanish *Dosten*, in Latine and Greek *Origanus Heracleotica*, or *Origanum Heracleoticum*; of *Mesues* *Origanum Persicum*; and of the *Simpliciists* *Origanum Hispanicum*, because it is brought unto us out of Spain: but we needed not to fetch it in Spain, if we did but look about us here in Germany, we should find this noble herb *Dosten* in a sufficient quantity here: but our nature and disposition is such, that we must alwayes have some new-fangle, and to forsake that which is present with us. This course Marjoram, or *Dosten* hath small and smooth leaves like to the common course Marjoram; the flowers are

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also very like it, but it groweth somewhat higher, it hath a pleasant aromatical smell, nothing like to the common course Marjoram; it groweth in great abundance neer the *Rhene* on the hills. The second kind of course Marjoram is brought unto us out of *Candia*, and it hath white leaves like the Spanish *Dosten*, it is like to the wild Marjoram, both by the stalk, flour, and also by the hairinesse, so that there is no other difference between the Spanish *Dosten* and our wild Marjoram, but that the *Dosten* of Candy is somewhat subtler in sight, and something more pleasant in smell then the other, which must be ascribed to the nature of the Country, because that the *Dosten* groweth there in the fields, and ours must be planted and sown in Gardens for we do find the same by other plants that do also grow in fields with us, that they which grow abroad are much stronger then they which are set in gardens, although they be greater and more pleasant to sight. This kind of course Marjoram or Organe is called of *Dioscorides* and others in Greek and Latine *Onitis*, *Origanum onitis*, and of the Herbarists *Majorana sylvestris*, *Sampsychus sylvestris*, *Origanum asininum*, *Ouriganum*, and at the Apothecaries *Origanum creticum*. They that use our wild Marjoram when that of Candy cannot be had, erre not at all, for it is one and the same herb. The third kind groweth also in Candy, and is set in gardens with us; it hath commonly five or six stalks growing out of one root, the leaves are very like to the wild Thyme, and the flowers like Pennyroyal, it smelleth also very well, it is called in Greek *Tragoriganus*, in Latine *Tragoriganum*, and *Origanum hircinum*. The fourth kind is our common Marjoram, sufficiently known by that name, it is called in Greek *Agrioriganus*, in Latine *Origanum sylvestre*, and of the Herbarists *Origanum panaceum*. Note, that if you find course Marjoram in any composition, then is the Spanish *Dosten* to be taken for it, which is called *Origanum Heracleoticum*.

Otter, in Greek *Enydria*, in Latine *Lutra*.

Oxe, *Bos*, in Latine *Bos*.

Oxymel, is a syrup made with Vinegar and Honey.

Oyl of Spikenard, *Oleum Spicanardi*, and *Oleum Nardinum*.

Oyster, in Greek and Latine *Ostreum*, of *Plinie*, *Ostrea*, it is a kind of shell fish.

P.

Palma Christi, in Greek *Cici*, *craton*, *sefeli cyprian*, *pentadactylon*; and of *Erodolus*, *cilicyprian*; in Latine of *Plinie*, *Ricinus*, *Trixis*, and *Sesamum agreste*; of the Herbarists *Palma Christi*, and *Alanus Christi*, of the Apothecaries *Cataputia major*. The Arabians do call it *Cherva*, *Cervat*; it is a plant common almost in every garden. The seed whereof is called *granum regium*, it is hot and dry in the second or third degree.

Panick, in Greek *Elymus*, and *Melymus*, in Latine *Panicum*, and *Panigo*.

Parchment, *Membrana*, and *charta pergamentina*.

Parfnep, in Greek *Staphylinus*, in Latine *Pastinaca*, of the Simplicists *Carotis*, and *Carota*. There are four especial kinds of it, the first hath yellow roots, and they are called yellow Carrots; of the Herbarists *Staphylinus luteus*, *Carotis lutea*, and *pastinaca lutea*, this is the most common sort of all the tame kinds, and it is the true *pastinaca sativa*, but I trouble not my self with them that seek to place another kind instead of it, thereby to cover their grosse errors, if they did look on the true signes that *Dioscorides* describeth unto it, they would soon be led from that their blindness, although they were but children in judgment. The second kind of these roots is very like to the former, but that it is altogether white, and is called of the Herbarists *Carotis alba*, *Staphylinus albus*, *pastinaca alba*; in English a Parfnep. The third kind are the garden Parfneps, these are most like to the two former in leaf, root, and flower. But the root is of a dark red colour, which yeeldeth also a juice of a dark red colour, but in taste it is altogether like the foresaid. This is the true *Pastinaca nigra* of *Theophrastus*, of the Herbarists, *Staphylinus ruber*, *Pastinaca rubra*, *Carotis rubra*, we call them red Carrots. These three kinds are comprehended under the name of *Pastinaca sativa* of *Dioscorides*: yet they that would have the tame Parfnep with the broad leafe to bee a kinde of stone Parsley, because it is sweet in taste, I could wish they would bethink themselves otherwise, for they two are as like, as the Firre tree is to the Box tree. This is the true *Elaphoglossum Dioscoridis*, as every one must confesse that readeth the

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the description of it: *Dioscorides* doth also call it *Ophioctonum*, *Cervi ocellus*, and *Pabulum cervi*. The Herbarists do call it *Pastinaca cervina*, but especially the wild kind that groweth of it self in hilly meadows, and is most like to the tame kind, differing onely in the place where they grow: also the wild kind is fit for Physick, although they be both used for meat. The fourth kind is the wild Parsnep, and it groweth every where in the Vineyards and corn-fields, it is much like to the tame or garden Parsnep, the root is whiter, and sharper in taste then of the other, the flowers are white, and of the tame kind yellow, they that know the wild Parsnep may also know the tame kind very well, and may soon perceive the errors of others: it is called wild yellow Carrot, or Parsnep. This is that Parsnep that all authors will have used in Physick; the Herbarists do call it *Pastinaca ernatica*; *Staphilinus erraticus*, *Carolus sylvestris*: the Apothecaries do call it *Baucia*; others (but unjustly) *Daucus*, and would make *Baucia* and *Daucus* to be one and the same.

Partridge, *Perdix*.
Pauls Betonie, *Betonica Pauli*, *Veronica*, it is a common herb, and daily used.

Peach tree, *Persicus*.

Pear tree, *Pyrus*.

Pearls, in Greek *Margarites*, *Cinadus*, of *Theophrastus*, and *Lucianus*, *Erythraeus lapis*, of *Arrianus*, *lapis Indicus*; of *Stratius*, *Erythraeus lapillus*; of *Virgil*, *Bacca* and *Bacca conchea*; of *Pliny*, *Unio*; of *Cicero*, *Margarita*, and of *Saint Jerom*, *Granum maris rubri*; of others *Perla*: it is a gemme or precious stone well known unto all men.

Peafon, *Pisum*: there are divers kinds of them, but the very best are the Hastings.

Peacock, *Pavo* and *Pavus* in Latine, of *Ovidius*, *Junonia avis*.

Pellitory of Spain, in Greek and Latine *Pyrethrum*, *Pyritis*, *Pyroton*, and *Pes Alexandrinus*: it is hot and dry in the third degree.

Pellitory of the wall, in Greek *Helxine*, *Eusine*, *Eliis*, *Chanocersaq*, *Amelxine*, *Amorgine*, *Sucotachos*, *Psychuacos*, *Melampelos*, *Anatamenon*, *Polyonymon*, *Clibodion*, *Clybetis*, and *Clybatis*; in Latine *Perdicium*, *Orceolaris*, *Viriola*, of *Celsus*, *herba Muraria*, *Muralium*, *Vineago*, *herba Orceolaris*, *herba Viriaria*; and of *Avicenna*, *herba Viri*; of *Apuleius*, *Herba Pedicularis*; of the Herbarists *Helxine muraria* and *Parietaria*.

There are two kinds of it, to wit, the common *Parietaria*, which is the biggest, and groweth every where in old walls, and it is called of the Herbarists for a distinction *Parietaria major*. The second kind is somewhat lesse, and groweth not outright like the former, but creepeth onely along the walls, and hath red and thick stalks, like to Purslain; the leaves are like unto Purslain, but thin, soft, and limber. This kind groweth plentifully at *Pontemons*, on the City walls, and in many other places of France: also at *Coblence* neer the *Rhene*: It is most like unto the great Pellitory in vertues and operation, they have also an absterfive and astringent quality; they are cold and moyst.

Pennyroyal, in Greek and Latine *Glechon*, *Blechon*, *Apoleium*, *Abvolum*, and *Pulegium*, it is hot and dry in the third degree.

Pepper, in Greek *Peperi*, and in Latine *Piper*. There are three kinds of it, white, black, and long Pepper; sufficiently known to every body: the white Pepper is gathered before it be through ripe, it is much stronger and forcible then the black, it is called *Piper album*. The black is called *Piper nigrum*. The long Pepper is a thing of it self, and is called *Piper longum*.

Perwinkle, in Greek *Clematis*, *Clematis Daphnoides*, *Myrsinoides*, *Polygonoides*, *Daphnoides*; and of *Pliny*, *Camadaphne*; in Latine *Vinca pervinca*, *Unicordia*, *Palma Virginea*, *Corona Virginea*, *Pervinca*, and *Viola mortuorum*. It is a common herb, and it groweth in shadowy places. There is yet another kind of it, which is set in gardens, it hath a dark blew flower, and it is a little bigger in every respect then the common sort is. It groweth in divers places of France of it self, they are both of them hot and dry in the third degree.

Petroleum, in Greek *Naphta*, and of *Plutarchus*, *Naphtas*; of *Nicolaus Myrepsus*, *Petraleon*; of *Suidas*, *Pharmakon*; in Latine *Bitumen liquidum*, *Bituminis Colamentum*; at the Apothecaries *Petroleum*, and *Oleum Petra*. There are two kinds of it, the first is the white, which is brought unto us from Naples, and out of Italy: of the black kind we have sufficient store in Germany in the Land of *Bitische*, half a mile from *Werde*, in the Mountains, between *Haganow* and *Weysenburch*, neer the Town *Lamperts loch*: there is a spring in a valley; that in April and May yeeldeth as much of this Oyl, that the men in that place may gather as much of it as will serve them all the Winter

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to burn in their Lamps, and to grease their Cart wheelcs with it; of which oyl the Quackfalvers & other such like impostors do gather and fill great bottles, and then sell it again in strange Countries, as if they had fetched it far, and had hazarded their lives greatly for to get it; which is little observed of divers Physitians, that will rather employ and apply themselves to the making of Prognostications, in the speculations of Astronomy, and in the presaging divers strange matters to come.

Phlegme, Slime, a waterish moisture, in Greek and Latine *Phlegma*, some do call it *Pituita*.

Pibble stone or flint, in Greek *Chalix*, and in Latine *Silex*.

Pigeon, in Greek *Peristera* and *Peristeros*; in Latine *Columba*, and of Catullus *Columbus*.

Pilewort, look Figwort in F.

Pills, in Greek *Catapodium*; of Hippocrates, *Gongylium* and *Gongylidium*; of the common Physitians *Pillula* and *Pilula*.

Pimpernel the great, *Petroselinum* and *Apium saxatile*: It is not our common Parsley, which the ancients do call *Apium*; as shall be shewed in the description of Smallege, but our great Pimpernel is nought else but the true *Petroselinum*, which groweth commonly on stony rocks or hills, and also on walls. The first kind groweth in stony fields; but in Vineyards there groweth the bigger of the two, and it yeeldeth a yellowish juice, it hath leaves like to the great Parsley; it is called of the Herbarists *Pimpinella major*, *Tragoselinum majus*, and *Pimpinella Hircina major*, and in English great Pimpernel. The second kind is somewhat lesse, and groweth on grassie hils, it is called *Pimpinella*, *Pimpinella alba*, *Tragoselinum*, and *Pimpinella hircina*, without any other addition, that is the common Pimpernel. The third kind hath small jagged leaves, almost like to the crumpled Parsley; it groweth willingly on stony hills, walls, and old trees; it hath a very sharp root, and is the least of all the other, it is called *Tragoselinum minus*, *Tragoselinum petraeum*, *Pimpinella minor*, and *Pimpinella petraea*. Some authors will accompt these herbs amongst the *Daucos*, but they do abuse them greatly, for they are the right stone Parsleys, and have the same operation with Parsley. The last kind is called the lesser Pimpernel. As often as either Parsley seed, root, or juice is mentioned in any

Composition, then is the greater Pimpernel to be understood.

Pingles, in Greek *Strobili*, *Pituydes*, *Nuclei pinet*, in Latine *Nuces pineae*, and of Hippocrates, *Coccali*.

Pistacies, in Greek and Latine *Pistacium* and *Pistaceum*, of Possidonius, *Listacium*, of Nicander, *Psittacium*, at the Apothecaries *Pistachium* and *Fisticum*. It is a strange fruit like Hasel nuts that grow in Syria. The tree that beareth these nuts is called *Pistacea* and *Pistacius*, and it is planted in gardens in Italy, France and Germany.

Pitch, *Pix*; there are two kinds of it, to wit, hard or stone pitch, and liquid pitch or tarre. The stone pitch is called *Pix arida*, *Concreta*, *sen excocta*. The other kind is called Tarre, in Latine and Greek *Pissa nygra*, *Pix liquida*, *Pix fluida*.

Plaister, in Greek *Emplastros*, in Latine *emplastrum*.

Plantain, in Greek and Latine *Arnoglossus*, *Arnoglossa*, *Arnium*, *Stelephuros*, *Probatum*, *Thesarica*, *Tarbelodatum*; of Theophrastus, *Oryx*; of Apuleius, *Tarbidolopium*, *Plantago* and *Olus Agnium*. There are sixe kinds of Plantain, whereof the first is the common great Plantain, that groweth in all highwayes and fields, it is known sufficiently, and is called for a difference *Hep- tapleuron* and *Polynuron*; in Latine *Plantago major*; of Apuleius, *Plantago lata*, and *Septinervia*; of the Herbarists, *Plantago rubra*, *Plantago latifolia*, and *Multinervia*. The second kind is called Sheeps tongue, *Pentapleuron*, *Quinquenervia*, *Plantago minor*, *Lingua Agni*, and *Lingua Ovina*, *Lingua Arietis*, and *Plantago media*. The third kind is called picked Plantain, or Hounds ribb; in Greek *Hippoleuron* and *Cynopleuron*; in Latine *Plantago acuta*, *Plantago lanceolata*, *Costa equina*, *Gosta Canina*, and *Laureola*: this kind groweth in meadows, it is well known to every body. The fourth kind hath round leaves like the great Plantain, but they are somewhat lesse and more limber, and each leaf hath but three ribs, it groweth in Woods, and is called of the Herbarists *Plantago sylvatica*, *Plantago trinervia*, and *Plantago latifolia minor*. The fifth kind is planted in gardens for pleasure, the leaves are like unto the great Plantain, on the upper end of the stalk doth it get many little green leaves, they grow double like unto a Rose, wherefore it is also called Rose plantain, or *Plantago Rosea*. Otherwise they have the same operations and vertues with the other Plantain. The sixth kind groweth in Wells and

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waterish places; it hath long, broad, and sharp leaves at the end, it is called water plantain, of the Herbarists *Plantago aquatica*. *Plantago palustris*, and *Cochlearia palustris*. But when thou findest Plantain in any composition, then shalt thou take the first kinde, or the great Plantain.

Plane tree; it is not the tree which we call *Opulus*, but *Plantanus*, it is a tree that groweth in Italy.

Plume allume, in Greek and Latine *Aminantus*, *Boftrychites*, *linum vivum*, *linum saxatile*, and at the Apothecaries *Alumen plumosum*, which the common Physitians and Apothecaries do falsly use for *Alumen scissum*, which hath no likelihood with any kinde of Allom: I will omit the vertues and operations which it should have equal with Allom, for they are as like one to another, as an apple is like an oyster.

Polipody, in Greek and Latine *Polypodium*, *Filicula*, of Cato, *Felicula*: The root of it is onely used; and when you finde Polipody with addition, then is the root onely to be taken.

Pomegranate-tree, in Greek *Rhoa*, *Rhea* and *Sida*, in Latine *Malus punica*, and of the common Physitians *Malus granata*.

Pomegranates, *Rhea*, *Sida*, in Greek and in Latine *Malum punicum*, at the Apothecaries *Malum granatum* and *granatum*.

Pompeon, in greek *Pepo*, in Latine *Pepo*, There are many kindes of it, first the common Pompeons, known to every body: secondly, the sugar Melons, *Pepo saccharinus*, *Pepo muscatellinus*, and *Pepo Turcius*.

Poplar tree, in Greek *Lence*, and in Latine *Populus*.

Poppy, *Papaver sativum*. There are two kindes of it: to wit, the white and the black Poppy, the white is called of *Dioscorides*, *Thylacites*, and *Papaver sativum*, or *Hortense*: and at the Apothecaries *Papaver album*. The black which is also placed amongst the same kindes, is called of *Dioscorides*, *Pithiulis*, and *Papaver sylvestre*, and at the Apothecaries *Papaver nigrum*; of *Hesychius* is the white Poppy called *Cynolephalaon*. The top or head is called in Greek *Codia*, in Latine *Caput Papaveris*: the leaf of it is called of *Theophrastus* *Scoliaestes*, *Platagonion*. Note that wherefoever Poppy is named alone, to take the white.

Privet or Primprint, in Greek and Latine *Cyprus*, *Lignstrum*; *Avicenna* and *Sera-*

pio do call it *Alcanna*, *Alchenna*, *Henne*, *Alkana* and *Aloanna*: But the Drug-gists and Apothecaries do call the rootes of the red Ox-tongue *Alcanna*: *Virgil* doth call the flowers of Privet *Alba Lignstra*: and *Columella* doth call the fruit of it *Nigra Lignstra*. This plant is very common in all Europe. The leaves, flowers, and berries are in use, and they have an astringent and drying quality.

Purflaine, in greek *Andrachne*, in Latine *Portulaca*, and *Porcellana*: it is cold in the third and moist in the second degree.

Pineapple, in Greek and Latine *Strobilus* and *Conus*.

Piony, in greek and latine *Paeonia*, *Pentorobum*, *Glycyfide*, of *Apuleius Glycyss*, and *Pleonium*, *Orobolium*, *Orobax*, *Hemagonum*, *Pesade*, *Menogesium*, *Menium*, *Panthicervatos*, *Aglaophotis*, and of *Alcanna*, *Aglaophotis terrestris*, *Cynospastus*, *Dactylus Idæus*, *Theodonium*, *Selenium*, *Selenogonum*, of *Theophrastus*, *Dichomenium*, of *Apuleius Gludis*, *Rosa Faruina*, of *Dioscorides* *Herba Casta*, and of *Josephus Historicus*, *Baaras*. *Dioscorides* doth also call it *Phrisis*, and *Averroes* *Rosa Asinorum*. The Herbarists do call it *Rosa benedicta*, *Rosa sancta*, *Rosa lunaris*, or *Lunaria*, *Rosa regia*, and *Rosa basilita*. There are three kindes of it, which are all planted in gardens: of the first kind, to wit, of the female, there be two sorts, the one with fair dark red flowers, and many knottie roots, about the thicknesse of ones thumb, and some lesse, much like to Acorns: this is known every where. This kind is called of *Dioscorides*, *Paeonia femina*, and *Dactylus Idæus*. The other kinde is like to the former, but the leaves are something lesse, and jagged, not so deep, and of a light green colour, and paler then the other: the roots are also longer and paler then the other, almost like to the male Pionie, so that it seemeth to be a mixture between both male and female. *Dioscorides* maketh no mention of it, but *Pliny* calleth it *Pionia mascula*, and the Herbarists *Paeonia femina altera*, and *Paeonia promiscua*. The third kinde is like to the first, with leaves and roots, the flowers are red as blood, fair, great and double, it is called *Paeonia multiplex*. The 4th. kind hath leavs like to the Walnut tree, the flowers are like to the former in colour, but something less, the root is white, thick, long, & divided into two, it smelleth very strong

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and pleasant. This is the true male Piony, *Paonia mascula*, of the Ancient Writers. *Atius* and others do call it *Ephialtia* and *Ephialtinum*, of the Herbarists *Paonia alba*, and *Herba Divi Valeriani*, we call it the white Piony. This kinde is alwaies to be used, or else the compounded kind before named in the Head thereof.

Q.

Quick lime, in Greek *Conia* and *Asbestos*, in Latine *Calx viva*, *Pliny* calleth it *Ferrum Cementorum*.

Quicksilver, it is called in Greek and Latine *Hydragyron*, *Argentum aqueum*, and *Argentum vivum*, of the Alchymists *Mercurius*: it is a mineral known to every body. There are two kindes of it, the one is found in the mines, which is called *Hydragyron nativum*: the second kinde is made of Sinople, and it is called *Argentum vivum*, or *Hydragyron factitium*. The Alchymists do add three other kinds unto the former, the one made of Lead, which they do call *Mercurius Saturni*: the other made of Tinne, which they do call *Mercurius Jovis*, or *Fel Dragonis*: the third kinde is made of gold, which they call *Mercurius solis*, or *Viscum solis*: But the two first are onely used in physick, and the three last kindes, to wit, of Tinne, Lead, and gold, we do commit and commend to the Alchymists.

Quinces, in greek and Latine *Cydoneum*, and of *Hesychius* *Lasiomalius*, of *Nicander*, *Chnoaum*, of *Pliny* *Malum lanatum*, of *Virgil* *Malum canum*, of others *Cotoneum*, *Malum Cotoneum*, *malum Cydonium*, and at the Apothecaries *Cydonium* and *Cittoonium*. There are three kindes of them the lesser yellow Quinces that are so odoriferous, are most common and most fit Physick. The other kinde is bigger and longer like a pear, and in colour pale yellow, much slighter both in taste and smell than the former: this kinde is called in greek and Latine *Struthiomelum*: the Simplificistes do call it *Cydonium majus*, *Cotoneum majus*, and *Pyrum Cydonium*. The third kinde is the middle sort: both the former are grafted from a tree on a stalk of another, this kinde is called of *Pliny* *malum milianum*, and of the Simplificistes *Cydoneum*, or *Cotoneum nothum*, with

us the bastard Quince. The first and least are the very best, then the bastard Quinces, and the worst are the greatest.

R.

Radish, in Greek and Latine *Raphanus*, or *Raphadis*, *Ranix* and *Radicula*. Ragwort, Dogs stones, Gandergrasse, in greek *Satyrion*, of *Apuleius* *Ranion*, in Latine *Satyrion*, of *Mesues*, *Testiculus Vulpis*, and of *Apuleius*, *Testiculus Leporinus*. There are two kindes of it known to *Dioscorides*, but we have many kindes with us which we do know, amongst which *Orchis* and *Orchis Serapias* are placed. *Theophrastus*, *Pliny* and *Apuleius* have comprehended them under the name of *Satyrion*, and confounded them together. The first and true *Satyrion* is called of *Dioscorides* in Greek *Satyrion triphyllon*, or *Satyrion trifolium*. The second kinde is called red Ragwort, of *Dioscorides* in Greek *Satyrion Erithronicon*, *Satyrion Erithracium*, and *Satyrion Erythron*, of *Apuleius*, *Entaticum*, *Priacum*, and *Satyriscus*: in Latine *Molorticulum Veneris*, *Melium aquaticum*, *Testiculus Satyri*, and *Arrectorium*. The third kinde is called *Satyrion regium*, or *Satyrion Basilicum*, of the Herbarists *Manas Christi*, *Palma Christi*, and *Palma Veneris*, the Arabians do call it *Bucheiden* and *Buzeiden*, of *Avicenna*, *Digitus crinitus*, *Satyrion Basilicum majus*. The fourth kinde is like to the former, but the leaves are full of spots, it is called of the Herbarists *Satyrion Basilicum majus femina*, and *Lacryma Maria*. The fifth kinde hath small leaves like to Saffron, it beareth a fair purple flower with a pleasant smell: the roots are also like the two other small hands. The Herbarists do call it *Satyrion Basilicum*, or *regium minus*, *Satyrion odoratum*, *Amaranthus veneris*, *Palma Christi minor*, *Palma Christi*, or *Palma Veneris*. The sixth kinde hath leaves like to the white Lilly, but narrower and lesser, it hath two kinds of flowers, the one is of a dark red colour, like to that of Hartwort, the other as white as Snow. This kinde hath two roots, of the bignesse of an Olive, and very sweet in taste: *Dioscorides* calleth it in Greek *Orchis* and *Cynosorchis*, in Latine *Testiculus*, and *Testiculus canis*: the Herbarists

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Herbarists do call it *Orchis major mas*. The seventh kinde is somewhat like the first, but that the leaves be lesse, it beareth a flower of a Chestnut colour, it is called of the Herbarists *Orchis mas major*. The eighth kind hath soft leaves, not unlike the Lilly leaves, but somewhat lesse; the flowers are partly of a dark red colour, and partly incarnation, with many white strakes, the roots are like Cocks stones, it is called of the Herbarists *Orchis foemina major*. The ninth kind is much lesse then the former, but very like the same in flowers, leaves, and roots, it is called of the Herbarists *Orchis foemina minor*. Some do call it *Orchis odorata* or *Testiculus odoratus*, it growes on dry hills. The tenth kinde hath lesser leaves than the white Lillies, the flowers are purple, it hath three roots, much lesse than Olives, whereof two are of one bignesse, and the third lesse and longer, so that these three are like the members of a man. It is called in Greek of *Dioscorides* *Orchis serapius*, of *Egyneta* *Triorchis*, of *Apuleius* *Serapion*. Yet are three kindes more, whereof we have spoken elsewhere. Otherwise there is another kinde of this here, which is placed with the *Cynsorchis*, or *Testiculus canis*, which here for brevities sake we do omit. The Apothecaries do use all the former kindes of Ragwort for *Satyrinum*, without any difference: and although there be but a small difference between all these kinds in operation, yet it were better onely to use that which hath three leaves like Lillies for the true *Satyrinum*, for it is the *Satyrinum* of the ancient Physitians, to the end no error be committed. All these before named herbs and roots are hot and moist, and have an attractive vertue.

Raisons, in Greek *Astaphides*, and *Staphides*, in Latine *Uva passa*, at the Apothecaries *Passula*. There are three kindes of them in use: the first kinde is the best, and are called *Uva damascena*, and *Uva zibeba*, at the Apothecaries *Zibeba*, and *Passula damascena*. The second kind is somewhat lesse, they are brought from Cyprus, Spain, and Provence, they are the best in vertue and operation, and also in taste, and are called of the Physitians *Uva passa majores*, *Uva massiliotica*, at the Apothecaries, *Passula majores*. The third kinde are the Currans, and are called in Greek *Appriva*, in Latine *Uva passa Corinthiaca*, *Passula*

Cilicia, *Passula Chemefina*, that is, *Passula sine nucleis*, and at the Apothecaries *Passula minores*: but when the we finde in any composition *Passula*, then are these to be taken. The Arabian Physitians call them *Kesmes* and *Chesmes*, that is Raisons without stones.

Ram, in Greek *Crior*, in Latine *Aries*.

Rapes, in Greek *Gongyla*, *Gongylis*, in Latine *Rapa*, *Rapum*, and *Golssonium* is called in Greek *Baphys*, and *Rapyk*. These Rapes or Turneps are of four kindes, for some are found, some long, some white, some small, some great, but we need not make any long rehearsal of them, seeing they have all one kinde of operation. There are certain Turneps sown in Lottering, and in the upper Burgundy, to the end to make oyl of their seeds, but this kinde of Turneps is wilde, and altogether unfit for meat, but the seed is more fit for Physick than that of the tame Rapes. This kinde is called in Greek *Gongylis agria*, and in Latine *Rapum sylvestre*.

Rapontica, in Greek and Latine *Centaurium magnum*, *Maro*, *Maronia*, and of *Apuleius* *Maronium*, *Plectronia*, *Peletronia*, *Chironia* and of the Magicians *Sanguis Herculis*, *Limnestis*, *Nessium*, *Unefera*: the Herbarists do call it *Pseudoraponticum*, at the Apothecaries it is unto this day falsely called *Rhaponticum*, and *Rhapontica*, because their unskilful Physitians do take it to be the same, where nevertheless the true *Rhaponticum* may be had sufficiently. But these blinde bayards have so dazelled their eyes with gazing at the stars, that they are blinde though they seem to see, and they do draw and hold other men into their errors. The true Rapontica is a root outwardly dark, gray, and lesse then the common Rapontica, and spongy: also being broken, it hath many white veins much like to Rubarb, with an astringent taste, it is brought to us from Pontus. This is in use amongst curious and careful Physitians. It is called with us pontish Rubarb, to distinguish it from the root of the great Centory, which we do commonly call *Rapontica*. It is called in Greek *Rha*, *Reon*, *Reum*, in Latine, *Raponticum*, *Rapontica*, *Rheum ponticum*, *Rheon ponticum*, of *Pliny* *Rhacoma* or *Rhecoma*, of *Celsus* *Radix pontica*.

Rhaponticum, it is called of the Herbarists *Rapuntium*, *Rapontium*, *Rapunculum*, *Raponcelus*, *Raponculus*, and *Pes locusta*, it

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is a kinde of wilde Rapes, of which there is yet another kinde, it groweth commonly in shadowy woods, it hath round leaves below, and beareth a brown purple and hairy flower, and a thick root, it is very sweet in taste as the former also is, they are both used in sallads and in meats. The second kinde is called the wilde *Rapuntium*, the Herbarists do call it *Rapontium*, *Rapunculus sylvaticus* and *Raponticum Alepocorum*.

Raspes, at the Apothecaries *Ribes*, it is a kinde of *Ceanothus Theophrasti*, which we do call Gooseberries, and they are like in every respect, but that the Raspes hath no thorns, and they may be used in stead of the Gooseberries. The Raspes are cold and dry in the second degree.

Raven, in Greek *Corax*, in Latine *Corvus*.

Red Arsenick or Orpiment, *Sandaraca Cretorum*, and at the Apothecaries *Auripigmentum rubrum*.

Red lead, in Greek *Sandix* and *Syricum*, in Latine *Minium secundarium*, of *Vitruvius Sandaracha*, at the Apothecaries *Minium*, of *Dioscorides* and *Pliny* also *Minium*. It is our Sinople *Cinnabaris Metallica*, but red lead is made of lead, which is burned or calcined until it be red. This is used most commonly in salves and plaisters, and especially in the *unguentum Syricum Mesuis*, which the unskilful sort do call *unguentum Sericinum*, and they do suppose that *Syricum* should be *Sericum*, and so in stead of red Lead they put silk into salve.

Red Poppy, Corn Roses, in Greek *Mecon Rhœas*, and *Oxygonum*, in Latine *Papaver erraticum*, of *Geza Papaver fluidum*, and of others *Papaveralis* and *Papaverina*, of the Herbarists *Papaver caducum*, *Papaver punicum*, *Papaver caninum*, *Papaver Rhœas*, *rosella*, and at the Apothecaries *Papaver rubrum*. There is another kind of it very like the former but much lesse; whereof each flower hath but four leaves, it groweth in the Rye and Wheat, and it is called the lesser red Poppy. The Herbarists do call it *Papaver erraticum minus*, *Papaveralis*, and *papaverina minor*, it hath also the same vertues with the former.

Reed, in Greek and Latine *Calamus*, *Arundo*, and *Harundo*, the Apothecaries call it *Canna*. *Pliny* in his sixteenth book, and 36. chapter, and in the 24. book and 11. chapter, accounteth 24. Kindes of them: but we do acknowledge but six

kindes of them, whereof the first is called *Nastos*, that is, hard and compact, and smooth between the joynts, whereof the arrowes were wont to be made, it is called *Sagittaria Arundo*, and *Calamus Sagittarius*. The second kinde is the female, whereof the Cornets tongues are made, and it is called of *Dioscorides* *Calamus foemina*, and of *Pliny* *Calamus Auliscus*. The third kinde is called in Greek *Syringias*, in Latine *Calamus*, and *Arundo fistularis*, and it is hollow from one end to the other: there are writing pennes made of it, and it is without knots, wherefore it is called *Harundo enodis*. The fourth kinde is also hollow and thick, it groweth in ponds and great Lakes, in Greek *Donax*, in Latine *Harundo Cypria*, *Calamus Chyrius*, *Harundo aquatica*. The fifth kinde is thick and strong, it is used for lisedges, it is called in Greek *Phragmites*, and of *Theophrastus* *Characias*, in Latine *Calamus vallis*, and *valatorius*, *Harundo vallatoria*, *Harundo sepiaria*, and *sepicularis*. The sixth kinde is planted in gardens in divers places of France and Germany, it is fair, great and pleasant to sight, it is brought unto us from *India*, and therefore it is also called *Arundo Indica*. Some call it Spanish Canes or Reed, because it was first brought unto us from Spain.

Rice, in Latine and Greek *Oriza*, *Risum*, *Rizum*, of *Theophrastus* *Orizum*, at the Apothecaries *Oriza*: it is known to every body.

Rocket, look Mustard seed the white in *M. Roebuck*, in Greek *Dors*, in Latine *Capreus*, of *Virgil* *Capreolus*.

Rose, in Greek *Rhodon*, of *Theocriti Scolia-ster*, and *Homer Thronon*, in Latine, *Rosa*. There are many Kindes of it, to wit, the tame Roses which are planted in gardens, are in number seven several Kindes: of the wilde ones are four Kindes, which is in all eleven Kindes. The first kinde is of a dark blood red colour, and are common in all gardens, some are single, some double, and are called of *Pliny* *Rosa milesia*, of the Herbarists *Rosa purpurea* and *punica*. The second kinde is of a red colour, it is called of *Pliny* *Rosa trachinea*, of the Herbarists *Rosa rubra*: at the Apothecaries and of the common people are they called *Rosa rubra*, and red Roses without any distinction, neither skills it greatly by reason they are all one in vertues and operations. The third kinde is incarnation

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carnation Rose with a pleasant smell, and are called Provence Roses, [of Pliny *Rosa Alabandica*, of the Herbarists *Rosa provincialis*, *Rosa Persica*, *Rosa incarnata*, and at the Apothecaries *Rosa purpurea*: this kinde of Roses are laxative, and are used for the laxative sirupe of Roses. The fourth kinde are the double white garden Roses, the commonest amongst all tame kindes, and are called *Rosa alba*. The fifth kind is also white, and hath been known with us but of late yeares, but they are somewhat lesse, and pleasanter to the sight then the former white Roses are, many of them being double, grow together upon one branch, but six of them are scant so big as one of the tame ones, yet very pleasant in smell: some do call them white Musk Roses, another name as yet is not known. The fixt kinde of tame Roses is the yellow Rose, every where common and known, without any smell, and altogether unfit for Physick; the Herbarists do call it *Rosa lutea*, *rosa Egyptia*, *rosa Africana*, and *rosa Vulpini*. The seventh kinde are the pleasant Damask Roses, they are called of Pliny *Rosa coronata*, of the Herbarists *Rosa moscata*, or *rosa muscata*, *Rosa syriaca*, *rosa Damascena*, and *Rosa Alexandrina*. The first kinde of wilde Roses are called hedge Roses or wilde Roses, they are called in Greek *Cynarhodon*, of Hesichius *Cynocentron*, of Galen *Cynomon*, in Latine *Caninus*, and *Rosa canina*: some do call it *Eglentaria* and *Eglenteia*. The second kind of wilde Roses are much less then the first, and are of a carnation colour like the former, but they are very fragrant, as well the Rose as the leaf of it: it groweth in hedges and on hills, and is called of the Herbarists *Rosa diva Maria*, *Spina diva Maria*, *Qexarrhodon*, *vintrosa*, and *rosa cinamomina*. The third kinde of wilde Roses groweth here and there in tilled fields, and especially in fields of Oates neer the Rhenne, it is the very least kind of all wilde Roses, but it hath bigger leaves, inwardly purple coloured, it is called of the Herbarists *Chamarhodon*, *Rosa Arvensis*, and *Rosa avenaria*. This kinde of Roses is so odoriferous, that it seemeth to excel all tame kindes. The fourth kinde of wilde Roses is very like the former, they are also white Roses without any smell, they blow very late, to wit, in June, they grow on dry hills and fields, and are called white field Roses: the Herbarists do call them *Rosa*

campestris, it is most contemptible of all other kindes. Amongst all these kindes are the double and single red Roses, the very best that may be used for Physick, and in like manner also the Oaten Roses: wherefore if one finde Roses without any addition in any mixture, then are the red or Oaten Roses to be taken for it.

Rosemary in Greek and Latine *Libanotis coronaria*, of Apuleius, *Elecris*, *Herba Salutaris*, and *libanotis coronalis*, of the Herbarists, *Dendrolibannum*, *Rosmarinus*, *coronarius*, and *libanotis coronaria*, to distinguish it from the other kinde of *libanotis*, which is called by them *Libanotis umbellifera*: the Apothecaries call it *Rosmarinus*: it is a well known plant, and so common in the Provinces that they make bavons of it to heat their Ovens withal, and here with us it groweth onely in gardens.

Rosin, *Resina pinus*, and *resina*: but *Resina* is a common name for all Gums, but because that Rosin is daily in use, it is called *resina*: the other Gums are named with additions: wherefore wheresoever you finde Rosin in any composition, then shall you understand the *resina pinus*.

Rubarb, in Greek *Rhaon barbaricon*, and *Rhaon barbarum*, *Rheum barbarum*, *Rhaecenicum*, *Remuscenicum*, and *Radix barbarica*.

Ruby, there are six kindes of it, the first and most precious is the Carbuncle, which is clear, fiery, and perspicuous above all other gemmes, it is called in Greek *Apyron*, and *Anthraxites*, in Latine *Carbunculus*. The other kinde of Carbuncle is the Ruby, a well known precious stone, and it is called *Carbunculus*, *Amethystizon*, in Greek *Anthax Amethystizon*, and *Pyropus*, and at the Apothecaries *Rubinus*: this is next the Carbuncle, and very much used. The third kinde is somewhat paler then the other former kindes, it is of a light red colour, it is called in high Dutch *Ballas*, in Greek *Astrios*, or *Asterios*, of Augustin in the 21. book *de civitate Dei*, *Aster*: of the Druggists *Balagius*, *Ballasius*, *Pallasius*, *Pallenea gemma*, *Ballenea gemma*, *Carbunculus candidus*, and *Spinalus*. The fifth kinde is of a yellowish red and light in colour, it is called in Greek and Latine *Lychnis*, *Lychnites*, *Carbunculus gilvus* and *Carbunculus pallidus*. The sixth kinde is called *Carbunculus alabandicus*, and *Lapis alabandicus*.

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laba dicens. Amongst all these kinds are onely the Ruby and the Granate in use for Physick.

Rue, in Greek and Latine *Peganum*, *Rhyte*, and *Ruta*. There are four kinds of it; to wit, two tame, and two wilde: the two tame kinds are so like that they can hardly be distinguished, if one look not well upon them, and they are used without any difference one for the other. The first kinde of wilde Rue is called Rue of the Mountaines, of *Dioscorides*, *Ruta montana*, or *Rhyte montana*: this is most like to the garden Rue, but that it is much lesse, it groweth here and there on the hills in Italy, but with us it is set in gardens. The second kinde of Rue groweth in divers places of Germany of it self, and it is also otherwhiles set in gardens: it hath longish leaves, a strong and unpleasant smell, and white flowers, out of which three square heads do grow that contain the seed, somewhat bigger then those of the common Rue, and by the name of wilde Rue is this commonly understood. The other wilde or Mountain Rue, is onely called Rue: this last kinde is called in Greek *Peganum agrion*, of *Galen*, *Moly*, *Armala*, *Hamala*, and *Besasa*: but *Moly* is another plant, with *Dioscorides* and *Hippocrates*. The Herbarists do call this wilde Rue with *Dioscorides*, *Ruta sylvestris*, *Avicenna* and the Arabians do call it *Alharmel*, *Armel*, and *Harmel*. Some unskillful Physitians do take Hemlock for *Harmel*, or *Ruta sylvestris*, and so do they follow their blinde leaders *Mathaeus Sylvaticus*, and *Jacobus Mantius*, that have composed the *Lumen majus*, and have translated *Harmel* for *Cicuta*, and have expounded *Armel* to be the wilde Rue, all which is most false: for it is most true that *Armala* and *Harmala* of the Greeks, and *Alharmel*, *Alarmel*, *Armel*, and *harmel* of the Arabians is one and the same plant, to wit, wilde Rue, which *Galen* doth call *Moly*; wherefore these fellowes do lye falsly, and shall not be able to make answer for it hereafter, that they do mix the seeds of Hemlock in the *pillula foetida* and *aggregativa* in stead of the seeds of wilde Rue, thereby not onely deceiving people but hurting and spoiling them; so that great heed ought to be taken in all places where these pills are prepared with the seed of Hemlock in stead of the seed of wilde Rue: which I could not omit at

this present to shew and make known to the Reader; for to use venome in stead of Rue seed is no small error.

S

Saffron, in Greek and in Latine *Crocus*, *Crocum*, and *Cynomorphus*, of the Magicians *Sanguis Herculis*, of *Serapius* and *Avicenna* *Sabaferam*. It is called barbarously *Saffranum*. The very best Saffron that is to be had in Europe, is the Dutch Saffron which is set about *Vitrua* and *Spier* in Germany.

Sage, in Greek *Elelaphatos* and *Crosmis*, in Latine *Salvia*, of *Apuleius* *Corsalvium*. There are four kinds of it, two tame, and two wilde: the first is called great Sage, or broad Sage, in Latine *Salvia Major*. The second kinde is the lesser or eared Sage, in Latine *Salvia Cruciata*, *Salvia Auriculata*, *Salvia minor*, *Salvia Acuta*, and *Salvia nobilis*. The third kinde is the first of the wilde Sages, which *Theophrastus* called *Sphacelus*: it groweth commonly among Chestnut trees, and upon woody hills, it hath greater, rougher, and more wrinkled leaves than the great garden Sage hath, and it looketh as if it were withered with drought, it hath a pretty blew flower. The fourth kinde is the second wilde Sage, which is known to divers by that name, and is called *Salvia Sylvestris*, *Salvia Bosis*, *Bosifalvia*, *Scordiana*, *Scordiana*, of *Cordus* *Scorodiana*. By Sage without any addition shalt thou understand the garden Sage.

Saint Johns worts *Hypericon*, *Perforata* and *Fuga demonum*, of the Herbarists, *Ruta Solis*, *herba Solis*, it is a common and well known herbe, hot and dry by nature.

Saint Johns bread, in Greek *Xylocerata*, or *Xylocrasta*, at the Apothecaries, and of *Aethna* *ius Carrubia*: Others do call it *panis divi Johannis*, it is the fruit of a tree, longish and sweet, and hath certain kernels within it.

Sal Armoniac, it is called *Sal Armoniacus*, or *Sal Harmoniacus*, and at the Apothecaries *Sal Armoniacum*. This salt was wont to be digged out of the Sands in *Africa*, and was thence brought unto us, which now adayes we want: But there is another Chymical Salt, made of pisse and other things, used in stead of the former, the which of many unskillful men is taken and used as well inwardly as outwardly for the right

Sal

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Sal Armoniack; but wo to them that take it inwardly. But because that we cannot get of the right *Sal Armoniack* any more, we may use in this place the stone Salt, or Salt of the mines, which is a kinde of the true *Sal Armoniack* and hath also the same vertue and operation. I would wish no man to use the common *Sal Armoniack* inwardly.

Salamander, in Greek *Molge*, in Latine *Salamandra*: it is a very venomous worm like to a great Evert, with black and yellow spots, it liveth commonly in the water, and poysoneth the same.

Salt, *Sal*. There are four kindes of it: the common salt is called of *Cato Sal popularis*. The second, called *Sal Marinus*, is made of the Sea water, in English bay Salt. The third kind is *Sal palustris*. The fourth is stone salt, *Sal Fossilius*, *Sal Crystallinus*, or *Sal Montanus*.

Saltpeter, *Nitrum*, *Niter*, and *Sal Petra*: the Arabians do call it *Barauch*, it is a kinde of natural Salt. Some do falsely use the common Saltpeter for it, which is a great deceit.

Sanicle, in Latine *Sanicula*, and *Sennicula*. There are three kindes of it, which now adayes are called by the names of Sanicle. The first kinde and their true Sanicle, hath leaves like to the Vine, but somewhat lesse, and divided into five severall parts: it continueth green all the winter time, and is known of many men by the name of Sanicle, and is properly called *Sanicula*, otherwhiles to distinguish it from the other kindes, *Dianthis*, *Sanicula Quinquifolia*, *Sanicula Virginica*, and *Feraria Minor*. The second kinde groweth on high snowie hills, and hath fat leaves, not much unlike to Plantain: The flowers are somewhat like to Cowslips, some blew, some purple coloured: The Herbarists do call it *Arctocium*, *Auricula Ursi*, *Paralytica Alpina*, *Sanicula Alpina*, and *Arthritica Alpina*. The third kinde of Sanicle groweth on high, wooddie, and cold hills; it hath leaves almost like *Angelica*, and a black hairy roor. It is called of the Simplicists *Sanicula Fœmina*, or *Astrantia nigra*, in English she or female Sanicle. But this hath an other operation than the Sanicle, for the roor of it purgeth like Ellebore, for which cause it is of some called *Sanicula Cathartica*. The Herbarists call

it wilde *Angelica*. But where and whensoever Sanicle is found in any Composition without any addition, then shalt thou understand the first kinde of it.

Saphire stone, in greek and Latine *Sapphirus*, by *Marbodens Syrites*, and at the Apothecaries *Saphirus*. There are four kindes of it, of the blew which is known by that name, we have spoken before. And to distinguish it from the others, it is called *Sapphirus Caruleus*; and *Dionysius Afer* calleth it *Cyanæus Saphirus*. The second kinde declineth somewhat from the blew to the green, and is called in Greek *Prasitis*, and *Saphirus prasitis*. The Druggists do call it *Saphirus viridis*, in English, a green Saphire. The third kinde declineth from the blew to the yellow: and is called in greek *Chrysis*, and *Saphirus Chrysis*: of the Simplicists *Saphirus Aureus*, in English the yellow Saphire. The fourth kinde is between blew and white, in colour like Buttermilk, altogether perspicuous and clear, called *Saphirus Candidus*, in English the white Saphire.

Sarcocolla, in Latine *Sarcocolla*, or *Caruglutinum*, at the Apothecaries *Gummi Sarcocolla*, of *Serapins* and other Arabian writers *Anzarot* or *Anzarut*, it is a gum of a thorn in Persia much like to *Frankincense*.

Savery, in Greek and Latine *Thymbra*, *Cunila*, and *Satureia*: there are two kindes of it, and there is no difference between them both, but that the wilde kinde groweth of it self, and is called *Thymbra*, and *Cunila Rustica*. The other kinde is planted in gardens, and is more savory and acceptable to meat than the former: but for Physick, the wilde hath more vertue than the other. It is hot and dry in the third degree.

Savine, or Savine tree, in greek *Bathy*, *Brathus*, *Barathrum*, and *Barithon*: in latine *Sabina* and *Savina*: It is a well known shrub. There are two kindes of it; the one hath rough leaves like to the Cypress tree: the other like the leaves of the Tamarisk; they are both of them planted in the gardens with us, they are both attenuating and drying in the third degree.

Saunders, in Greek and Latine *Santalum*, *Santalus*, and of *Aetnarius Xylon Santalon*; that is, *Lignum Santalum*. There are three kindes of it, that are all brought

The second Table.

unto us from the Indies, to wit) yellow, white, and red Saunders, all of them very common and wel known at all Apothecaries. The yellow kinde is called *Santalum Flavum*, and at the Apothecaries *Santalum citrinum*. The Arabians call it *Santalum Machoziri*, *Mazahari*, and *Machazary*, that is, *Santalum Aromaticum*, or *Santalum odoriferum*, because it is the very best and most fragrant of all the kinds. The red Saunders are called *Santalum Rubrum*, of others *Rhodasantalum*, that is, *Santalum Rosaceum*, and at the Apothecaries *Santalum Rubrum*. The white Saunders are called *Santalum album*. The best Saunders amongst all of them is the yellow kinde, next to that the white, and last of all the red. Whensoever one findeth Saunders in any receipt without addition, then is there the yellow Saunders alwaies understood. There is also a false kinde of red Saunders found at some Apothecaries, not unlike to the true red Saunders, yet without any smell at all: this is a kinde of Brasil, but it hath a darker red colour; the Druggists call it *Santalum Spurium*; it may be called in English, bastard Saunders, neither ought it by any means to be used in Physick.

Scabious, of the Herbarists in Latine *Scabiosa*, and *Herba Apotematisa*. There are five kinds of it, all of one vertue and operation. *Pfora Etii* is that common Scabious used at all Apothecaries.

Scammony, in greek and Latine *Scammonium*, or *Sebamonia*, *Apopleumenon*, *Dactylion*, and *Sanilum*, of the Simplificists *Volubilis Syriaca*, *Volubilis Antiochena*, and *Volubilis Colophonica*. *Dioscorides* calleth it *Colophonium*, and *Sanilum*: At the Apothecaries *Schamonea*, and of the Arabians *Sachmunia*. It is a plant that groweth in Syria near Antiochia. It hath long sappy stalks, three square leaves, and white flowers like bells. It hath also a long sappy root as thick as ones arms, and white in colour. *Dioscorides* calleth this root, *Radix Colophonica*, and *Radix Schambonica*. The juice which is prest out of this root, is also called as the plant *Sebamonia*, or *Scammonium*. Some do call this juice in Greek onely *Diacyrdion*, that is, *Lacrymula*, and at the Apothecaries *Schamonea*. But our Physitians now adates do understand by *Diacyrdion* onely the prepared Scammonie, which the common Apothecaries and Physitians do call *Dagridium*, or *Diagridium*, and *Schamonia preparata*.

Scorpion, *Scorpus*, *Scorpio*, a marvellous venomous little beast, in Italy and other Countries very common. If it bite or sting a man, and that he useth no present remedy for it, he is constrained to dye.

Sea balles, in greek *Sphera thalassia*, or *Galos*; in latine *Sphera Marina*, *Pila marina*, at the Apothecaries *Balla marina*, and *Nicolaus Myrepsus* calleth it *Palla marina*; *Dioscorides* doth name it *Prunum Genus Alcioni*. It is a kind of a Sea sponge dryed and round like a ball, whence it hath the name *pila marina*.

Sea Mussels *Concha marina*, *Conchiliu marinu*.

Sea Wormwood, in Greek and Latine *Ab-sinthium thalassium*, *Ab-sinthium marinum*, *Ab-sinthium Scipium*, *Helmintobotane*, *Helmintopaea*, *Scriphon* and *Serisuum*, at the Apothecaries *Sementina*, or *Zina*. The seed of it is onely used at the Apothecaries to kill and expel the Worms of the belly, they call it *Semen Zina*, *Semen Lumbricorum*, *Semen Alexandrinum*, and *Semen Zedoaria*. In Provence, that is in France, is another kind of sea Wormwood or Wormseed found, which is very like the garden Cypers, but it hath lesse store of seed then the former, and in the expulsion of Worms altogether as forcible. This plant is called *Santonicum*, *Ab-sinthium Santonicum*, at the Apothecaries *Sandonicum*, *Sanctonicum*, *Ab-sinthium Sanctonicum*, *Centonica*, and *Herba centonica*. By all these names do they also understand the Wormseed, or sea Wormwood, for they do confound these and many others more. They do call the seed *Semen Sandonicum*, and *Semen Sanctum*, by which they do understand both the former seeds.

Selfheal, *Prunella* and *Herba Divi Anthonii*. Sene leaves, are called in greek, Latine, and in the Arabian tongue *Sena*, and *Senua*. *Mesues* called them with a Persian name *Abulkemer*. There are two kinds of them, the lesser groweth in Syria and Egypt, and are called (to distinguish them from the others) *Sena Syriaca*, *Sena Egyptiaca*, and at the Apothecaries *Sena Alexandrina*, and *Sena Orientalis*. The greater Sene leaves do grow in Italy and elsewhere; these are called of the Simplificists *Sena Italica*, or *Sena Provincialis*, and at the Apothecaries *Sena Florentina*. They are much weaker in operation and vertue then the lesser kinde, and therefore more unfit for Physical uses. Some there are that

The second Table.

that affirm *Sena* to be a kind of *Colutea*. Others would have the *Colutea Theophrasti* to be *Sena*, or at the least a kind of the same, but both of them do err. Look also in the Introduction of this Book for *Sene* leaves.

Service tree, in greek *Oa* or *Oe*, in Latine *Sorbus*: it is a wel known tree, whereof the fruit is called in Latine *Sorbum*, and it is like to a little pear.

Sebestes, are little black berries, called in Greek *Myxa* or *Myxaria*, of *Actuarius* in latine *Sebestena*, and at the Apothecaries *Sebesten*. They are black berries, as big as hazel nuts, or little small dried prunes, they are well known at all Apothecaries.

Sheep, *Ovis*.

Sheepheards purse, *Bursa pastoris*, and *Pera pastoris*.

Silkworms neast, *Folliculus Bombycis*, they are called in latine *Sericum crudum*, or *Sera cruda*, at the Apothecaries *Sera cruda*.

Silver, in greek *Argyros* and *Argyron*, and in Latine *Argentum*.

Silvermountain, in Greek and Latine *Seseli*, and of *Pliny* *Seselis* and *Sili*, of the Herbarists *Seselinum*, at the Apothecaries *Sisaleos*, and *Seselios* indeclinabiliter. There are five kinds of it, the first hath leaves like Fennel, but somewhat bigger, with a smooth stalk, the flowers are not unlike to them of Dill, and after them followeth a little sharp seed: the root is long and odoriferous, and it groweth on stony hills. It is called in Greek *Seseli Massilioticum* and *Platycyminum*, in Latine *Seseli Massiliense*. The Herbarists do call it *Seselinum Massiliense*: at the Apothecaries *Sisaleos*, *Siler montanum*, in English *Silyer mountain*, or *Siler mountain*. The second kind is called *Silvermountain* of *Ethiopia*, the stalk is of the thickeſſe of a finger, woody and of a dark red colour. The leaves of it are very like to them of Honisuckles: they are smooth, and pale green in colour. It hath upon it four or five good yellow tops like Fennel, but the seed is somewhat bigger then that of Fennel. It is called in Greek and Latine *Cynophrycon*, *Seseli Ethiopicum*, and of the Simplicists *Seseli Ethiopicum Fruticans*. The third kind is our common black *Silvermountain*, which of many is taken for *Seseli Ethiopicum*, because it hath the same vertues and operations. But the Herbarists do call it *Seseli*, or *Seselinum Ethiopicum Herbaceum*, thereby to diginguish it from the aforementioned. The fourth kind is our white *Silvermountain*, called in Greek and Latine *Seseli Pe-*

laponnesiacum, *Seseli Peloponnese*, and of the Herbarists *Seselinum Cervinum album*. The fifth kind is the *Tordylium* of *Dioscorides*. This herb as yet is not thoroughly known, because the description of it is so briefly set down by the ancient writers, which do onely make mention of the seed of it. This is called in Greek *Tordylon*, *Tordylon*, of *Pliny* *Syreon*, of *Paulus* *Agineta Gorgylon*, and in Latine *Seseli Creticum*. But when and wheresoever thou findest *Silvermountain* or *Seselios* in any composition, then and there shalt thou alwayes understand and use the first kind of *Silvermountain*.

Sinober or *Sinople*, *Vermillion*, in Greek *Cinnabaris*, in Latine *Cinnabrium*. There are two kinds of it, the first is natural, and digged out of the Mine: it is called in Greek *Miltos Ammon*, in Latine of *Dioscorides* and *Pliny*, *Cinnabaris Fossilis*, *Minium Nativum*, in English *Sinober* of the Myne. The other kind is made by the Alchimyſtes of *Quickſilver* and *Brimstone* and it is called of the Simplicists *Cinnabaris Factitia*; *Cinnabrium Artificiale*, and *Minium Artificiale*, with us *Vermillion*.

Sivet, in greek of *Actuarius* *Zapetion*, in Latine of the Simplicists *Zibethum*, *Zibethum*, *Algalia*, and at the Apothecaries *Zibeta*: It is the fat or suet which is taken from the cods of the *Sivet* or *musk Cat*: at the first it smelleth very badly, but afterwards turneth to so fragrant an odour that it far surpasseth the *Musk* and *Ambergreece*: it is hot and moist by nature. It is used for increase of humane seed, and for the infirmities of the Matrix.

Sloe tree, or *black Thorne*, in Greek *Agriococymelek*, and *Cocymela agria*. In Latine *Prunus Sylvestris*, and of *Virgil* *Spinus*.

Smallage, in Greek and Latine *Eleoselinum*, *Hydroselinum*, *Apium Palustre*, and *Paludapium*. Here is to be noted, that as often as any mention is made in this Book of *Smallage* seeds, leaves, juyce, or roots, that the greater *Pimpernel* roots are alwayes to be understood for it, for that is the right *Apium* of the ancient *Physicians*.

Smarage, in Latine and Greek *Smaragdus*, of *Horatius*, *Lapis viridis*: it is a green precious stone.

Snake, *Sepens*; *Anguis*.

Snail, *Cochlea terrestris*, a *Snail house* and all the house of the *Snail* is called in Greek by *Dioscorides* *Celyphos*, of *Galen* *Ostrakon*, of *Scammonicus* *Cochleatomus*, and of *Pliny* *Calyx*. The vine snails and garden snails are called *Cochlea opercularis*. The dew snails

The second Table.

snails are called *Limax* and *Cochlea nuda*.

Solidago media, Sengreen, in Latine *Symphitum medium*, *Solidago media*, *Consolida media*, *Consolidago media*.

Soot of the chimney, *Fuligo caminorum*.

Sophia, in Greek and Latine *Thalietrum*, and *Thalistrum*, of the Chirurgeons and Herbarists *Sophia*, and *Herba Sophia*. Some authors would have this herb to be *Absinthium Seriphium*, but they shall never approve it to be true, for although they were the greatest Alchimists in the world, yet should they never transmute the one into the other. This Sophia I will not deny to be very good for the Worms of the belly, yet doth it not thereby follow that it is *Absinthium Seriphium*, for if all the herbs should be of *Sinchia Seriphia* that should expel worms, then should we have an infinite company of them. Of this *Absinthium Seriphium* look under the title of sea Wormwood.

Sope, in Greek and Latine *Smegma*, or *Sapo*, of *Martialis*, *Mattiaca*, *Pila*. Sope is prepared diversly, but amongst all others is the black sope best for Physick.

Sorrel, in Greek of *Dioscorides* *Oxalis*, *Anaxyris*, and *Lapathon*, of *Galen* *Oxylapathum*, *Dioscoridos* doth otherwhiles call the Dock *Oxylapathum*, because it hath picked leaves: But *Galen* doth not call Sorrel by this name, because it hath picked leaves, but that it is ampler and sowre: for *Oxylapathum* is *Lapathum Acidum*, four Dock: the Apothecaries do call it *Acetosa*. There are four kinds of it; the first, is that which groweth every where in Gardens. The second kind is as big again as the common Sorrel, and groweth very plentifully in the Vineyards neer Rhene: It is also planted in Gardens for Sallads, and is called *Oxalis sativa*, or *Acetosa sativa*. The third kind is set in the gardens in France, and high Burgundy, it hath round leaves, and is much sowrer then the common Sorrel, it might be called round Sorrel, of the Herbarists *Oxalis Rotundifolia*, *Acetosa rotunda*, *Oxalis Francia*, and *Oxalis Gallica*. The fourth kind of Sorrel groweth in the common fields, and in dry places, it hath small narrow leaves, and may be called Sheeps or wilde Sorrel: of the Herbarists *Oxalis Tenuifolia*, *Oxalis minor*, *Oxalis Vervicina*, and *Oxalis Arvensis*: at the Apothecaries *Acetosa minor*, and *Acetosa ovina*. But as often as you read Sorrel in any composition, thou shalt always understand the common sor-

rel, although the round be the best.

Sour Milk, in greek of *Pliny* *Oxygala*, in Latine *Lac Acidum*, or *Lac Acetosum*.

Sowes bread, or Swines bread, in Greek *Cyclaminus*, *Ichthyotheron*, and *Chelontum*, that is, *Icestudinaria*, and *Chylme* in Latine *Cyclamen*, *Umbilicus terra*, *Rapum terra*, *Rapum porci*, *Orbicularis*, and *Herba orbicularis*, *Triumphalites*, *panis Terra*, *Arthanisa*, and *Hartbanita*. Of the barbarous writers, *Panis Alcurst*, *Panis fauni*, *Cassanum*, *Cassanum*, and *Quassanum*. Of the Arabian Physitians *Bothor Maria*. It is a root, whose leafe is like to Hartwort, but somewhat litherer, and fuller of spots. There is yet another kind of Sowes bread which is very like to the former, but somewhat lesse, no bigger then a gall; this groweth in *Apulia*, on the hill *Garganum*, it is called *Cyclaminus minor*.

Southernwood, *Auroesne*, or *Wardrobe*, in Latine *Abrotonum*, *Thelyphortum*. The female kind of southernwood is called garden Cipres, *Abrotonum foemina*, it is called *Chamaecyparissus*, but untruly: for *Chamaecyparissus Plinii* is not great and woody as the garden Cipres is, but it is a little herb, about one span in height, otherwise it is very like to the garden Cipres; it is also called with us the female Southernwood: the Herbarists do call it *Abrotonum foemina*, *Cyparissus*, and *Cypressus hortulanus*, and *Sandolina*.

Sparrow, in Greek *Psar*, *Struthos*, *Colmis*, and in Latine *Passer*: as a well known bird.

Sparrowhauke, in Greek *Spizias* and *Spizites*, in Latine *Accipiter*, *Fringellarius*, and *Nisus*: it is a bird common and well known.

Sperage, in Greek and Latine *Asparagus* or *Aspharagus*, at the Apothecaries *Sparagus*. There be two kinds of it, to wit, the wilde and the tame Sperage: the tame kind groweth every where near the Rhein: the wilde sperage hath lesser leaves and seeds, this groweth on the hills, for which cause it is called *Asparagus petraeus*.

Sperma Ceti, in Greek *Halos anthos*, in Latine *Maris flos*, of the Herbarists *Sperma balnearum*, and at the Apothecaries *Sperma Ceti*: It is used for clotted blood, being mixed with other things.

Spider, in Greek *Arachne*, in Latine *Aranea*, *Araneus*: there is yet another kind, called of *Pliny*, *Phalangium*: this is big, and poysoneth in biting or stinging, it is onely found in hot countries, and especially in Italy, where it is called *Tarantula*.

Spike

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Spike of Rome, *Salinuca*, *Nardus Celtica*, *Nardus Romana*, *Spica Celtica*, *Spica Romana*, *Nardus Gallica*, and *Spica Gallica*: the Herbarists do call it *flos diva Magdalene*: it is a well known herb, warm in the first, and dry in the second degree.

Spikenard oyl, oyl of Spikenard.

Spinage, in Greek *Seutlomalache* and *Tentlomalach*, in Latine *Beta Maluatica*, *Spinaceum*, or *Spinacea*, *Spanachia* and *Spinachia*, *Olus Spinaceum*, and *Olus Hispanicum*. It is cold and moist in the first degree.

Sponge, in greek *Spongos*, and in Latine *Spongia*.

Spurge, in Greek *Tithymalus*, in Latine *Lactaria herba*, of Celsus and Columella, *Lactuca marina*, of Pliny *Lactuca caprina*, and at the Apothecaries *Esula*, or *Ezula*. The Arabians do call it *Xauser*. There are eight kinds of it, the first is called in Greek and Latine *Characias*, *Tithymalus characias*, *Tithymalus vallis*, *Amygdaloides*, *Cometes*, *Tithymalus cometes*, *Cobius*, *Tithymalus cobius*, of Apuleius, *Alipus*, *Gobius* and *Meconites*, *Tithymalus mafculus*, *Lactuca marina*, and *Genitura Martis*, of the Herbarists *Esula*, or *Esula Papaveracea*, *Esulovallis*, *Esula amygdalina*, and *Esula comosa*. It is a very big kind of Spurge, it hath great long leaves, not unlike to the Almond tree, red stalks and branches, it is called *Lathyrus sylvestris*, and *Carpata sylvestris*. The second kind of Spurge hath thick and picked leaves, like to the Mirtle; it is called in Greek and Latine *Myrtilites*, *Tithymalus myrtilites*, *Tithymalus semina*, *Carytes*, *Tithymalus Caryites*, of Apuleius, *Caryon*, of Theophrastus and the Simplicists *Tithymalus myrtifolius*, *Tithymalus myrtiphillus*, *Tithymalus myrtaceus*, of Apuleius, *Multilago Capraria*, of the common Herbarists *Esula*, or *Esula myrtifolia*, and *Esula myrtacea*. This kind of Spurge groweth not with us of it self, but is planted in gardens. The third kind of Spurge groweth about one span in height, and hath red branches, round leaves, white flowers, and seeds as big as small peason, it is called sea Spurge, in Greek and Latine *Paralius*, *Tithymalus Paralius*, *Tithymalus maritimus*, *Tithymalus lactariolus*, *Tithymalis*, and of Theophrastus, *Coccus*: of the Herbarists *Lactariola*, *Herba*, *Lactariola*, and *Esula*, or *Esula marina*. The fourth kind of Spurge groweth every where in gardens, and near hedges, it is an herb not altogether a span in height, with red stalks and branches, it

hath round leaves like Purslain, and it beareth a yellow flower, and turneth with the Sun, in Greek and Latine *Helioscopius*, *Tithymalus helioscapius*, *Tithymalus Solisequus*, or *Solisequius*, *Dentritus Apuleii* (ob *Arbusculæ similitudinem*) *Cicer Columbinum*, *Caprago*, of the Herbarists *Lactaria solisequia*, *Esula*, or *Esula solisequia*, or *Solisequia*. The fift kind of Spurge is the lesser kind of Spurge, which is like to the small kind field Cipres, it groweth here and there in sundy gardens, and in tilled ground, and it is called the lesser Spurge, in Greek and Latine *Cyparissias*, *Tithymalus Cyparissias*, *Tithymalus Cupressinus*: of the Herbarists *Esula*, or *Esula cupressina*, and at the Apothecaries *Esula minor*: this plant is called of *Mesues* *Scebram minus*, and *Alscebram minus*. The sixt kind of Spurge is the greatest of all, it groweth on rocks or stony places: it is like to a little tree, the leaves are narrower then they of *Esula Myrtacea*: it is called in greek and latine *Dendrodes*, *Dendroides*, *Tithymalus dendrodes*, *Tithymalus leptophyllus*, *Tithymalus tenuifolius*, *Tithymalus Petreus*, *Tithymalus arborecens*: of the Simplicists *Esula*, or *Esula Arborecens* and *Petræa*. The seventh kind hath great broad leaves, and is called great Spurge, and sweet Spurge, in Greek and Latine *Tithymalus platyphyllus*, *Tithymalus laifolius*, *Corymbitis*, and of Apuleius, *Perfites*, in Latine of the Herbarists *Tritum* or *Titum*, at the Apothecaries *Esula*, or *Esula latifolia*, and *Esula dulcis*. The eight kind is the *Esula*, which is called *Pityusa*, of *Mesues*, *Alscebram*, or *Alscebram majus*, of Avicenna, *Mehezeheregi*, at the Apothecaries *Esula major*: there hath been spoken of this kind in the title of Turbith T. Also if *Esula* or Spurge be named in this book, then is the *Esula Cyparissia* to be used.

Squinnanth, in Latine and Greek *Schoenus*, *Schoenanthum*, *Juncus odoratus*, *Rastus Camelorum*, at the Apothecaries *Squinnanthum*, the flowers are called in greek *Schoenanthos*, that is, *Junci flores*: they are now brought unto us again, although they be not common every where.

Stag Cervus.

Stavesacre, look for Licebane in L.

Stechados or Stechas, it is called of *Dioscorides* in Greek *Stichas*, of *Galen* *Stechas*, of others *Sincilopa*, *Alcibiades*, *Stiphonia* and *Stiphonia*, in Latine *Stichas*, *Stechas*, *Stæchas*, *Oculus Pythonis*, or *Sciolebin*, and at the Apothecaries *Stichados indeclinabiliter*.

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nabiler. There are two kinds of it, the one cometh from Arabia, which hath leaves very like to Lavander, but they are somewhat jagged, and to each stalk are there or four compacted Pares, and each one hath a little stalk, with pretty little purple flowers, of a very pleasant and fragrant smell, and it is now adayes with us planted in gardens: this kind is called *Stichas Arabica*, and at the Apothecaries *Stichados Arabicum*. The other kind groweth in Spain, Italy, and in other places: it is not much unlike the former, but that it is somewhat bigger, and the leaves are not jagged: the Herbarists do call this kind *Stechados Europaea*, it hath also oftentimes a name of the place where it groweth, as that of France is called *Stichas Gallica*: the Italians do call their *Stichados*, *Stichadem montanam*: the Portuguese do call that which groweth in Arabia *Rosmarinum Mauritaneum*. The Authors do commend that of Arabia above all the other kinds, but because it is brought so far, and that it loseth his vertue by the way, do the learned Physicians use onely that which groweth in Europe.

Steel, in Greek *Calyps*, and of Pollux, *Stomoma*, in Latine *Chalybi*, of Pliny, *Nucleus ferri*, and *Acies ferri*.

Stonecrop, *Illecebra*, *Piper murinum*, and of Dioscorides, *Sedi tertium genus*.

Stone Parsly, or Parsly of Macedon, *Petroselinum Macedonicum*: they that have great store of small skill in simples, have hitherto used the Parsly of Alexandria for that of Macedonia: Others because they had no Stone Parsly, have used the greater Pimpernel instead of it; of which opinion Hieronimus Tragus (my master) was the first, because that kind of Pimpernel is stronger, and agreeth better with the Stone Parsly then the other. But now have gotten the true Stone Parsly and planted it in divers gardens, it is not needful to use any other thing for it: The Parsly of Alexandria hath also her proper use in Physick, and it is called of Dioscorides *Symnium*: of the Herbarists *Petroselinum Alexandrinum*, *Petroselinum Ciliacum*, *Apium Alexandrinum*, *Apium grande* and *Olusatrum*: these herbs are seldom used alone.

Storax, look *Styrax* in the Latine Index or Table.

Storke, in Greek *Pelargus* in Latine *Ciconia*: it is a bird common enough beyond the sea.

Storks bill, of Dioscorides *Geranium alterum*, of the Herbarists *Pes Columbinus*, and *Peristopodium*, it is one of the smallest kinds of Storks bill, with round leaves like to the lesser Mallow.

Strawberry, *Fragum*.

Sturghion, *Actipenser*, *Sturio*, it is a common and well known fish.

Succory, look Cicory in C.

Sugar, in greek *Sacchar*, *Saccharon*, *Meli*, of Arrianus, *Calaminon*, in Latine of Pliny, *Satindus* and *Saccharum*, at the Apothecaries: *Zuccarum*. There are six kinds of it: the first kind is refined Sugar, which artificially hath been purified, and is called of the Simplicists *Saccharum valentinum*, *Saccharum finum*, *Saccharum refinatum*, and *Saccharum Tabaceth*. The second kind is Madery sugar, which is brought from the Island *Madera*, this is the second in goodnesse, and is called in Latine *Saccharum Maderiense* or *Mederiense*. The third kind is Canary Sugar, which is next in goodnesse to the Madery Sugar, in Latine *Saccharum Canarium*. The fourth kind is the Malta or powder Sugar, it is brought from *Malta*, and it is called of the Simplicists *Saccharum Maltanum*. The fifth kind is a brown and soft Sugar, it is brought from the Island *S. Thomas*, and it is the very worst of all the kinds: it is called of the Simplicists *Saccharum Thomassinum*, *Saccharum Thomaum*, and at the Apothecaries *Saccharum rubrum*. The 6. kind is the sirupe that floweth from the Sugar in refining, it is known every where by the name of Sirupe, *Mel Saccharinum* and *Remel*. Whensoever any mention is made of Sugar, then is either the Madery Sugar, or the Malta Sugar to be taken and used.

Sugar parsnep, in Greek and Latine *Sisarum* and *Siser*: this is the true *Sisarum* or *Siser* of the ancient writers, and not our common parsnep, as some suppose; for the parsnep with the broad leafe is the true *Elaphoboscum Dioscoridis*. If we did alwayes distinguish our herbs after the best manner, we should not fall and run into so many confusions and errors.

Sulphur, look for Brimstone in B.

Suppositories is used to procure stools, and is called in Greek and Latine *Balanus glans*, and at the Apothecaries *Suppositorium*.

Swallow, in Greek *Chilidon*, in Latine *Hirundo*.

The second Table.

T

Tamarisk, in Greek *Myrica*. in Latine *Tamarix*, of the Herbarists *Bryaria*, and at the Apothecaries *Tamariscus*: it is a well known tree, and groweth abundantly in many places of Germany.

Tansie, the Herbarists do call it *Tanacetum*, and *Athanasia*.

Tassel, in Greek and Latine *Dipsacus*, *Onocardium*, *Labrum Veneris*, *Carduus Veneris*, *Virga Pastoris*, *Carduus Fullonius*, and *Lavacrum Veneris*.

Three leaved grasse, look for Clavers in C. Thoroughwax, *perfoliata*.

Thunderbolt, *Phrygius lapis* of *Dioscorides*, and at the Apothecaries *Lapis Lyncis*. The gentle Reader is here to be admonished of the great abuse, harm and deceit that hath hapned these many years at the Apothecaries in the use of this simple. For the unskilful Physitians which do not much trouble themselves with the true knowledge of simples, are as yet of opinion that the Thunderbolt should be engendred in the air; and they do use it in their compositions to expel urine, gravel, and stone, and especially in the *Lithontribon magnum* Nicolai. But the stone which they call *Lapis Lyncis* or *Lyncurium*, is called of *Galen* and *Dioscorides* *Lapis phrygius* do use it in their dyings. This foresaid stone (as *Dioscorides* witnesseth) groweth in *Cappadocia*; but neither *Galen* nor yet *Dioscorides* doth say, that this stone should be engendred in the air, for it is a thing that groweth of it self, as the *Calamine* doth, and (as *Galen* saith) it hath the same vertues with the *Flint*, but that this may not be used inwardly. By this may appear how greatly they have erred that have called this stone *Lapis Lyncis* or *Lyncurium*; also how diversly men have been deceived, and their infirmities increased, in ministring unto them divers compositions, wherein this stone is put. Wherefore every careful Physitian ought diligently to read the Books of *Dioscorides*, *Galen*, *Pliny*, *Atius*, and of *Nicolaus Myrepsus*, that he might thereby perceive his own defaults, and turn back from his errors. *Dioscorides* in his second book *de re Medica*, and the 74 Chapter writeth after this manner of the Thunderbolt: It hath been thought that the water of the air, which is called *Lyncurium*, should congeal into a stone, but it hath been found false, and all whatsoever else hath

been said of it; for the *Lyncurium* is that which is called of some *Electrum Pterigophoron*. Amber, or white Amber, and is brought unto us in great abundance from *Prussia*: these are the very words of *Dioscorides*. The like false opinion doth *Pliny* detect, *lib. 137. cap. 3*. Here may you evidently perceive, that neither ancient writers have held any thing of that false and fained opinion; for they do all affirm that *Electrum*, *Succinum*, and *Lyncurium*, is one and the same thing, which have been sufficiently seen by the words of *Dioscorides*. It doth also appear in the writings of *Atius*, and *Nicolaus Myrepsus*, that they meant nothing else by their Thunderbolt *Lyncurium* or *Lapis Lyncis*, but onely *Succinum*, that is the Amber. Also that the Amber cometh not out of the air, but out of the sea, that is sufficiently known to all the world. But whether that unskilfull cure had said that it were engendred of a certain water in the air, or that it is the urine of a beast congealed into a stone, that were a small error, if they had used the right Amber in their compositions. That Amber hath power to expel the stone, urine, and gravel, (which vertues are ascribed to the *Lyncurium*) that is sufficiently known to every expert Physitian: and that the white Amber is the right *Lyncurium* or *Lyncurium*, and that may be shewed by the words of *Atius*, who calleth it *Electrum*, *Lyncurium*, and *Succinum*, and distinguisheth the yellow Amber from it, calling it *Chryseletrum*, that is, *Aureum Electrum*. And *Dioscorides* in the former chapter calleth the white Amber *Electrum Pterigophoron*, and in the first Book *de medica materia*, doth he call the yellow Amber *Chrysophorum*. Hereby do we conclude that *Lapis Lyncis*, *Lyncurium* or *Lyncurium* (as the *Gretians* term it) is nought else but the white Amber: wherefore heed must be taken that thou use the white Amber in all compositions that have the *Lapis Lyncis* in them. Of the vertues of the Thunderbolt, look for Amber.

Thyme, in Greek and Latine *Thymum*, *Thymus*, *Serpillum Romanum*, or *herba Thymiana*, at the Apothecaries *Tymus*. There are two kinds of it, and both of them are set in gardens, but in hot countries they do grow every where of themselves. The first kind is white, and hath long ears or heads like to *Stechados*, it hath a very pleasant smell, it is called in Greek and Latine *Thymum Capitatum*, *Thymum Candidum*, *Thymum*

The second Table.

Thymum creticum, *Thymum Spicatum*, and *Thymum aromaticum*: we call it white Thyme. The second kind is rougher, and of a darke green colour, and it is common in all gardens, and well known by the name of Thyme, the first kind is much better for Physick then the other if it may be gotten: they are both of them hot and dry in the third degree.

Tillet tree, in Greek *Philyra*, in Latine *Tilia*; there are two kinds of it, the common Tillet tree, and the wilde Tillet tree, which groweth in the shadowy wood and hills, it is very like to the tame kind, but that it is much lesse; it bloweth also slower, and at the last the blossoms fall off without any fruit. It is called the wild Tillet tree, or stone Tillet, because the wood of it is harder and more compacted then the tame: it is called in Latine *Tilia sylvestris* and *Tiliamas*. The blossoms and the fruits of it are used in Physick.

Toad, in Greek *Phrynus*, of *Virgil*, *Bufo*, and of *Pliny*, *Rubeta*. Some unskillfull Physicians do take *Rubeta* to be the leafe Frog, which is a great error, for they are as like as an apple is like to an oyster, because the Toad is hurtful and venemous, and the Leafe-frog without all hurt or harm.

Tormentil, is called of *Dioscorides*, *Chrysogonon*, and of others *Heptaphylon*, of the Herbarists *Septifolium*, *Betularia*, and at the Apothecaries *Tormentilla*.

Tortoyse, in Greek *Chelone* or *Emys*; of *Hesichius* and *Aristoteles*, *My*; in Latine *Testudo*: the shell of it is called in Greek *Chelonium*, and of *Nicander*, *Chelium*, in Latine *Testudinis operimentum*.

Treacle, in Greek and Latine *Theriaca*: at the Apothecaries *Teriaca*. We have mentioned in this Book of two kinds of Treacle, to wit, of *Theriaca Andromachi* or *Theriaca magna*, and the common Treacle called *Theriaca Diatesaron*: but where-soever Treacle is named without any addition, there must the great *Theriaca Andromachi* be taken and used.

Turbith, of *Aetnarius*, *Turpetum*, in latine, of the Herbarists *Turbetum*, of the Arabians *Turbith* and *Turbeth*. There are four kinds of it; the first is the white Turbith, very common at all Apothecaries, this kind is called of *Dioscorides* in Greek *Alpum*, of *Aetnarius*, *Alypias*, and *Turpetum album*, at the Apothecaries *Turpetum Orientale*, or *Turpetum Alexandrinum*, and in English white Turbith. The second kind is called of *Dioscorides* and *Aetnarius*, *Pitynsa*, *Clema*, *Crabion*, and *Canopicon*, of

the Herbarists *Turpetum nigrum*, and *Estula major*: also of the Arabians *Alscebram majus* or *Scebram majus*, in English black Turbith. The third kind is called in greek *Thapsia*, *Hypopium*, and *Pancranium*, in Latine *Ferulago*, and *Ferula sylvestris*, of the Herbarists *Turpetum cineritium*, and *Turpetum Mesuis*, and *Mesues* hath understood by his Turbith nothing else but *Thapsia*. The fourth kind is the *Turpetum Serapionis*, who also hath his several Turbith. *Dioscorides* calleth it *Tripolium*, *Psyche Meris*, *Stachyites*, of the Herbarists *Turpetum Serapionis*, and *Aster marinus*: but when thou findest Turbith in any composition with any addition, then is the white Turbith to be understood for it.

Turmerick, *Cyperus Indicus*, the Apothecaries call it *Curcuma*, and *Terra merita*, *Rasis* calleth it *Vena ciirina*.

Turneps, look for Rapes in R.

Turpentine is called *Resina Terebinthi*, *Terebinthina*, or *Terminthina*, of the Arabians and Apothecaries *Turpentina*, *Turbentina*, and *Turmentina*. It is not the common Turpentine that floweth from the Fir tree, as the unskillful suppose, but it is the true Turpentine of the Turpentine tree.

Turpentine tree, in Greek *Terminthos*, of *Nicander*, *Trimithos*, in Latine *Terebinthus*, of *Avicenna*, *Arbor granivivides*.

Turtle Dove, in greek *Trygon*, in Latine *Turtur*.

Tutty, at the Apothecaries *Tutia factitia*, *Cadmibotryitis*, or *Cadmia Acinosa*, and *Cadmia officinarum*.

V

VAlerian, in greek and Latine *Phu Valeriana*, *Genicularis*, *Herba benedicta* and *Marinella*. There are four kinds of it, and two of them onely in use; the first is the common Valerian, which onely ought to have that name. The second kind is planted in gardens, although it be otherwhiles found in woods and on hills: it hath much greater leaves then the common Valerian, and also a bigger root, of the thickenesse of a finger, and this is the true *Phu* of the ancient writers. It is called *Phu Ponticum*, in English great Valerian; the Herbarists do call it *Theriacara*, *Herba divi Georgii*, *Georgiana*, and *Herba divæ Mariæ*. This is commended before the former Valerian, if it may be gotten. They are hot in the first, and dry in the second degree.

Venus

The second Table.

Venus hair, in Greek *Trichomanes*, *Callitrichon*, *Euprepon*, of Hippocrates, *Calliphylon*, of Apuleius, *Tricophyl*, *Selinophylon*, *Dyphyes*, *Scholisbrochon*, *Amianthon*, and *Adianton*: although Dioscorides do describe another kind of *Adianton*, to wit, Maiden hair, yet notwithstanding is Venus hair the true *Adiantum Apuleii*: in Latine *Herba Capillaris*, *Barba Herculis* and *Pinnula*, of Apuleius, *Herba crinita*, *Capillus Veneris*: the Apothecaries call it *Polytrichum*. There are yet two kinds more of it, to wit, the greater and the lesser Maiden hair: the greater kind is called of the Herbarists *Polytrichum aureum*, *Adiantum aureum*, and *Capillaris aurea*. The lesser is called *Adiantum aureum minus*. Some have taken both these kinds for *Polytrichon Apuleii*; but they err greatly, as doth appear by the description of it. But when thou readest Venus hair in any composition, then shalt thou take the common Venus hair.

Verdigrease, in Greek *Chalcon anthos*, in latine *Flos aris*, or *Arugo*, at the Apothecaries *Viride aris*.

Vinum punicum, or *Vinum Histricum*, *Vinum punicum*.

Violets, in greek *Ion*, and *Ion porphyreon*, of Theophrastus, *Ion Melen*, and *Melanion*, of Dioscorides *Dasipodium*, *Priapeion*, *Cybelion*, in Latine *Viola purpurea*, *Viola muraria*, *Viola nigra*, and *Setialis*: of the Herbarists *Viola Martia*, and *Viola Quadragesimalis*: it is also sometimes called onely *Viola*, in English a *Violet*: the Apothecaries call it *Flos Viola*. The leaves of the Violets are called *Violaria*, and *Mater Violarum*. There are five kinds of them, that are all of one and the same operation. The first kind is common every where, and know to all men. The second kind are the white Violes, which are very like to former, but that they be very white; they are set in gardens, notwithstanding that they are found in the fields: the Herbarists do call it *Viola alba*, and *Viola Martia alba*. The third and fourth kinds are the white and blew double Violets, that grow in gardens: the blew double Violets are called *Viola multiplex*, *Ion Polyphyllon*, and *Viola purpurea multiplex*. The white double Violets are called *Viola alba multiplex*. The fift kind of Violets are the wilde Violets, which are like to the tame Violets in every respect, but that the leaves are somewhat lesse and longer, and the flowers are of a light or purple blew, like the other, but without any smell, where

neverthelesse, all the other kinds are very fragrant. The sixth kind is called *Ion agria*, *Viola sylvestris*, of the Herbarists *Viola fatua*, or *Viola canina*.

Viper or Adder, in Greek *Echis*, and *Echidna*, in Latine *Vipera*, and of Cicero, *Excerpta*: the Italians do call it *Marassus*. It is a venemous Snake, unknown with us, but very common in Italy.

Virga aurea, *Solidago saracenic*, *Consolida saracenic*, *Herba fortis*, and *Virga aurea*.

Unicorn, *Unicornium*, *Cornu Monocerotis*.

Unripe Grapes, in Greek *Omphax*, in Latine *Uva immatura*, and *Uva acerba*.

Vulture, *Vultur*, and of Plautus, *Vulturinus*, it is a well know ravening bird.

W

WAlflowers, in Greeke *Leuconium*, *Viola lutea*, *Hesperis*, at the Apothecaries *Keyri*, *Keiri*, and *Cheyri*.

WAlnut tree, in greek *Caryon*, *Caryon baslicon*, and of Pollux, *Caryon Persicon*, *Nux baslica*, *Nux regia*, *Juglans*, and *Nux Persica*. There are three kinds of it, to wit, great, middle, and lesser nuts: the lesser may be called stony nuts, because they have such hard shels. The second kind are the common WWalnuts, *Nuces media*, or *juglandes media*. The third kind are the biggest, and are called *Nuces equina*, or *juglandes equina*.

Watercresse, in greek and Latine *Sisymbrium aquaticum*, *Nasturtium aquaticum*, and *Caramine*.

Water Lentils, *Lens palustris*, or *Lenticula aquatica*.

Water Lillies, in greek *Nymphaea Rhopalon*, *Heraclicon*, *Androgynus*; of Apuleius, *Lotometra Madon*; of Theophrastus, *Madonias*: in Latine *Clavus Veneris*, *Digitus Veneris*, *Alga palustris*, *Lilium palustre*, *Papaver palustre*, *Clava Herculis*, *Rosa palustris*, of Apuleius, *Protea*, and *Mater herculanea*: The Arabians and Apothecaries do call it *Nenusar*, or *Nenuphar*. There are four kinds of it: the first kind groweth in Ponds, they are very common and bear a fair white flower, known to every man: it is called *Nymphaea alba*, of Pliny, *Nymphaea Heraclic*, with us white water Lillies. The other kind is like the former, but not so common, it beareth a yellow flower, and is called of the Herbarists *Nymphaea lutea*, of Dioscorides, *Nymphon*, the flowers *Blepharon*, and *Blephara*; with us yellow water

The second Table.

water Lillies. The 3. kind hath small leaves, like to Crowfoot flowers, and small white flowers, it groweth commonly in sweet and running streams, and it is called of the Herbarists *Nymphaea minor*, in English the lesser white water Lillie. The fourth kind is like to the great water Lillie, but that it is somewhat lesse, it beareth a pretty yellow starrie flower, it is called of the Herbarists *Nymphaea lutea minor*, we call it the lesser yellow water lillie.

Water Torch, in greek and latine *Typha*: the Herbarists do call it *Typha aquatica*, and *Typha palustris*, to distinguish it from the Turkish Corn, and the Ginny wheat, both which are also called *Typha*: whereof shall be spoken more at large when opportunity shall serve. The water Torch is but once mentioned in this whole work.

Water Willow, in greek and latine *Lyfimachium*, or *Lyfimachia*, *Litrum*, of the Herbarists *Salicaria*. There are three kinds of it, the first is the common water Willow, which is called the yellow water Willow, in latine *Lyfimachia lutea*, or *Lyfimachia melina*. The second kind groweth in moist places, it hath narrow and picked leaves, with a pretty purple flower: it is called of *Pliny* *Lyfimachia*, for the first kind is *Lyfimachia Dioscorides*: of the Herbarists *Lyfimachia Pliniana*, *Lyfimachia purpurea*, or *Punicea*, *Lyfimachia spicata*, and *Salicaria purpurea*, in English the purple water Willow. The third kind groweth about the running waters or streams, it hath small leaves, like to the Willow, but a little jagged, it beareth a pretty small purple flower, like to the lesser Roses, out of which commeth afterwards a little cup, which containeth some small seeds. It is called of the Herbarists *Lyfimachia siliquosa*, and *Filix ante patrem*, in English horned water Willows, that is, *Salicaria cornuta*, *Salicaria siliquosa*, and *Lyfimachia cornuta*. But if thou find water Willows without any addition, then shalt thou understand the yellow water Willow, or *Lyfimachia Dioscoridis*.

Wax, in greek *Ceros*, in Latine *Cera*.

Whay, *Serum*, *Aqua lactis*, and *Aqua Castanea*.

Wheafie, in greek *Gale*, *Spondyle*, in latine *Mustela*.

Wheat, in greek *Pyros*, in latine *Triticum*. There are three kinds of it, the first kind do we call Wheat, without any addition,

of *Columella Robus*, of the Simplicists *Triticum robum*. This is the very best in weight and whitenesse. The second is a kind of ruffeared Wheat, in greek *Pyros Trimenos*, or *Setarias*, in latine *Triticum Trimestre*, and *Halicastrum*, of *Columella*, *Setarium*, or *Sitarianum*, of the Herbarists *Triticum sitianum*. The third kind is called in Greek *Silignis*, in latine *Siligo*, and *Triticum Siligineum*.

Wheat ruffeared, in greek *Zea*, in latine *Zemen*, of *Columella* *Fav clysinum*, and of others *Spleta*. There are two kinds of it, the first is the common ruffeared Wheat, it bringeth two husks close together, with two grains in them: this is called *Spelt*, and *Zea diatoccos*. The second kind is called *S. Peters corn*, it bringeth but one seed or grain, to wit, in a row, as the former bringeth the two: it is called in greek *Zea monococos*, and in latine *Zea simplex*, and *Semen simplex*: it is a kind of grain which is a mean between Barly and Wheat.

Wheat ruffeared prepared *Alica* or *Halica* in greek *Chondrus*, *Zea deglubita*, ruffeared wheat peeled.

White water Mints, in greek *Mintha agria*, *Hediosmos agrios*, in Latine *Mentastrium*, and *Mentha sylvestris*, of the Herbarists *Mentha equina*, *Mentha caballina*, and *Balsamita fessina*. There are two kinds of it: the first hath rough, white, and round leaves, and a hairy and rough stalk, this is the true *Mentastrium Dioscoridis*. The second kinde is not rough, but hath long prickled leaves, and a brown hairy flower; they grow neer to the water side; this second kinde is called *Mentastrium acutum*, and they have both one and the same operation. *Apuleius* and *Pliny* have also their severall *Mentastrium*, which they do call *Glechon agrion*, and *Pulegium agreste*: It is the second *Calamintha Dioscoridis*, which we have called *Calamintha arvensis* before.

Wilde Beets, of the Herbarists *Apiophyllon*, *Herba pyrifolia* or *Pyrifolia*, *Consolida Pyrifolia*, *Pyrola*, and *Pyrula*: It is a vulneral herb, having leaves like a Pear tree. it groweth in the shadowie woods, and continueth green both winter and summer. There is yet another kind of it, which groweth in medowes, near hills, which is like to the former, but that it hath longer leves and stalks, wheron there be white flowers: the Herbarists do call it *Pyrola*, or *Pyrula pratensis*: they are both of one nature and operation: they are dry

The second Table.

dry in the third degree, they do consolidate mightly: but by wilde Beets shalt thou understand that which groweth in woods.

V Wilde Cucumbers, *Cucumer Aspinus*, *Cucumer sylvestris*, *Cucumer anguinus*, and *Cucumer erraticus*. It is a well known herb, but it groweth not with us unlesse it be sowed in gardens. There is a iuyce prest out of the fruit of it and prepared, which is called *Elaterium*, whereof shall be spoken else-where.

Wilde Flax, in greek and latine *Oxyris* of the Herbarists *Herba urinalis*, and *Linum beatæ Mariae*, at the Apothecaries *Lina ria*.

Wilde Grapes, in Greek *Ampelos agria*, in latine *Labrusca*: the blossomes of the wild Vine is called in greek *Oenanthe*, in latine *Flos labrusca*, *Flos vitis sylvestris*, and at the Apothecaries *Flos lambrusca*.

Wilde Pears, *Pyrum sylvestre*: the tree is called in greek *Archas*, in latine *Pyraster*, in English a wilde Pear tree. these Pears, their leaves, and the water distilled of them is used for the Lask.

Wilde Radish, *Armoracia*, *Raphanus sylvestris*, at the Apothecaries *Rapistrum*: There are two kinds of it, both of them do grow in fields that are sown. The first kind is that whereof now hath been spoken. The second kind is like the first, but it hath fewer and broader leaves, the flowers are white, and is commonly cald white wilde Radish, *Rapistrum album*, that is, *Lapsana*, *Dioscoridis* & *Galen*. They that call our Horse-radish *Armoracia*, do err greatly; for *Armoracia* is *Raphanus sylvestris*, a wild Radish. Look for this in the description of *Dioscoridis*, and the truth will soon appear.

Wilde Saffron, in greek *Cnicus*, *Cnecus*, *Gnicus*, and *Gnecus*, in Latine *Cyrtamus*, or *Chartamus*. There are two kinds of it, the first is the wilde wel known Saffron, which groweth in many gardens: this is called *Cartamus domesticus*; of *Serapio*, *Kartan*, of *Averroes*, *Elcratis*, of the Herbarists *Crocus bartulanus*, *Crocus sylvestris*, *Crocus saracenicus*, *Crocus fatuus*, it is barbarously called *Zaffranum sylvestre* and *Saffranum fatuum*. *Averroes* calleth the seed of it *Semen de Papaga*. The second kind groweth on dry hils and untilled and dry fields, it is called wilde fiede Saffron, in greek *Atractylis*, and *Cnicus agria*, in latine *Colus rustica*, *Fusus agrestis*, and of the

Herbarists *Cnicus sylvestris*, *Cnicus campestris*, *Cartamus sylvestris*, *Eracantha*, and *Carduus amoris*; but the tame kinde is onely used in Physick, to wit, the flowers and seed of it, which is also called *Semen papagallæ*, or *Semen Psittacii*. Note that *Cartamus* with *c*, doth signifie wilde Saffron, and *Carduus* with *d*, Cresses and seeds, *Nasturtium*: wherefore great heed is to be given of it.

Wilde Thyme, *Serpillum*, *Cunilago*, and in greek *Herpyllum*.

Willow tree, in greek *Hea*, in latine *Salix*, of *Homerus*, *Frugiperda*: There are five kinds of it; the first is called with us the red Willow, of *Theophrastus*, *Salix nigra*, or *Punicæ*, of *Pliny*, *Salix viminalis*, of *Columella*, *Salix Sabina*, and *Salix Amerina*: this is the very best kind of all the rest. The second kind is the white Willow, and of the Herbarists *Salix Candida*. The third kind is called of *Pliny*, *Salix vitillina*, of *Columella*, *Salix Græca*, with us water Willow tree. The fourth kind is called of the Herbarists *Salix platyphyllos*, *Salix latifolia*, and *Salix cinerea*. The fift kind is the least of all, called of *Theophrastus*, *Salix helix*, of *Pliny*, and *Columella*, *Salix Gallica*: of the Simplicists *Salix pumila*. These five kinds of Willows are sufficiently known to all men.

Wine, in greek *Oenos*, of *Cratinus*, *Tryx*. There are four kinds, each according to the country, to wit, the least, smallest, middle, and strong Wine: but we will speak but of two kinds at this present, to wit, of strong and of small wine: the strong wine is called *Vinum Oenodes*, *Vinum polyphorum*, and *Vinum multiferum*. The common wine is called *Vinum oligophorum*, *Vinum pauciferum*, *vinum aquosum*, and *Vinum Cibarium*, this is onely spoken and meant of Rhenish wine.

Winter Cherries, in greek, *Halicacabus*, *Physalis*, in Latine *Solanum vesicarium*, of *Pliny* *Vesicaria*, of the Herbarists *Solanum rubeum*, or *Solatrut rubrum*, *Cerasium Judæorum*, *Cerasum terræ*, in the Arabian tongue *Alkekengi*, or *Alkekengi*: they are cold and astringent in the second degree, but mean moist.

Weather, *Castro*, *Vervex*.

Woad, in greek and latine *Isatis*, of *Pliny* *Glastrum*, of the Herbarists *Guadum*, and *Pastillum*, it is an herb well know to divers. There are two kinde of it, one tame, and one wilde; the tame Woad groweth in France, and in Daring, with

The second Table.

us onely in gardens for Physical uses: it is called *Isatis sativa*, *Eghe*, and *Glastum sativum*. The second is the wilde kind, it is lesser then the former, it groweth here and there in the woods and fields; it is called *Isatis sylvestris*, *Isatis minor*, *Glastum sylvestre*, and *Glastum minus*. They are both drying and astringent, but the wilde Woad is much stronger then the tame.

Woodcock, in greek *Scolopax*, of *Hesychius*, *Varino*, *Nemeshano*, in Latine of *Gaza*, *Gallinago*, of *Heradianus*, *Perdix sylvestris*, of other *Perdix rustica* or *Rusticula*, of *Niphus* and *Volaterranus*, *Gallinella*, of the simplifiers *Rostrulula*, and *Gallinacea*.

Woodpecker, *Picus Martins*, *Turba*, in greek *Driocolaptes*; of *Arist.* *Driocolaps*; of *Hesych.* it is a well known bird; it is mentioned otherwhiles in some dyets in this work.

Woolblade; or Longwort, in greek *Phlomis* or *Phlomis*, of *Apuleius*, *Pycnitis*, in Latine *Verbascum*, *fœminalis*, *Lucumbra*, *Candelaregis* *Candelaria Lanaria*, at the Apothecaries *Tapsus barbatus*. There are four kinds of it, whereof the first is the common Woolblade, with the white woolly leaves, and yellow flowers; it is called *Verbascum albisolium*, and in greek *Leucophyllon*. The second kind is like the former, but that the leaves are blacker and broader; it is called black woolblade, in greek *Phlomis melanophyllos*, in Latine *Verbascum nigrum*. The third kind is the wilde Woolblade, it hath a long stalk with great leaves, much like to the great Sage, it hath yellow flowers, in greek *Phlomis agrios*, in Latine *Verbascum sylvestre*: of the Herbarists, *Verbascum salvifolium*. The fourth kind is most like to the first, but that the flowers are white, and it is called white Woolblade *Verbascum album*, and *Verbascum fœmina*.

Woolfsbane, in greek and Latine *Aconitum*, There are six kinds of it, the first hath round leaves not much unlike to the lesser Cucumbers, with pretty yellow flowers, not unlike to them of *Doronicum*. The roots are round, with many joynts, the little roots about it are very like a Scorpion, it is called in greek and latine *Pardalianthes* *Thelyphorum*, *Aconitum Thelyphorum*, *Therionophorum*, *Aconitum Therionophorum*, *Myoctonum*, *aconitum Myoctonum*, and *Scorpion*. The second kind of Woolfsbane hath leaves like to the Italian Plane tree, but somewhat deeper jagged:

the root is blackt with many hairs about it. This Plant is sufficiently known by the name Woolfsbane, it groweth on high hills, and is called in greek and latine *Lycoctonum*, *Aconitum Lycoctonum*, *Cynoctonum*, and *aconitum Cynoctonum*. The Herbarists do call it *Aconitum Lycoctonum luteum*: the Apothecaries *Luparia*. The third kind is called of the Herbarists *Aconitum Lycoctonum Caruleum*, there are also three kinds of it, and it is common in all gardens. The fourth kind of Woolfsbane is *Aconitum Lycoctonum caruleum magnum*: *Avicenna* calleth it *Napellus*; it is a very venomous herb. The fifth kind hath yellow flowers, and is called yellow Woolfsbane, of the Herbarists *Aconitum Lycoctonum luteum minus*. The sixth kind groweth in darke and shadowie woods, the stalk is about one span and a half in height, and about the midst of the same are 4. dark green leaves, standing opposite one against the other: it getteth a black berry, under which many little leaves are placed each opposite to other. It is called of the Herbarists *Aconitum salutiferum*, *Sigillum Christi*, *Crux Christi*, *Sigillum Veneris*, and *Herba Paris*. It is a very wholesome herb, and may be used inwardly very well against many diseases. Many learned men would have it to be *Aconitum pardalianches*, but it is as like it as an apple is like an oyster. By Woolfsbane shalt thou understand the yellow Woolfsbane.

Wormwood, in Latine and Greek *Abstinium*, *Aloina*: there are three kinds of it: The first, is the common Wormwood that groweth every where, called *Barthypicron*, *Barypicron*, and *Abstinium rusticum*. The second kind is like to the former in leaves and flowers, but it is somewhat lesse, and it groweth not above a span and a half in height: it is also bitter like the foresaid, yet somewhat more pleasant to be used; it groweth on hilly places: This kind will never be greater although it grow in fertil gounds. This is the same Wormwood which *Dioscorides* doth call *Abstinium ponticum*, *Mesues*, *Abstinium Romanum*, of the Simplifiers *Abstinium montanum*, and *Pliny*, *Abstinium Italicum*. The third kind is very like the great Wormwood, but it hath lesser leaves and stalks then the mountain wormwood, it groweth also somewhat higher: the leaves are white & soft. This groweth on sandy ditches. It is called *Romish*

The second Table.

Wormwood, to avoid all errors, and we leave the name of mountain Wormwood unto the second kind. This Wormwood is called of *Galen Absinthium ponticum*. But *Mesues* and other Authors do take the second kind to be the true *Absinthium ponticum*. Whensoever thou findest Wormwood by it self in any composition, then is the mountain Wormwood to be taken and used; and if that cannot be had, then must you take the common wormwood that groweth in the fields, and

not that which groweth in gardens; for the garden Wormwood is not so strong, neither can it perform that which the wilde Wormwood doth that groweth on dry grounds. Wormwood is hot in the first, and dry in the third degree.

Yarrow, Nosebleed, Millfoyle, in Greek *Stratiotes*, *Chiliophyllos*, *Supercilium Veneris*, *Herba militaris*, and *Millefolium*. It is a common herb, it is drying and astringent.

Yewe, *Taxus*, *Smilax*, *Milos*.

The end of the second Table.

Kkk 2

This



This third and Latine Index, containeth all the Latine, Greek, and other strange names of old Simples, and especially of those things which are mentioned in this Book, as Roots, Herbs, Flowers, Fruits, Plants, Juices, Gums, Woods, Stones, Barks, Metals, Minerals, Earths, Deer; and whatsoever else is used in Physick: Also all mixed and compounded Medicines, as Electuaries, Confectures, Syrups, Juleps, Conserves, Cakes, Pils, Salves, Oyls, Potions, and distilled waters, with their names, not only as they are called by the ancient Greek and Latine Physicians, but also as they are now named amongst the common Physicians and Apothecaries: In like sort also all inward and outward parts and members of the body, with all the diseases that every one of them is subject unto.

A

A Balzener Arabum, *Sena, Sene.*
 Abies, *a Fir tree.*
 Abies candida, *a white Fir tree.*
 Abies nigra *a black Fir tree.*
 Abiga, Chamæpitys, *small Cipres, or wilde Cipres.*
 Abioten, Abiotos, *Hemlock.*
 Abortus, *an untimely birth.*
 Abrotonum, *Southernwood.*
 Abrotonum fœmina, *Southernwood female.*
 Abscessus, *an impostume, or botch.*
 Absinthium, *Wormwood.*
 Absinthium bathypicron, *common Wormwood.*
 Absinthium Italicum, *Italian wormwood.*
 Absinthium ponticum, *Wormwood gentle, or Wormwood pontick.*
 Absinthium montanum, *Wormwood of the hill.*
 Absinthium Romanum, *Wormwood Roman.*
 Absinthium rusticum, *common, or rurall Wormwood.*
 Absinthium thalassium, *Sea wormwood.*
 Absinthites, *Wormwood Vine.*
 Abvolum Plinii, Pulegium, *Penniroyal.*
 Acacia, *the juyc of a thorns in Egypt, instead whereof we use the juycs of Sloes.*
 Acalephe, urtica, *Nettles.*
 Acalypha, *a nettle.*
 Acanthus, or Acantha, *Branke ursine, or Bearbreech.*

Acanthus sylvestris, *Wilde branke or ursine.*
 Acantha Germanica, *branke ursine.*
 Acatalis, Juniperus minor, *a little Juniper.*
 Acatera, Juniperus major, *a great Juniper.*
 Acetosa, *Sorrel.*
 Acetosa sativa, *Garden Sorrel.*
 Acetosa rotunda, *round Sorrel.*
 Acetosa Gallica, *French Sorrel.*
 Acetosa minor, *the lesser Sorrel.*
 Acetosa ovina, *sheeps Sorrel.*
 Acetum *Vingar.*
 Acetum scillinum, or Scilliticum, *Vinegar of Sea Onions.*
 Acetum rosaceum, *Rose Vinegar.*
 Acetum rutaceum, *Vinegar of Rue.*
 Acinus, *Wilde or small Basil.*
 Achras, Pyrafter, *a Wilde Pear tree.*
 Aconitum, *Wolfsbane.*
 Aconitum cynoctonum, or Aconitum cynoctonum luteum, *yellow Wolfebane.*
 Aconitum lycoctonum, or Aconitum lycoctonum caruleum, *blew wolfsbane.*
 Aconitum lycoctonum magnum caruleum, *blew wolfsbane the great.*
 Aconitum lycoctonum luteum minus the lesser yellow wolfsbane.
 Aconicum Myoctonum, *a certain kind of Wolfsbane.*
 Aconitum Pardalianches, *Lybards bane.*
 Aconitum salutiferum Herbariorum, *one berry.*
 Aconitum Thelyphonom, *a kind of wolfsbane.*
 Aconitum Theriophonum, *another kind of Wolfsbane.*

Acorum

The third Index.

- Acorum or Acorus, Calamus, the great Ga-
langal.
 Aëte, Sambucus, Elder.
 Acylos Aristotelis, Glans quercina, an A-
corn.
 Adamas, a Diamond.
 Adiantum, Venus hair, or Well Fern.
 Adiantum album, the white Venus hair.
 Adiantum Apuleii, Trichomanes Dioscori-
dis.
 Adiantum Aureum Herbariorum.
 Adiantum Gallicum, French Venus hair.
 Adiantum nigrum, black Venus hair.
 Adiposus, Glycyrrhiza, Licorice.
 Aëzusa a Jasper like the air.
 Aëris flos, Viride æris, Verdegreece.
 Agoceros, Fœnum græcum Fenegreek.
 Agayne, Caprifolium.
 Agynos, Cicuta, Hemlock.
 Aromeli, Manna, a manner of dew congea-
led on trees and plants.
 Erugo, viride æris, Verdegreece.
 As usium, burnt Copper.
 Affectus animi, affections, motions, or passions of
the mind.
 Affodillus officinarum, Daffodil.
 Agallochum, Lignum Aloes, a sweet wood so
named.
 Agaricum, or agaricus, a Musbrum growing
on trees.
 Agasilis, scutex qui Hammoniacum, Thymi-
ama gignit, the herb whereof Hammonia-
cum is made.
 Ageomoron, Cicuta, Hemlock.
 Aglaophoris, Apuleii, Pæonia is named of
 Alianus Aglaophoris terrestris, Piony.
 Agnus vitæ, Agnus castus, Chast tree.
 Agnus castus officinarum, the same.
 Agonus vitæ, Agnus castus the same.
 Agresta officinarum, Verjuice.
 Agrickæ, Olea sylvestris, wilde Olive tree.
 Agrimonia officinarum, Eupatorium Græ-
 coni, Egrimony, or Agrimony.
 Agrimonia sylvestris Herbariorum, Roten-
 tilla, wilde Agrimony.
 Agriocinara, Cipara sylvestris, wilde Harti-
 chuck.
 Agriococcymela, Prunus sylvestria, Sloes.
 Agriococymelea, prunus sylvestris, Slo tree, or
sloe bush.
 Agrioriganos, Origanum sylvestre, wilde
 Organe.
 Agrostis, gramen, Grasse.
 Aigleucis, Sempervivum, Wine, always
musty.
 Aithales, Sengreen, or Honsleek.
 Aizoon agrion, Sedum sylvestre, wilde Sen-
 green.
 Aizoon Sempervivum, Sengreen, or Hons-
 leek.
 Aizoon minus, Sempervivum minus, the les-
 ser Sengreen, or Prickmadame.
 Alabandicus lapis, a red stone mixt with
blew.
 Ala, Axilla, the arm pit.
 Alarmel Arabum, wilde Rue.
 Alarum fœtor, Tragonia, sinking of the
arm-pits.
 Alabastrum Plinii, a Marble stone.
 Albucum, asphodelus, Daffodil.
 Album coctum officinarum & Chirurgorum,
a plaister of Ceruse, or white Lead.
 Album græcum officinarum, Stereus canin-
 um album, a white dogs turd.
 Alcanna Arabum, Ligustrum, Privet, or Prim-
 print.
 Alkakengi Arabum, Alkakengi, or Winter
 Cherrie.
 Alchenna Arabum, Cipres Privet.
 Alcibiadium, wilde Langde beese, or Ox tongue,
 or wilde Buglosse.
 Alcibiadium Aeginetæ, Echium, wilde Bu-
 glosse the lesser.
 Alchimilla, Ladies mantle.
 Alcibiades, Stœchas, French Lavender.
 Alcopalus, Scolymus, a Hartichok.
 Alcyonium primum Dioscoridis, Balla ma-
 rina officinarum, the some of the Sea indurate,
 or a Sea ball.
 Alcyonium quintum Dioscor. Spuma marina
 officinarum, the some of the sea.
 Alexander, or Alexandrum officinarum, Par-
 sly, or Alexandria.
 Alexipharmacum unguentum, a medicine
 against poyson.
 Alfescera Arabum, Vitis alba, wilde Brie-
 ny.
 Alfesiresin, vitis nigra, black Briony.
 Algatio, Zibetum, Sivet.
 Alga palustris, Reites, or a Sea Weed so na-
 med.
 Alharmel, wilde Rue.
 Alibium, Aster Atticus, an herb so called,
 Codwort.
 Alica, or Halica, a meat made of wheate.
 Alipta muscata.
 Alhandal Arabum, Colocynthis, Colo-
 quin.
 Alkanna Arabum, Ligustrum, Privet.
 Alkekengi, winter Cherries.
 Allium, Garlick.
 Allium Alpinum, Victorialis.
 Allium caninum, Dogs garlick.
 Allium reticulatum, Allium Alpinum.
 Allium sylvestre, wilde garlick.
 K k k 3 Alcluya

The third Index.

Alleluya officinarum, wood Sorrel.
 Alluf Arabum, Dracontium, Dragonwort, or Dragons.
 Aloe, sempervivum marinum, a very bitter herb.
 Aloe caballina, the greater kind of Aloes.
 Aloepatica, and Aloepaticum officinarum, the same.
 Aloe Gallica, Gentian.
 Aloe lignum, Lignum Aloes, a sweet and precious Wood.
 Alonia, Absinthium, Wormwood.
 Alopecia, Capillorum defluvium, a disease causing the hair of the head or beard to fall off by the roots.
 Alfesera Mauritanorum, Vitis alba, white Briony.
 Alsebram, or Alsebram majus Arabum, Pityusa, Esula, Spurge.
 Alsebram minus Arabum, Esula minor officinarum.
 Alsiue, paverina, Chickweed.
 Altaraxacon officinarum, Aphaca Theophrasti, of some a kind of Tar, of others a kind of Cicory.
 Althæa, Malvaviscus, Hollihock.
 Altercum, Henbane.
 Alumen, Allom.
 Alumen fecis, dregs of wine, or wine lees.
 Alumen jamenum officinarum, Alumen capillare,
 Alumen capillare, the same.
 Alumen liquidum.
 Alumen liparium.
 Alumen plumosum officinarum, Alumen tupeum.
 Alus Gallicus Scribonii, Symphytum.
 Alypias Actuarii, Turpetum album.
 Alypus Apuleii, Tithymalus Dioscor. Esula.
 Alypum, Turpetum album Actuarii.
 Amara Dulcis.
 Amaranthus aureus, gold flower.
 Amaranthus Galeni, Mandlen wort, or Balfasar.
 Amaranthus Luteus, the same.
 Amaranthus Veneris, flower gentle of some Ragwort.
 Amaracus Dioscoridis, Marjoram.
 Amaracus Galeni, Feverfew.
 Amarena Cerasa, black Cherries.
 Amarena passa, dried Cherries.
 Amarella, Parthenium adulterinum, Feverfew.
 Amourosis, Cicuta, Hemlock.
 Amber, five Ambarum, Amber.
 Ambarum, Amber.
 Amber, the same.
 Ambragrisea officinarum, Ambergreese.

Ameos officinarum, Ammi, Amy.
 Amethystus, a gem, or precious stone, called an Amethyst.
 Amianton Apuleii, Trichomanes, Maiden-hair.
 Amiantus, Linum saxatile, Plume Allom.
 Amictomianum, vitex, Agnus castus, chaste tree.
 Ammi, five Ammum, Amy, the herb and seed.
 Ammoniacum, or Hammoniacum, is called of the Apothecaries Armoniacum. It is the juyce or gum of a tree growing in Africa, called Agassilis. Of this gum there are two kinds, the one fair and clean, very like Frankincense; this sort of the ancient Physitians hath been used for a sweet savour or smell, it is named of *Ætius*, of *Paulus Aegineta*, and the other Greek writers, *Ammoniacum Thymiana*, or *Hammoniacum Thymiana*, and this is the best for Physick, *Plinius* calleth it Thrauston, and Thrausma. The other kind is foul and unclean, such is very common in the Apothecaries shops, and is called of *Plinius*, Apyrama.
 Amnion, Bryon, Mosse.
 Amnion *Plinii*, Cinnabaris fossilis, a soft red stone in mynes called Cinoper.
 Amomum, a strange shrub as yet unknown, although the unskilful Physitians use it not, for they instead of this have in their common shops a dead and wilde Parsly seed (when indeed the right *Amomum* hath alwayes been a pleasant and sweet smelling shrub accounted of the ancient Physitians) which is as like the right *Amomum* as an apple is like an Oyster. Let every one therefore take heed of this *Amomum*, also of all such medicines which are mixed with it. Some take the Rose of Jerico for the right *Amomum*, which the Herbarists call *Rosa Hierichuntæ* and *Rosa Diva Maria*, but they are deceived. *Galen* saith, that *Amomum* and *Calamus* in vertue are very like, and therefore seeing that we have not the right *Amomum*, we may use *Calamus* very well in his place.
 Amorgine, Perdicium, Pellitory of the wall.
 Ampar, Ambarum, Amber.
 Ampelos, vitis, the Vine.
 Ampelos agria, vitis sylvestris, a wilde Vine.
 Ampelos leuce, vitis alba, white Briony.
 Ampelos melana, vitis nigra, black Briony.
 Ampelo-

The third Index.

Ampeloprasum, Porrom vineale wilde
Leek.

Amydum officinarum, Sea ch.

Amygdalum an Almon.

Amygdalus, the Almon tree.

Amygdala amara, better Almons.

Amygdalogala, Amygdalinum lac Almon-
milk.

Amygdaloides, Spurge.

Amylum, Starch.

Anacardium, sive Anacardus, a tree (grow-
ing in India, and on the fire mountaines
of Sicily) so named.

Anabasis, Horse tail.

Anagallis, Chorchorus Theophrasti Sapania,
Macia, Niſteritis, Zelianrus, Chick-
weed.

There are three sundry kinds of Chick-
weed, whose leaves are all alike, but dif-
fer in flower: the one hath pretty little
purple flowers: and is called in Greek
Anagallis phæneca, *Anagallis punicea*, *Ana-
gallis rubea*, *Anagallis purpurea*: *Paulus
Agineta*, calleth it *Corallium*, or *Coral-
lia*, this is Chickweed with the red flower.
The other is called *Anagallis carulea*, *Ana-
gallis foemina*, that is, Chickweed with the
blew flower. The third hath yellow flow-
ers: this groweth not about us except it
be set or sown. It is found in the upper
Burdandy, in a field between *Dolen* and
Befanson. This is called *Anagallis lutea*,
Chickweed with the yellow flower.
They are all hot and dry, and may be used
in wounds and fractures.

Anagallis mas, Chickweed with the red flow-
er or Chickweed male.

Anagallis foemina, Chickweed with the blew
flower or Chickweed female.

Anagallis phænicea, Chickweed with red
flower.

Anagallis punicea, *Purpurea*, the same.

Anagallis lutea, yellow Chickweed.

Anactorium Theophrasti, wide flags.

Anangelos, *Ruscus*, *Kneehul kneehulme*, pe-
tigre.

Anastrophe, *Inversio ventriculi*, an inversion
of the stomach.

Anasarca, *Hyposarca*, the dropse.

Anatetamenon, *Pelitory of the wall*.

Anaxyris, *Oxalis*, *Sorrel*.

Anasetesis, *Comfry*.

Anchmanes Apuleii, *Dracontium*, *Dragon-
wort*, or *Dragons*.

Androgynos Apuleii, *Nymphæa*, a water
Lilly, or a water Rose.

Andrachne Portulaca, *Purslain*.

Anesum, *Anisum*, *Annis*.

Anetum *Dill*.

Anetum caninum *Cotula foetida*, an herb like
Camomil.

Anetum sylvestre, wilde *Dill*.

Anetum tortuosum, the same.

Anetum urfinum, the same.

Angelica, *Angelica*, or *Imperial*.

Angina, *Inflammatio faucium*, a swelling in
the throat. The *Angine*.

Achusa, wilde *Buglosse*, or *Orchaner*.

Animi accidentia, troubles of the mind.

Anisum, *Anise*.

Anonium, a dead nettle.

Anonium album, the white dead nettle, or
Archangel.

Anorexia, a disease of the stomach.

Arnium, *Plantain*.

Arnoglossa, *Arnoglossus*, a kind of *Plan-
tain*.

Arnachylis, *Plantain*.

Anthemis, *Chamamelum*, *Camomil*.

Anthericos, the flowers and stalks of *Mar-
tagon*.

Anthera, the yellow seed that is within the
Roses.

Anthraxes, a gem, or precious stone.

Anthrax, *Carbunculus*, a Cole.

Anthrax, *Amethystion*, *Carbunculus lapis*,
a precious stone, a *Carbuncle*.

Anthora, is taken of some for the right *Ze-
dair* root, but it is not so.

Antullia, hath no English name, it is called
in Greek *Anarbo*, in high Dutch *Zu-
wan*.

Antidotus, or *Antidotum*, is *Alexipharmacum*.
a medicine against poyson: but there are
other medicines so likewise named.

Antidotus Miridatica, *Mithridate*, a medicine
like Treacle against poyson.

Antimelon, *Mandragora*, *Mandrage*.

Antimonium officinarum, a kind of *Mini-
ral*.

Antiphthora, or *Antitora*, *Napellus salutife-
rus*, *Monks hood*.

Anthophyllus officinarum, refuse of *Claves*.

Antora, *Monks hood*.

Anthropomorphos, *Mandrage*.

Anzarot, sive *Auzerut Arabum*, *Sarcocolla*,
a gum of a tree in *Persia* like the powder
of *Incense*.

Apepsia, bad digestion of the stomach.

Aprine, *Aspergula*, *Clivers*, or *Goose-
grasse*.

Aphaca Theophrasti, a kind of *Cichory*.

Aphaca Dioscoridis, *vicia sylvestris*, wilde
taves.

Aphrosicuta, *Hemlock*.

Aphyllantes, *Tussilago*, *Fole foot*, *Colts foot*
or *Horse hoof*.

The third Index.

- Apiastrum, Melissophyllon, *Balm.*
 Apiastellum Apuleii, Bryonia, Bryony, or the wilde Vine.
 Apium, *Smallage.*
 Apium Alexandrinum, *stone Parsly.*
 Apium Equium, *Lovage.*
 Apium grande, called also Smyrnium.
 Apium palustre, Paludapium, *Smallage.*
 Apium risus, *water Crowfoot.*
 Apium saxatile, the greater Pimpernel.
 Apiophyllon, Pyrola, *wilde Beets.*
 Apoleium, Pulegium, *Penniroyal.*
 Apolegusa, Cicuta, *Hemlock.*
 Apolaris Henbane.
 Apoplecticus, one that hath the *Palsey.*
 Apopleumenum, *Scammony.*
 Apoplexia, the *Palsey.*
 Apostema, Abscessus, an impostume or *Boyl.*
 Appetitus syncopalis, appetite with a swoning.
 Appetitus Caninus, an immoderate hunger, or dogs hunger.
 Apronia Plinii, Vitis nigra, *black Briony.*
 Apsudes, Cicuta, *Hemlock.*
 Apyreni, *Corrans.*
 Apyrotus, Carbunculus, a *Carbuncle.*
 Aqua ærofa, or Aqua ærea, water of Copper, or that hath the vertues of Copper.
 Aqua extinctionis Argenti, water in which silver hath been quenched.
 Aqua extinctionis Auri candentis, water in the which gold hath been quenched.
 Aqua casei, *Cheese-whay.*
 Aqua extinctionis Chalybis, water in which steel hath been quenched.
 Aqua Chalybata, *steeld Water.*
 Aqua decoctionis Cinamomi, *sodden Cinamom water.*
 Aqua florum omnium officinarum, Aqua stillatitia stercoris vaccini, the *Water of Cowdung.*
 Aqua decoctionis Glycyrrhizæ, the decoction of *Licorice.*
 Aqua lactis, *Milk-whay.*
 Aqua marina, *Seawater.*
 Aqua mulsa, *Mead, or Hony Water.*
 Aqua pluvia, or aqua pluvialis, *Rain water.*
 Aqua fortis, *Goldsmiths Water.*
 Aqua salsa, *Salt water.*
 Aqua saccharata, aqua decoctionis sacchari, Sugared water, or the decoction of *Sugar.*
 Aqua extinctionis filicum candentium, water in the which hot Flint stones have been quenched.
 Aqua sulphurea, *Brimstone water, or that hath the vertues of Brimstone in it.*
 Aqua vitæ, in this Book by Aqua vitæ, are meant the compounded waters, or *Aqua vitæ composita.*
 Aqua vitis, Lachryma vitis, the water that droppeth out of *Vines being cut.*
 Aquilegia, a *Columbine.*
 Aquilina, the same.
 Arantium, an *Orange.*
 Arbor casta, Agnus castus, *Chast tree.*
 Arbor Jovis, Quercus, *Oake.*
 Arbor sapiens, Morus, the *Mulberry tree.*
 Arceuthos, Juniperus, *Juniper.*
 Arceuthis.
 Arceuthides, Baccæ Juniperi, *Juniper berries.*
 Arceuthites, Juniperinum vinum, *Juniper wine.*
 Archangelica, or Archangelica lutea, *Archangel with the yellow flower.*
 Archangelica alba, Lamium album, *white Archangel.*
 Archezostis, vitis alba, *Briony.*
 Arction, or actium, the great *Burr.*
 Arctotium, seu Auricula urssi Herbariorum, *Sanicle the great.*
 Area, Alopecia, the fallings off of the hair by the roots.
 Argentina Herbariorum, *wilde Tansie.*
 Argentum aqueum, *Quick silver.*
 Argentum vivum, *Quick silver.*
 Argilla, *Clay.*
 Argyritis, Lythargyrum, *Lytharge.*
 Aristaltea, Bismalua.
 Aristolochia longa, long *Hartwort, or Birtwort.*
 Aristolochia rotunda, round *Hartwort.*
 Aristolochia officinarum, *Hartwort.*
 Armoniacum officinarum, *Armoniack.*
 Armala Geleni, Ruta sylvestris, *wilde Rue.*
 Armorcia, Raphanus sylvestris wilde or horse *Radish.*
 Arnel Avicennæ, Ruta sylvestris, *wilde Rue.*
 Arnabo Pauli Æginetæ, Zurumbetum, *Seduar.*
 Aromaticum gariophyllatum, a confection of *Cloves so termed.*
 Aromaticum Rosatum, a confection of *Roses.*
 Aromatites, an aromatical or *spiced wine.*
 Aron, Cuccopit, *Priests pintle, or wake Robin.*
 Aronia Athenzi, *Dragons.*
 Arquatus morbus, the yellow *Jaundise.*
 Arsenicum,

The third Index.

Arsenicum, *Arsenick, or Ratsbane.*
 Aretorium.
 Arthenicum, *Ratsbane.*
 Artechocha, *Artichoke.*
 Artemisia, *Mugwort.*
 Arteria, *artery, or vein.*
 Arteria aspera, *the winde pipe.*
 Arthanita, Cyclaminus, Panis porcinus,
sowes bread, or Swines bread.
 Arthetica officinarum, Arthritica, *Cow-*
slips.
 Arthrica alpina Herbariorum, *Sanicle the*
great.
 Arthritis, Morbus articularis, *the gout.*
 Articoca, Artichock.
 Articocalus, *the same.*
 Arum, *Cucopis.*
 Arum palustre, *the same.*
 Arundo sagittaria, *a great Reed to make*
darts.
 Asa dulcis, *Benjoin.*
 Asa foetida, *a stinking gum,*
 Asara baccara, Officinarum, Asarum, Asara-
 bacca.
 Asbestos, *look Conia.*
 Ascalis, *Palmes, the branch of a vine.*
 Asclepias, Vincetoxicum, *Swallowes*
wort.
 Ascites Barbarorum, Ascites, *that kinde of*
Dropsie that maketh the legs and belly swell
onely.
 Asparagus, Sparage.
 Asparagus altilis, *common Sperage.*
 Asparagus Horelaceus, Asparagus alti-
 lis.
 Asparagus regius, *common Sparage.*
 Asparagus petreus, *wilde Sperage.*
 Asparagus myacanthinus, *wilde Sparage.*
 Asparagus palustris Galeni, *wilde Spar-*
age.
 Asparagus sylvestris, *the same.*
 Asparagia, Corrudago, *wilde Sperage.*
 Aspera arteria, Canna pulmonis, *the Winde-*
pipe.
 Aspergula, Aparine, *Clivers or Goose-*
grasse.
 Aspergula, Asperula, *the same,*
 Aspaltum.
 Aspaltus, *five Aspaltum.*
 Asphodelus, *Daffodil.*
 Aspis, *a little serpent.*
 Asplenos, Asplenium, or Asplenum, *Scale-*
fern, or Fingerfern.
 Asplenium sylvestre Herbariorum, *the*
same.
 Aspella, Hippuris, *Horsetail.*
 Asa dulcis officinarum, *Bensoine.*
 Asa foetida officinarum.
 Astaphydes, *Raisins,*

Astaphisagria, *an herb called Staphis*
Agria.
 Aster atticus, *an herb also called Inguinalis,*
or Codwort.
 Aster Augustini, *a Ruby.*
 Asterion, Cannabis, *Hemp.*
 Asterios, Ballasius, *a Ruby.*
 Asterium Bubonium, *Share, Starre, or Cod-*
wort.
 Astericus, Inguinalis, *the same.*
 Asthma, *a stopping of the breath with whea-*
sing.
 Astilis, viscum, *Birdlime.*
 Astrantia officinarum, Imperatoria, *Ange-*
lica.
 Astrantia nigra, *Sanicle.*
 Astrios, Ballasius, *a Ruby.*
 Astrutium officinarum, *Angelica.*
 Astylis, *headed Lettice.*
 Aza dulcis, *Benzoin.*
 Aza foetida officinarum, *a stinking gum.*
 Azara baccara officinarum, *Asarabacke.*
 Athanasia, Tanacetum, *Tansie.*
 Atosium, Lychnis sylvestris, *wild Saf-*
fron.
 Attractylis hirsuta, Carduus benedi-
 ctus.
 Atramentum Coriariorum, *Copperas.*
 Atramentum Librarum, *Ink.*
 Atraphaxis, Atriplex, *Orage, or Orache.*
 Atriplex sylvestris, *the wilde Orage.*
 Atriplex, *five Atriplexum, Orage.*
 Atrophia, Nutrimenti cessatio, *a Consump-*
tion.
 Attonitus, *astonished.*
 Avandia Herbariorum, *Herb Avance, or herb*
Blessed.
 Aubium, Chelidonium majus, *Celandine the*
greater, or swallowes herb.
 Avena, *Oats.*
 Avellana, *basel Nut.*
 Aurantium, *an Orange.*
 Aurea Alexandrina, *a confection so cal-*
led.
 Aureola Herbariorum, *Amaranthus luteus,*
Maudlenwort, or Baltasar.
 Aureum malum, *an Orange.*
 Auricula muris, *the herb Monse ear.*
 Auricula muris major, *Monsear the*
great.
 Auricula muris minor, *Flos angelicus the*
lesser Monsear.
 Auricula muris cerulea, *blew Monsear.*
 Auricula muris, Dioscoridis Myosotis,
Monsear.
 Auricula urfi, *Sanicle the great.*
 Aurigo, *the yellow Jaundise.*
 Auripigmentum, Arsenicum luteum, *Orpi-*
ment.

Axilla

The third Index.

Axilla, Ala, the armpit.

B

B Aaras Iosephi Historici, Pæonia, Py-
ony.
Bacca, and Baccha conchea Virgilii, la
Pearls.
Bacca Lauri, a Bay Berry.
Balanus, Glans quercina, an Acorn.
Balanus, Suppositorium officinarum, a
Suppository.
Balanus, Egyptia, Miobalanus, it is the
fruit of a tree, and is called Ben.
Balanus myrepica, Glans unguentaria, the
of a tree much like Myrice.
Balauftium, the flower of a Pomgranate.
Ballagius, or Balafius, a Ruby.
Balla marina, Alcyonii primum genus a sea
ball.
Ballanæa gemma, Curbunculus candidus, a
Ruby.
Ballis, Bellis Daises.
Balneum Sulphureum, a bath that hath the
vertues of Brimstone.
Balsamica, Felina Herbariorum, Mountain
Mints.
Balsamum Judaicum, Opobalsamum, Balm
natural.
Barba Herculis Apuleii, Trichomanes, Mai-
den hair.
Barba Jovis, sempervivum, Sengreen.
Bardana, the great Bur.
Baratrum, Sabina, Savine.
Batypicron, Bathypicron, common Worm-
wood.
Baryton, Sabina, Savine.
Basilica dextra, the Liver vein.
Basilica sinistra, the vein of the Milt, or
Spleen.
Basilica herba, Basilicum, Basil.
Basilicum minus, the lesser Basil.
Basilicum crispum, a kinde of Basil.
Basilicum aquaticum, water Basil.
Bathypicron, Absinthium rusticum, Worm-
wood.
Batitura æris, refuse of Brasse.
Batanuta, Vitis nigra, black Briony.
Batrachis, Ranunculus, Crowfoot.
Batrachium, Crowfoot.
Batus, Rubus, Bramble, Blackberry, or Bryer-
bush.
Batus Idæus, Rubus Idæus Framboise, Raspis,
or Hindbury.
Baucia, Pastinaca sylvestris, wilde Pars-
nep.
Bechicæ officinarum, a medicine for the
cough.
Bechion, Bechium, Folefoot, or Horsehoofe.

Bedegar, or Bedeguar, the white bryer.

Beletzici, Bellirici, one kinde of Mioba-
lans.

Bellerici, Miobalani bellerici, the
same.

Bellis, Ballis, a Daise.

Bellismajor, the great Daise.

Bellium, a Daise.

Bellios flos, the same.

Bellirici, one kinde of Miobalans.

Benedicta Laxativa, a purging Elec-
tary.

Benioninum, Bensoin.

Benzoinum, or Benzuinum, the same.

Berberis, or Berberus, Berberry tree.

Berberus, the same.

Bericocia, Mala præcocia, Abrecock
tree.

Beryllus, a precious stone called Beryl.

Besafa, Ruta montana.

Beta, Beets.

Beta sicula, white Beets.

Beta fatua, Blitum, wilde fine Orage, or
Blite.

Beta insipida, Blitum, Blites.

Beta nigra, Black Beets.

Beta rubra, red Beets.

Beta maluacea, Spinacea, Spinage.

Betifalca, Brionia nigra, black Briony.

Betonica, Betony.

Betonica alba officinarum, Cowslips.

Betonica, alba vera, white Betony.

Betonica altalis, Betony.

Betonica Pauli, Veronica, Pauls Betony.

Betula, Birchtree.

Betularia, Tormentilla, Tormentil.

Bdella, Hirudo, a Horseleech.

Bdellion, or Bdellium, the name of a
gum.

Biarum, Drocontium, Dragons.

Bibinella, Pimpinella, Pimpernel. Theodorus
Gaza taketh Bibinella for a kinde of wool-
blade, which is called Thryallis of Diosco-
rides and Theophrast.

Bicion, Vicia, Veiches.

Billis, Gall.

Bilingua, Uvularia, Horse tongue.

Bismalua, Althæa, marsh Mallow.

Bistorta.

Bitumen, a kinde of naturall Lime or
clay.

Bitumen Judaicum, Jews Lime.

Bitumen liquidum, Naphta, a kinde of
clay.

Blacca byzantia, or Blacta byzantia, or Blat-
ta byzantia officinarum, in Greek Onix:
it is called of Actuarius, and Nicolaus
Mirepsus, and the other new Grecians Blat-
tion, Conchyla Indica, Unguila odo-
rata

The third Index.

- rata, Unguis Aromaticus, Ostrutium Indicum, and Conchylia Indici operculum, a Musse shell of India. This is brought hither out of India, as they are taken up out of the pooles, in the which the sweet smelling leaves Malabathra grow. Of these there be two sorts, the best are white and fat, these are found in the red sea. The other are black, and are brought from Babylon. They are both well smelling, and while they be burning, they scent as strong as the Bevercod.
- Blechon, Pulegium, Pennyroyal.
 Blechion, Filix, Fern.
 Bletus Nicandri, Felix, Fern.
 Bletum, Blitum, Blites.
 Blitum album, white Blites.
 Blitum Indicum, Blites of India.
 Blitum rubrum, red Blites.
 Blitum sylvestre, wilde Blites.
 Blitum Ungaricum, Blites of Hungary.
 Boletus, or Boletus cervi, a Musstrum that may be eaten.
 Boletus cervi, the same.
 Bolus Armenus, Bole Armenack.
 Bombasum, five Bombax officinarum, Cotton.
 Bombax, Bombasum, the same.
 Bonifacia Herbariorum, Uvularia, Horse-tongue.
 Borrage, Borrage.
 Borax officinarum, Borradel.
 Brax officinarum, Chrysocolla factitia, the same.
 Boscifalvia, Salvia sylvestris, wilde Sage.
 Botor Maris Arabum, Cyclaminus, Sowbread.
 Brabela, Pruna Damascena, Damask Prunes, Dammosens.
 Brabyla Theocriti, the same.
 Bracha cuculi Herbariorum, arthitica, Cowslips.
 Bradypepsia, a long digestive.
 Brancha ursina officinarum, Branch urfine.
 Branca ursina Italica, Italian Branch urfine.
 Brassica, Cabbage or Colewort.
 Brassica alba, white Cabbage.
 Bassica apiana, a wrinkled Cabbage.
 Brassica crispa major, the great wrinkled Cabbage.
 Brassica cumana, the broad red Cabbage.
 Brassica cypria, flowered Coleworts.
 Brassica pratensis, Acanthus sylvestris, wilde Bearbeech, or Branch urfine.
 Brassica marina, Sea cole.
 Brassica rubra, a red Cabbage.
 Brassica Sabaudica, Savoy Coleworts.
 Brassica fabellica, crisped Coleworts.
 Brassica tritina, headed Coleworts.
 Brathy, or Brathys, Savine.
 Britannica, Scruvygrasse.
 Brisa Galeni, Secale, Rye.
 Bromus, Avena, Oates.
 Brucus, Eruca, Rocket.
 Brusca officinarum, Ruscus Kneeholm.
 Bruscandula Herbariorum, Lupulus, Hop.
 Bryaria, Tamarix, the Tamarisk tree.
 Bryon, Lupulus, Hop.
 Bryon, Muscus, Mosse.
 Bryonia, Bryony.
 Bryonia alba, white Bryony.
 Bryonia melana, black Bryony.
 Bryonia leuce, Vitis alba, white Bryony.
 Bubonium, After atticus, Codwort.
 Bubonium caeruleum, blew Codwort.
 Bubonium luteum, yellow Codwort.
 Bubonium Massilioticum, Codwort of Massilia.
 Buceras, Fœnum græcum, Fenegreek.
 Bucheiden Arabum, Palma Christi.
 Buchormarien Arabum, Cyclaminus, Panis porcinus, Sow bread.
 Bufonaria, Parthenium, Maiden weed.
 Buglossa, Buglossum, Buglosse.
 Buglossa domestica, Mesues, Burrage.
 Buglossa Major, the lesser Buglosse.
 Buglossa major officinarum, the great Buglosse.
 Buglossa officinarum, Buglosse.
 Buglossa sylvestris, wilde Buglosse.
 Buglossa sylvatica Herbariorum, the same.
 Buglossum, buglossa, Buglosse.
 Buglossum Dioscoridis, Buglosse.
 Buglossum Gallicum, French Buglosse.
 Buglossum Hispanicum, Spanish Buglosse.
 Buglossum Italicum, Italian or great Buglosse.
 Buglossa sempervivens, same Buglosse.
 Buglossum sylvestre spinosum, Herbariorum Echium, wilde Buglosse.
 Buglossum viperinum, Herbariorum Echium, wilde Buglosse.
 Buglossum rubrum, Herbariorum, Anthusa, red Buglosse.
 Buglossices, Vinum buglossatum, Wine made of Buglosse.
 Bulbus agrestis, our Ladies Cowslip.
 Bulimus, Bulismos, Cowhunger, or an unnatural appetite of meat.
 Bulimia, bulimus, an unnatural hunger.
 Bunias, Napus, Rape, or Navet.
 Bulapathum, Lapathum palustre, Dock.
 Buris, a kinde of sore proceeding from Melancholy.

The third Index.

Bursa pastoris, *Shepherds purse.*
 Butermariem or Buthomariem Arabum, Cy-
 claminus, *Sow bread.*
 Butyrum, *Butter.*
 Buxus, *Box.*
 Buzeicon Arabum, Palma Christi.
 Byne, Maltum, *Mault.*

C.

Cacoehymia, *a corruption of all the hu-
 mors in the body.*
 Cacoete, ulcus malignum, *an ulceration hard
 to be cured, a roding ulcer.*
 Cactus, cinara, *Hartichock.*
 Cadmia, *Tutty.*
 Cadmia, Botrytis, *Tutty.*
 Cadmia fossilis, Lapis calaminaris.
 Cadmia nativa, *a kind of Mineral.*
 Cadmia officinarum, Cadmia ocina, *Tutty.*
 Caducus morbus, *the falling sicknesse.*
 Calamandrina, *Germander.*
 Calamentum, *Mint.*
 Calamintha agrestis, *wilde Mint.*
 Calamintha arvensis, *the same.*
 Calamintha felina, *Cattaria, Cats Mint.*
 Calamintha montana, *wilde Mountain
 Mints.*
 Calamites, Rana viridis, *a green Frog.*
 Calamus aromaticus, Calamus, *a sweet
 smelling Reed, which is brought out of India:
 We use the common Calamus root in stead of
 it.*
 Calamus odortus, or Calamus unguentarius,
the same.
 Calcaria, Consolida regalis, *Larks spur.*
 Calcatrepola, *Star thistle the lesser.*
 Calcedonius, *a precious stone.*
 Calcifraga, Saxifraga, *Saxifrage.*
 Calcifraga Scribonii Largi, Asplenium,
Fearne.
 Calendula, Caltha, *Marigold.*
 Calendula arvensis, *wilde Marigold.*
 Calendula multiplex, *double Marigold.*
 Calendula sylvestris, *wilde Marigold.*
 Carenum, *seek carenum.*
 Calliphillum Hippocratis, Trichomanes,
Maidenhair.
 Callitrichum, Adiantum, *the same.*
 Caltha of Virgil, Columel, and Pliny, Calen-
 dula, *Marigold.*
 Caltha poetica, Calendula, *Marigold.*
 Caltha Dioscoridis, Chrysanthemum, *Golden
 knap.*
 Caltha Plinii, See Caltha Virgilii.
 Calycanthemum, Caprifolium, *Woodbinde.*
 Calyx Plinii, Cochlear domus, *a Snails shell.*
 Calycopia, *Lime.*
 Calx viva, *Quick lime.*

Calomelopodium, Prassium, *Horehound.*
 Camomilla officinarum, *Cammomil.*
 Campe, Eruca, *Rocket.*
 Campanella, Volubilis, Campanula, *the
 flower called Canterbury Bels.*
 Campanula marina, Soldanella, *sea sole-
 foot.*
 Cammarus, Gammarus, *a Crab.*
 Camphora, Camphura, *Camphire.*
 Cannabis, *Hemp.*
 Cancer, *a Crab.*
 Cancer carcionma, *the canker.*
 Cancer marinus, *a sea crab.*
 Candela regis, Verbascum, *Woolblade, or
 Torch herb, or Longwort.*
 Candelaria, *the same.*
 Canella, cinamomum, *Cinamom.*
 Canineca, colchicum, *Hermodactyles.*
 Canina fames Cynorexia, *unnatural hun-
 ger.*
 Canirubus Dioscoridis, Cynosbatus, *Egla-
 tine, or sweet bryer.*
 Canirsbus Theodori Gaza, Cynosbatus
 Theophrasti, *the Hawthorn tree.*
 Cania Plinii, Urtica minor, *the little net-
 tle.*
 Canna, Calamus, Arundo, *a reed.*
 Canophicon, *Turbit.*
 Canthabrica Plinii, Caryophyllus hortula-
 nus, *a Gilloflower, a Gelsuer.*
 Canthabrum, Furfur, *Bran.*
 Cantharides, *Cantharides, or Spanish flies.*
 Cantharus, or Catherius, *a black Bee-
 tle.*
 Caphura, Camphora, *Camphire.*
 Capillaris, Capillus Veneris, *Venus
 hair.*
 Capillus Terræ, Adiantum, *Maiden
 hair.*
 Capillus Veneris Apuleii, *our Lady
 hair.*
 Capillaris aurea Herbariorum, *yellow Mai-
 den hair.*
 Capnos, Capnus, Fumaria, *Fumitory.*
 Capnos chelidonia, Pseudaristolochia ro-
 tunda officinarum, *Hartwort, or Aristo-
 logy.*
 Capnos phragmites, *the same.*
 Caprago Apuleii, Esula, *Spurge.*
 Capparis, *Capers.*
 Caprifolium, *Woodbinde.*
 Caprifolium Italicum, Caprifolium perfo-
 ratum, *Woodbinde of Italy.*
 Caput monachi, Hedypnois, *yellow Ci-
 cory.*
 Caput papaveris, Codia, *Pappy seed.*
 Caputium barbarorum, *headed Coleworts,
 Cabbage.*
 Carabe, Succinum, *yellow or white Amber.*
 Carbo,

The third Index.

- Carbo, Carbunculus; a Plague sore, or botch.
- Carbunculus, Anthracites, a Carbuncle stone.
- Carbunculus amethystizon, Anthrax, a Ruby.
- Carbunculus candidus, Spinalus, Spinal.
- Carbunculus Alabandicus, Lapis Alabandicus, a kinde of Ruby.
- Carbunculus gilvus, or Carbunculus pallidus, a yellow Carbuncle.
- Carbunculus carchedonicus, or Carbunculus Garamanticus, Granatus, a Granate.
- Carchedonius, Gemma, the same.
- Carchophilus, Carduus altilis, Artichock.
- Carcinethron, Polygonum, Knotgrasse.
- Carcinoma, Cancer, the Canker.
- Cardamine, Nasturtium, aquaticum, Water cresse.
- Cardamomum, a spice comming out of India. There be two sorts of this Cardamomum, the greater, and the small or lesser. The greater we call grains, Nicolaus Myrepsus calleth it Menigeta: Serapio tearmeth it Sacola, and in Apothecaries shops it is Granum Paradisi: the Arabians name the common Cardamomum, Cacola, Heilbague, and is the lesser Cardamomum of the Arabians. The lesser sort is that which we commonly call Cardamom, it is called both in Greek and in Latine Cardamomum, of the simplists Cardamomum Indicum, of the Apothecaries Cardamomum minus, of the Arabians Cardumenum, or Cordumenum. If any one will use Cardamomum, let him alwaies take the lesser.
- Cardamomum majus officinarum, Granum Paradisi, Greins.
- Cardamomum minus, Cardamome.
- Cardamomum Indicum, the same.
- Cardanum, Nasturtium, Cresse.
- Cardiaca, Mediana, the Median, or Liver vein.
- Cardiaca, Motherwort.
- Cardialgia, grief or pain at the heart.
- Cardianthemum Herbariorum, Ocimastrum, Behen.
- Cardopatium officinarum, Chameleon niger, Milk Thistle.
- Cardumenum, See Cardamomum:
- Carduus Altilis, Cinara, Hartichock.
- Carduus amoris, Atractylis, an herb called Cnecus sylvestris, bastard Saffron, or wilde Saffron.
- Carduus benedictus, blessed thistle.
- Carduus Fullonius, Dipsacus, Fullers Thistle, or Teasel.
- Carduus hepaticus, Lactuca sylvestris, Lettice.
- Carduus marianus, our Lady thistle.
- Carduus niger, Milk thistle.
- Carduus prætensis, Cinara sylvestris, wilde Artichock.
- Carduus sanctus, blessed thistle.
- Carduus strobilus, Cinara sativa, Artichocke.
- Carduus sativus, Chameleon niger, milk thistle.
- Carduus varius, the lesser milk thistle.
- Carduus Veneris, Dipsacus, Teasel.
- Carenum, or as Brassavolus saith, Calenum mustum ad tertias coctum, Must or new Wine that hath been sod till the third part remain.
- Cariosemen, Semen Carvi, Caraway seed.
- Caricæ, Ficus passæ, dried Figs.
- Carium, Carum, Caraway.
- Carnabadum, Carnabum, Carum, Caraway.
- Carnabum, the same.
- Carniglutinium, flesh lime.
- Carolina, Gentian.
- Carota, Carotis, Parsnep.
- Carotis lutea, a yellow Carrot.
- Carotis rubra, a red Carrot.
- Carotis sylvestris, Pastinaca vera, a wilde Carrot.
- Carpathon, Caprifolium, Woodbinde.
- Carpobalsamum, Fructus Balsami, the fruit of Balsamum. But that which is now commonly used in the Apothecaries shops, is not the fruit of the true Balsamum, but it is the seed of Hypericon petraeum, which also in the time of Dioscorides was used for true seed of Balsamum: and the unskilful Physitians as yet use it for the same in their compositions: but indeed with them all is one, for so it beare the name onely, it is good enough.
- Carphos, Fenegreek.
- Cartamus, Cnicus, wilde Saffron.
- Cartamus domesticus, Saffron.
- Cartamus sylvestris, wilde Saffron.
- Cartilago, Chondrus, a Cartilage or gristle.
- Carvi officinarum, Carawaies.
- Carya, Nux avellana, a Hasel nut tree.
- Caryon, Juglans, a Walnut tree.
- Caryon basilicon, Nux regia, the same.
- Caryon Indicum, Nux Indica, An Indian nut.
- Caryon Persicum, Nux Persica, A Nut tree.
- Caryon Theophr. Tithymalus myrtaceos, Spurge.
- Carytes Apulei, Spurge.
- Caryophyllum, Cloves.
- Cariophyllata, Avence.

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- Caryophyllus flos, Carnations, and double
Gilloflowers.
 Caryophyllus Arvensis, Carnations.
 Caryophyllus domesticus, Carnations.
 Caryophyllus hortulanus, the same.
 Cassamum officinarum, Cyclaminus, Sows
 bread.
 Cassia, Cassie.
 Cassia Alexandrina, Cassia fistularis,
 Cassie.
 Cassia flos, or Cassia medulla, or Cassia cri-
 brata, prepared Cassie.
 Cassia lignea, Xylocassia, a sweet smelling
 rind like Cinamom.
 Cassia herba, Lavendula, Lavender.
 Cassuta, or cassica, Bindweed, or wind.
 Cassia coronata, Lavender.
 Castanea, a Chestnut.
 Castanea aquatica, Tribulus aquaticus, wa-
 ter Nuts.
 Castoreum, the Bevercod.
 Castrangula, Pilewort the great.
 Catagma, Ossium fractura, a fracture of the
 bone.
 Catapotium, Pillula, a Pill, or a little
 ball.
 Catangelus, Ruscus, Kneeholm.
 Catarrhus, a Rheume.
 Catharticum imperiale, is a purging medi-
 cine so called.
 Cataputia major, Ricinus, a tree called Palma
 Christi.
 Cataputia minor, Lathyrus, Spug.
 Cataputia sylvestris, wilde Spurge.
 Cathæron, Iris, Flowerdeluce.
 Cataploris, Cicuta, Hemlock.
 Catechomenium, the same.
 Cathimia officinarum, Cadmia, Tutty.
 Caucasus, bastard Parsly.
 Cauda muris, Crassula minor, Blood
 strange.
 Caulis, a Colewort.
 Caulis Jovis, Housleek, or Senegreen.
 Causon, or Causus, a hot burning Fever.
 Ceanothus Theophrasti, Gooseberry.
 Ceanothus asper, the same.
 Ceanothus levis, Rasps.
 Cedria Theophr. the great Juniper tree.
 Cedromelum, malum Citreum, A Ci-
 tron.
 Cedronella, Citraria, Baum.
 Cedrostis, vitis alba, Bryony.
 Celidonia officinarum, Celandine the greater,
 or Swallow.
 Celidonia minor, Chelidonium minus, Pile-
 wort, or Figwort.
 Celyphos, Cochlex domus, a Snails
 shell.
 Cenchros or Cenchris Milium, Mild or Mil-
 let.
 Centaurium magnum, the greater Centory.
 Centaurium minus, the little Centory.
 Centimorbia, Centimorbium, Herb two-
 pence.
 Centinodia, Polygonum, Knotgrasse.
 Centinodia minor, Ruella, Knotgrasse the
 lesser.
 Centumcapita, Eryngium, Sealolm, or Sea
 holly.
 Centonica, Wormseed.
 Centumnodia, Polygonum, Knotgrasse.
 Cepa, Crommium, an Onion.
 Cepe, the same.
 Cepa Pallacana Plinii, Leeks.
 Cepæ Africanæ, Onions of Africa.
 Cepæ Hispanicæ, Spanish Onions.
 Cephalæa, capitis dolor, diurnus, a continu-
 al headach.
 Cephalalgia, capitis dolor, headach.
 Cepa maris, Sea onion.
 Cephalica, the head vein.
 Cepuli, Chebuli, a kinde of Mirobalans.
 Cera, Wax.
 Cera montana, Pisasphaltum, a kinde of Lime
 or Clay like Pitch.
 Cera terrestris, Picibitumen, the same.
 Ceraitis, Fœnum græcum, Fenegreek.
 Cerasa, or cerasia, Cherries.
 Cersia amarella, or Laurea, bitter Cherries.
 Cera Theophrasti, or Ceria, A certain drink.
 Cerasites, vinum ex cerasis confectum, Wine
 made of Cherries.
 Cerasum, a Cherry.
 Cerasum Judæorum, or Cerasum terræ, A
 winter Cherry.
 Cerasus, a Cherry tree.
 Ceratia, and Ceratonia, the fruit of the tree
 Siliqua.
 Ceratum, or Cerotum, it is called of Galen
 Cerotum, or Cerote: This is a plaister
 made of oyl and wax, and is prepared di-
 versly.
 Ceratum album Galeni, a cold or cooling plai-
 ster of Galen.
 Ceratum Sandalinum, a salve made of Sann-
 ders.
 Cerebrum, the brain.
 Cerefolium officinarum, Chervil.
 Cerefolium columbinum, Herbariorum fu-
 maria, Fumitory.
 Cerefolium Felinum, Herbariorum capros,
 Fumitory.
 Cerefolium Hispanicum, Charephyllon,
 Spanish Chervil.
 Cerefolium sylvestre, Pseudomirrhiss, wilde
 Chervil.
 Cervi cellus, Ophiostomum, a kinde of
 Parsenep.
 Cervicornula tenella, Harts Horn.
 Cervina

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- Cervina radix, *Silvermountain*.
 Cervirubus, Rubus Idæus, *Raspis or Frambois*.
 Cervus volans, *Escarbot*.
 Cerusa or Cerussa, Psymmithium, *Ceruse or white Lead*.
 Cestrum, Betonica, *Betony*.
 Ceterach, or Ceterachum Arabum, Scolopendrium, *Harts tongue*.
 Chærephyllon, or Cherefolium, *Chervil*.
 Chaechite Serapionis, *sea Folefoot*.
 Chalcantum, Vitriolum, *Coperas or Vitriol*.
 Chalix, Silex, *a Flint*.
 Chalybs, or Chalyps, *Steel*.
 Chalyps, *the same*.
 Chameacte, Ebulus, *Danewort, Bloodwort, or Wallwort*.
 Chamæcissus, Hædera terrestris, *Alchoofe, or Harchoof*.
 Chamæcyparissus, *Heath Cypers, or dwarf Cypers*.
 Chamædaphne Plinii, Pervinca, *Perwinkle*.
 Chamedaphne Dioscoridis, Laureola, *Laurel, Lowry, or Lorel*.
 Chamædrys aquatica, Scordium, *water Germander*.
 Chamædrys, Triflago, *Germander*.
 Chameleuce, Populago alba, *Colts hoof*.
 Chamæmelum Cammomil.
 Chamæmelum foetidum Herbariorum, Parthenium, *Feverfew, Maidenweed, or Motherwort*.
 Chamæmyrtus, Ruscus, *A prickled shrub, of some Butchers Broom; of others Kneeholm*.
 Chamærhodon, *a certain wilde Rose*.
 Chamæpitys, *field Cypers*.
 Chamærops, Chamædrys, *Germander*.
 Chamæplatanus, Spondylium, *Bearfoot*.
 Chamæleon niger, *the black thistle*.
 Chamæleon albus, earlina, *the white or milk Thistle*.
 Carabe, Succinum, *Amber*.
 Characias Dioscoridis, *wilde Spurge*.
 Chartamus, or Cartamus, *bastard Saffron*.
 Chebuli, *a kinde of Mirobalaus*.
 Cheiri vel Cheyri, Leucoium, *a Wallflower*.
 Chelidon, Hirundo, *a Swallow*.
 Chelidonium minus, *Pilewort, or Figwort*.
 Chelidonium majus, *Celandine*.
 Chelone, Testudo, *a Tortoise*.
 Chelonium herba, Cyclaminus, *Sowes bread*.
 Chenanthenum Herbariorum, Bellium majus, *the greater Daisie*.
 Chenoglossum Lactuca sylvestris, *wild Lettice*.
 Chenomalacha, Malua anserina, *Goose mallows*.
 Chermes, Granum tinctorum, *Couchenil*.
 Chermesinum, *Crimson*.
 Cherva Arabum, Ricinus, *Palma Christi*.
 Cheyri, *Seek Cheiri*.
 Chiliophyllus, Supercilium Veneris, *Tarrow*.
 Chiragra, *the Gent in the fingers*.
 Chironia, Centaurium magnum, *great Centory*.
 Chironios, Ampelos, vitis chironia, *Bryony*.
 Cholera, Cholericæ passio, *is called of Aurelian Felliſua passio, that is, a great pain in the belly with pricking and shooting, and avoiding of Choler both by vomit and stool. The unskilful Physicians and others take Cholera for Bilis: and over all this book Bilis is taken for Cholera*.
 Chondrus, Cartilago, *a gristle*.
 Chrysanthemum, *Goldknap*.
 Chryseletrum, Electrum aureum, *yellow Amber*.
 Chryſitis Plinii, Chryſocome, *Goldknaps*.
 Chryſitis, Lithargyrium auri, *Litharge or burnt Lead*.
 Chryſitis gemma, Saphyrus aureus, *a yellow Sapphire*.
 Chryſocolla, *Boras*.
 Chryſocolla aurifabrorum factitia, *Boras*.
 Chryſocome, Amaranthus Galeni, *Goldknap*.
 Chryſolachanum, *Orange*.
 Chryſomela, or Chryſonulla, *yellow Quince*.
 Chryſolithus, *a kinde of Jasper*.
 Chryſogonum Tormentilla, *Tormentil*.
 Chryſophorum Dioscoridis, Electrum aureum, *yellow Amber*.
 Chyline, Cyclaminus, *Sowes bread*.
 Chylus, *a certain white juice that cometh of meat and drink digested in the stomach*.
 Cicada, *Grashoppers*.
 Cicer, *Cich or Cich pease*.
 Cicer columbinum Apuleii, Tithymalus foliſequus, *Spurge*.
 Cicer columbinum Dioscoridis, *the white Ciche*.
 Cicer caudidum, or album *the same*.
 Cicerbita, Souchus aspera, *Sow thistle*.
 Cicercula Plinii, Lathyrus, *Cicheling, Ceeres; Peason cerres, pety Ciche*.
 Cichla, Turdus, *a Blackbird, or Onſel*.
 Cici, Ricinus, *Palma Christi*.
 Cicla officinarum, Beta, *Beets*.
 Cichorea officinarum, Chichorium, *Cicory*.
 Cichorium, *the same*.

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- Ciconia*, a Stork.
Cicuta, Hemlock.
Cicutaria, Myrrhis, wilde Cheveril, Car,
Kex, *Asepa-sey*, or mock Cheveril.
Cidonium, a Quince.
Cilia, the eyelids.
Cinex, a stinking worm breeding in wood.
Cinara or *Cynara*.
Cinarus or *Cynaëus*, an Artichoke.
Cinamomum, Cinamon.
Cine, *Ruscus*, the box tree.
Cinis, Ashes.
Cinnabaris Indica, Sanguis Draconis, A
liquor gum brought out of Africa.
Cinnabaris metallica, Cinoper.
Cinnabaris metallica nativa, a certain red
mine or Cinoper.
Cinnabaris metallica factitia, common or
counterfeited Cinoper.
Cinnabaris fossilis, Cinoper of the mine.
Cinnabaris artificialis, counterfeited Cino-
per.
Cinnabrium, *Cinnabaris*, *Cinoper*.
Cinnabrium nativum sive fossile, Cinoper of
the mine.
Cinnamomum sive.
Cinnamum, Cinamon.
Circinalis, Maiden hair.
Cission, *Aclepias*, Swallow-wort.
Cissus, *Hedera*, Ivy.
Citrea, sive *Citrus*, a Citron or Orange.
Citreum malum, the same.
Citrage, *Citraria*, *Citronella*, Balm.
Citrullus, a Citrul.
Citrus, *Citrea*, a Citron or Orange tree.
Citta, *Pica malacia*, the affection of a longing
in women with child.
Clareta or *Claretum*, Claret or spice wine.
Clava Herculis Nymphæa, water Lilly, or wa-
ter Rose, or *Nenuphar*.
Clavus Veneris Apuleii, *Nymphæa*, the
same.
Clema, Palmes, the branch of a Vine.
Clema, *Pityusa*, Spurge.
Clematis herba, and
Clematis Daphnoides, Perwinkle.
Clibodium, *Parietaria*, *Pellitory* of the
wall.
Climia officinarum, *Cadmia*, Tutty.
Clinophodiontes Apuleii, *Polygonum*, Knot-
grasse.
Clibodium, *Helxine*, *Pellitory* of the wall.
Clibatis Nicandri, or
Clibetis Nicandri, the same.
Cnicus Cartamus, wilde Saffron.
Cnecus, *Cartamus*, wilde Saffron.
Cnicus sylvestris, and
Cnecus campestris, a wilde Saffron.
Cneoron, Seek Cassia coronaria.
Cnopodium, *Polygonum*, Knotgrasse.
Coagulum, the rennet of a beast, that turneth
milk.
Coagulum capreola, A Kids maw.
Coagulum Leporis, A Hares maw.
Cobaltum metallicorum, *Cadmia*, Tutty.
Cobius, Spurge.
Coccali Hippocratis, *Nuces Pinæ*, Pin-
gles.
Cocognidium, *Grandum Thymeleæ*. In
this book you must not take it for Mezereon,
that is Lorel, but for Lathyrus, which is
Spurge.
Cocum infectorum, Grain wherewith cloth is
grained.
Coccus Theophrasti, *Paralius*, sea Spurge.
Coccus Baphica, *Grandum tinctorum*. Grain
wherewith cloth is grained.
Coccimela, A Plumtree.
Coccimelea agria, Sloes.
Cocimelon, *Prunum*, a Plum. *Diphilo* taketh
Cocimelon for a Citron.
Cochlearia, *Brassica marina*, sea Fole-
foot.
Cochlearia palustris, *Plantago aquatica*, wa-
ter Plantain.
Codia, *Papaveris caput*, Poppy husks.
Coelidonium chymistarum, *Chelidonium*.
Celandine.
Coete, *Cicuta*, Hemlock.
Colatypus avis, a Stare.
Colchicum, Dogsbane, Dogs stones, or meadow
Saffron.
Colica the Colick.
Colla, Gluten, Glue.
Collum draconis, Dragons.
Colon, or *Colum*, or *intestinum colon*, a great
gut so called.
Colocynthis, a kinde of wilde Gourd purging
phlegme.
Colophonia radix, Scammony.
Colophonium Scammonium, the same.
Colostia or *Colostrum*, Beestings.
Columbaris, *Vervena*, Vervein.
Colubrina officinarum, *Britanica* Harts
tongue.
Colubrina vera, Dragons.
Colubrina magna, great Dragons.
Colubrina minor, the lesser Dragons.
Colubrina palustris, water Cuckoe pit.
Columbrina, *Verbena*, Vervein.
Columbrina, *Dracuntium*, Dragons.
Coluthea Theophrasti, Sene.
Colus rustica, *Attractylis*, wilde Saffron.
Colycea Theophrasti, a kinde of nuts called
Pistacium.
Columbas, *Oliva conditanea*, preserved
Olives.
Coma aurea, *Chrysocome*, Gold knaps.
Comites,

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- Cometes, Cataputia sylvestris, *wilde spurge.*
 Comitialis morbus, Epilepsia, *the falling sicknesse.*
 Concha marina, *sea Mussels.*
 Conchillii Indici operculum or Tegumentum, *Mussel shells of India. Seek Blacca Byzantia.*
 Condiloma, *A swelling of the fundament.*
 Conion, Cicuta, *Hemlock.*
 Confectio latificans Almanforis, *A certain Confection so called.*
 Confectio latificans Galeni, *such another confection as that before.*
 Confectio Anacardina, *A confection so termed.*
 Confectio Aromatica rosata, *called also Aromaticum rosatum.*
 Confectio de gemmis, *the Confection of gems or precious stones.*
 Confectio Hamech, *A certain purge so called.*
 Confectio Justina, *A Confection so named.*
 Confectio de Xyloaloe, *A confection made of Lignum Aloes.*
 Conserva major, Symphytum alterum, *Comfrey.*
 Confirma major, *Comfrey.*
 Congelatio, Stupor, *benumbing, unsensibleness.*
 Conila Apuleii, Origanum, *Marjoram.*
 Conigiulum Catonis, *Bindweed.*
 Conserva Buglossæ, *the Conserve of Buglosse.*
 Conserva Hyssopi, *Conserve of Hyssope.*
 Conserva Melissæ, *Conserve of Baulm.*
 Conserva Nenupharis, *Conserve of water Lillies.*
 Conserva florum paralytis, *Conserve of Cowslips.*
 Conserva Pæoniæ, *Conserve of Pyony slips.*
 Conserva Rosarum, *conserve of Roses.*
 Conserva, Anthos, *Conserve of Rosemary.*
 Conserva primulae veris, *conserve of Primroses.*
 Conserva Salviae, *Conserve of Sage.*
 Conserva Spicanardi, *Conserve of Spikenard.*
 Conserva Trifolii acetosi, *conserve of wood Sorrel.*
 Conserva Violarum, *conserve of Violets.*
 Consiligo Plinii, *Longwort.*
 Consolida, Symphytum, *Comfrey.*
 Consolida lactaria, *Mousser.*
 Consolida media Herbariorum, *Seiwall or Bugle.*
 Consolida media vulneratorum, *the same.*
 Consolida minor, Bellis minor, *Daisies.*
 Consolida media, *Bugle or Seiwall.*
 Consolida petraea, *Comfrey.*
 Consolida pyrifolia, *wilde Beets.*
 Consolida regalis, *Larks spur.*
 Consolida Saracenica.
 Convolvulus, Cissampelos, *Bindweed.*
 Convolvulus marinus, *sea Windweed.*
 Convulsio, Spasmus, *A Convulsion or crampe.*
 Conysa, *wilde Mints.*
 Corrago, *Burage or Buglosse.*
 Corallia, and Corallium, Anagallis mas, *he Pimpernel.*
 Corallium, *Coral.*
 Corchorus Theophrasti, Anagallis mas, *red or he Pimpernel.*
 Cordis palpitatio, Cordis saltus, *panting or beating of the heart.*
 Corda Barbarorum, Nervus, *A Sinew.*
 Cordumenum Arabum, Cardamomum Græcorum, *Cardamom.*
 Coriandrum, *the herb Coriander.*
 Corianon, or
 Corion, *the same.*
 Corona regia, Melilotus, *Melilot.*
 Corona terræ, *Alehoof or high.*
 Corona virginica, Clematis daphnoides, *Perwinkle.*
 Cornu cervi, *Harts horn.*
 Cornus, *Dog tree, or Gad rise.*
 Corna, *the fruit of the same.*
 Cornu Monocerotis, *the horn of a Unicorn.*
 Corsalvium Apuleii, Salvia, *Sage.*
 Corrigiola, *Knotgrasse.*
 Corrigiola minor, *Knotgrasse the lesser.*
 Corruda, Asparagus sylvestris, *wilde Sperage.*
 Corruda, Gazæ, Asparagus Regius, *Sperage.*
 Corrudago Gazæ, Asparagus sylvestris, *wilde Sperage.*
 Corylus, *an Hasel or Filberd tree.*
 Cortex thuris, *the bark or rinde of Frankincense.*
 Coryza, *the pose.*
 Corymbites, *a kinde of Spurge.*
 Costa Asinina, *Plantain the lesser, Ribwort.*
 Costa equina, Plantago acuta, *the same.*
 Costum, or Costus, *commonly called herba Maria.*
 Corinus, Oleaster, *a wilde Olive tree.*
 Cotonea malus, *a Quince tree.*
 Cotoneum, *A Quince.*
 Cotoneum majus, *the greater Quince.*

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- Cotula foetida*, *Wilde Cammomils*.
Cotum officinarum, *Cotton*.
Crambe, *Brassica*, *Cole*, or *Coleworts*.
Crambe cephalote, *Brassica capitata*, or the
headed Coleworts or *Cabbage*.
Crambion, *Pityusa*, *Spurge*.
Cranium, the *scull* or *brain pan*.
Crassamen, or *Crassamentum vini*, *wine*
Lees.
Crassula minor, *Prickmadam*.
Crassula major, *Houfleeke*.
Crataea, *Chelidonium majus*, *Celandine* the
greater, or *Swallowes herb*.
Cridion, *Cicuta*, *Hemlock*.
Cremor lactis, *Cream of milk*.
Crespinus, a *Barberry tree* or *bush*.
Cressio Barbarorum, *Cresses*.
Creta, *Chalk*.
Crinanthemum, *Lillium*, a *Lilly*.
Crinis vitis, *hairs of the Vine*.
Crinon, *Lillium*, a *Lilly*.
Crite, *Hordeum*, *Barley*.
Crocum, or
Crocus, *Saffron*.
Crocus fatuus, *Cartamus*, *Wilde Saffron*.
Crocus hortulanus, *tame* or *garden Saffron*.
Crocus Saracenicus, *Cartamus*, *wilde Saffron*.
Crocus sylvestris, *Wilde* or *field Saffron*.
Crommium, *Cepa*, an *Onion*.
Crosmis, *Salvia*, *Sage*.
Croton, *Ricinus*, *Palma Christi*.
Cruciata, *Gentian*.
Crux Christi herba, *Aconitum salutiferum*,
Wolfsbane.
Cuculus herba, *Nightshade*.
Cucumer, or
Cucumis, a *Cucumber*.
Cucumer Anguinus, or
Cucumer Asininus, the *Wilde Cucumber*.
Cucumer erraticus, or
Cucumer sylvestris, the *same*.
Cucurbita, or
Cucurbita esculenta, a *Gourd*.
Cucurbita sylvatica, *Colocinthis*, *Colo-*
quintida, or the *Wilde Gourd*.
Cuminum, or *Cuminum*, *Cumin*.
Cuminum Alexandrinum, *Ammy*.
Cumicum cornutum, *Larks spur*.
Cuminum regium Hippocratis, *Ammy*.
Cuminaum sylvestre alterum Dioscoridis,
Lark spur, or *Wilde Cumin*.
Cuminum Sativum Hortulanum Romanum,
tame or *garden Cumin*.
Cunila Satureia, *Savory*.
Cunila rustica, *wilde Savory*.
Cunila bubula, *Marjorane*.
Cunula Gallica Apuleii, the *same*.
Cunilago, *Serpillum*, *wilde* or *running*
Thyme.
Cupressus, a *Cypres tree*.
Cupressus hortulana, *Abrotanum fecmina*,
Southernwood.
Cupressus sylvestris, a *Juniper tree*.
Cupula glandis cittarus, *Acorn cups*.
Curcuma, *Cyperus Indicus*.
Curallium, *Coralium*, *Coral*.
Cuscuta officinarum, *Cassita*, *Windeweed*.
Cyanos, *lapis Cyaneus*, a *Turquoise*.
Cybelon, *Viola martia*, a *Violet*.
Cybeles, *Pomum Martialis*, *Conus*, a *Pine*
apple.
Cyclamen, *orbicularis*, *Sowes bread*, or *rape*
Violes.
Cyclaminus, *Cyclamen*, the *same*.
Cyclaminus minor, *Rape Violet the lesser*.
Cydonia malus, a *Quince tree*.
Cydonia majus, the *greater Quince*.
Cydonium nothum, a *bastard Quince*.
Cyminites, *vinum ex Cymino confectum*,
Wine made of Cumin.
Cyminum, *Cuminum*, *Cumin*.
Cyminum dulce, *Anisum*, *Annise*.
Cyminum siliquosum, a *kinde of Cu-*
min.
Cynanthemis, *Parthenium*, *Motherwort*.
Cynanche, *Angina*, the *Squincy*.
Cynobatus Theophrasti, or
Cynobatus Dioscoridis, the *Eglantine* or
Sweet bryer.
Cynocentrum Hefychii, a *wilde Rose*.
Cynocephalaon Hefychii, *Papaver nigrum*,
the *black Poppy*.
Cynocephalion Dioscoridis, *Pfillium*, *Flea-*
wort or *Fleabane*.
Cynogala, *Polygonum*, *Knotgrasse*.
Cynoglossa, or *Cynoglossum*; *Hounds*
tongue.
Cynoglossa minor, the *lesser Hounds*
tongue.
Cynomazum, *chameleon niger*, the *black*
Thistle, or *Camelion*.
Cynomorphus, *Crocus*, *Saffron*.
Cynomoron Galeni, *Rosa canina*, the *wilde*
Rose.
Cynopleuron, *Platago acuta*, *Rib wort*.
Cynosphodon, *Rosa canina*, a *Bryer Bush*.
Cynospaston Plinii, *Canirubus Gaza*, the
Hawthorn tree.
Cynospastos Aeliani, *Pæonia*, a *Pjony*.
Cynorexia, *Appetitus caninus*, a *greedinesse*
and an *unnatural appetite of meat*.
Cynozolum, *Chameleon niger*, a *stinking*
Thistle.
Cynoxylon, *Cardopaticum*, *Wolfsbane*.
Cypa-

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Cyparissus, Cypressus, *A Cypress tree.*
 Cyparissus hortulana, *Southernwood.*
 Cyparissia, Tithymalus, Cyparissimus,
Spurge.
 Cyperus, *A kinde of Galangal.*
 Cyperus rotundus, *the round Galangal.*
 Cyperus longus, *or*
 Cyperus Romanus, *the long Galangal.*
 Cyperis Galangal.
 Cyprus, Ligustrum, *Privet.*
 Cytinus, flos mali puniceæ fativæ, *the bud or*
flower of a Pomgranate.

D

Dactyli, Palmulæ, *Dates.*
 Dactylion, Scammonium, *Scammony.*
 Dactylitis, Aristolochia magna, *Aristo-*
logy.
 Dactylus Idæus, Herba Peonia, *Py-*
ony.
 Diacrydion, Lachrymula, *is the juice of the*
herb Scammony.
 Dagridion officinarum, Dacrydion, *Scam-*
mony.
 Daphne, Laurus, *A Bay tree.*
 Daphnelæon, oleum Laurinum, *oyle of*
Bayes.
 Daphnides, Baccæ lauri, *Bay Berries.*
 Dardanis, Cicuta, *Hemlock.*
 Daphnoidium, Viola martia, *a Violet.*
 Daucus, *or Carrot.*
 Daucus, *A Carrot.*
 Decoctio officinarum, *A decoction of boyling*
of the Apothecaries.
 Decoctio aperitiva, *A decoction that openeth*
obstructions.
 Decoctio communis, *A common decoction,*
which is made of two sundry Wayes at the
Apothecaries, with the which we mix Electu-
aries or Syrupes to prepare and purge the hu-
mours.
 Decoctio fructuum, *A decoction of Fruits,*
which is commonly made of the Apotheca-
ries.
 Decoctio pectoralis, *A decoction for the*
breast.
 Decoctio Senæ, *A decoction of Sene leaves.*
 Defrutum, Mustum ad Tertias decoctum,
new Wine sod till one third part remain.
 Delirium, *doting, or raving.*
 Dementia, *Madnesse.*
 Dentrites, Corallium, *Coral.*
 Dentritis Apuleii, Tithymalus solissequus,
Spurge.
 Dendrodes, and Dendroides Dioscoridis,
 Tithymalus arborescens, *A kinde of*
Spurge.
 Dendrolibanum, *Rosemary.*

Dendromalache, Althea, *The Marsh Mal-*
low.
 Dens Elephantis, *an Elephants tooth.*
 Dens Leonis herba, Hedypnois, Dande-
 lion, *Priests crown, wilde or yellow Ci-*
cory.
 Desipientia, *foolishnesse.*
 Decuos, Mustum, *Must, or new wine.*
 Diacalamentum, *or*
 Diacalamenta, *A certain confection made of*
Mints.
 Diacaryon, *or*
 Diacarydion, Rob nucum officinarum, *A*
Conserve of Walnuts.
 Diacapparis, *or*
 Diacapparum, *A Conserve made of the roots*
of Capers.
 Diacatholicon, *a purging Confection so ter-*
med.
 Diacinnamomum, *A Confection of Cina-*
mom.
 Diacinnamomum cum Rhabbarbaro, *An*
Electuary of Cinamom and Rubarb.
 Diachylon, Emplastrum Diachylon, *a plai-*
ster or salve so termed.
 Diacitonidon officinarium, *or Diacitoniton*
simplex, Diacidonium, and Diacidoni-
tes, a conserve made of Quinces.
 Diacitoniton compositum, *or cum specie-*
bus officinarum, a compounded conserve of
Quinces.
 Diacitoniton laxativum, *or Solutinum offi-*
cinarum, a purging conserve of Quin-
ces.
 Diacodion, *a confection made of Quinces.*
 Diacostum, *a conserve so called.*
 Diacrocoma, Diacurcuma officinarum, *a*
certain confection also called Diacro-
cum.
 Diacrocum, *the same.*
 Diacurcuma, *the same.*
 Diacydonites, *seek Diacitoniton.*
 Diacydonium, *seek Diacitoniton.*
 Diacydonium Catharticum, Diacidonium
 solutivum, *seek Diacidonium laxati-*
vum.
 Diacyminum, *or Diacuminum, a confection of*
Romish Cumin.
 Diaireos or Diairis Solomonis, *a confection*
made of Ireas or the root of Flower-deluce.
It is thought that Solomon was the first au-
thor of it.
 Diaireos or Diairis simplex, *another confection*
of the root Ireas, and is also called Diaireos,
or Diairis Nicolai.
 Diairis simplex, *the same.*
 Diairis Solomonis, *seek Diaireos.*
 Dialacca, *a confection so called.*

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- Dianthon, or Dianthos, *A confection made of Rosemary flowers.*
 Dianthus, *the same.*
 Diabetes, Diamnes, or Diampus, *an unnatural and extreme making of urine.*
 Diagalanga, *A Confection made of Galangal.*
 Diamanna, Electuarium ex Manna, *An Electuary of Manna.*
 Diamargariton Calidum, or Diamargaritum Avicennæ, *a hot Confection of Pearls.*
 Diambra, or Diambarum, or Diampe, *A Confection of Amber grease.*
 Diahyssopum, *a confection of Hyssope.*
 Dialthea, unguentum Dialtheæ, *a plaister of mallowes.*
 Diamintha, *A conserve of Mints.*
 Diamnes, or Diampnes, *an unnatural yielding of urine.*
 Diamoron, Rob mororum, *a confection of Mulberries.*
 Diamoscum, *A confection of Musk.*
 Diamoscuma amarum, *vide Diamoscum.*
 Diampnes, *vide Diamnes.*
 Diaolibanum, or Electuarium de Olibano, *an Electuary of Frankincense.*
 Diagridium officinarum, Diacrydion Scamonea præparata, *prepared Scammony.*
 Dianisum, *A confection of Annise.*
 Diapapaver, Eclegma de papavere, or Loch de papavere, *An Electuary, or lick of Poppy.*
 Diapenidion, *A Confection of Sugar Pennets.*
 Diapenidion sine specibus, *the same without spices.*
 Diapensia, Sanicula, *Sanicle.*
 Diaplis officinarum, Electuarium plerisarcoticon, or Electuarium plerisarchigon, *a confection so named.*
 Diaphœnicon officinarum, Diaphœnicon, Electuarium ex dactylis, *a purging Electuary of Dates.*
 Diaprunis Laxativa or Lenitiva officinarum
 Diaprunum solutinum, *a purging confection of Prunes.*
 Diaprunum, *vide Diaprunis.*
 Diaprunum simplex, *the same.*
 Diaphragma, septum transversum, *the Midriffe, a skin that separateth the stomach and breast from the belly.*
 Diapompholigos officinarum, Unguentum Diapompholigos, *an ointment made of Tutty.*
 Diaprassium, *a confection of Horehound.*
 Diarrhodon abbatis, *A Confection of Roses.*
 Diarrhodon sine specibus, *A simple Confection of Roses.*
 Diaria, *vide Ephemera.*
 Diarrhæa, profluvium alvi, *a lax or flux of the belly.*
 Diasatyron, *A Confection made of Ragwort.*
 Diasenna, *a confection of Senna.*
 Diaspoliticon, *a confection so called.*
 Diathamaron, *a certain confection.*
 Diatragagantum calidum, *A warming Confection.*
 Diatrionsantalum, *A confection of Saunders, called Triasandali at the Apothecaries.*
 Diatrionpipereon, *a confection made of the three kinds of Pepper.*
 Diatragagantum frigidum, *A cooling confection.*
 Diaturbith, or Diaturbethum, *a confection of Turbith.*
 Diaturbith cum rhabbarbo, *a confection of Turbith with Rubarb.*
 Diaxyloaloes, *a confection of Lignum Aloes.*
 Diachomenum Theophrasti, Peonia, *Pyony.*
 Dictamum, or Dictamus, Dictamus alba, *French Diptamer.*
 Didymi, *the stones of men or women.*
 Digitellus Plinii, *Prickmadam.*
 Digitus citrinus Avicennæ, *Priests stones, or Ragwort.*
 Digitus Veneris, Nymphaea, *the water Lilly.*
 Dismidion, Manipulus, Fasciculus, *a handful.*
 Dyosciamus, Hyoscyamus, *Henbane.*
 Diosporus, milium solis, *Mill, or Millet.*
 Dios Anthos, Viola Trinitatis, *herb Trinity, or Harts ease.*
 Diptamus, or Diptamum officinarum, Polemonium, *white Diptamer.*
 Dipsacus, *Teasel, or Fullers Thistle.*
 Dipyrites Hippocratis, Panis biscoctus, *Biscket.*
 Discus solis Chymistarum, *A kinde of Quicksilver.*
 Dithyambrium, Hyoscyamus, *Henbane.*
 Dolia, Cicuta, *Hemlock.*
 Dolzeginæ Italarum, *sweet Galangal.*
 Domine miserere, Iliaca passio, *A pain in the small guts.*
 Dorcis, Diptamus Cretica, *Diptamer of Candia.*
 Dorycnium, *a venomous herb, with the which darts were wont to be poisoned; it groweth by the sea coast, and hath been taken for Hemlock.*
 Dracontea, or Dracontia, *Dragons.*
 Draco in insulis Maderiæ & Canariæ arbor est, ex qua sanguis draconis defluit, *the tree whose juice is called sanguis draconis.*
Dracos

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Dacos, Fasciculus manualis, Manipulus; *a handful: it is also called Dragma.*
 Dracunculus, Dracontium, Dragons.
 Dracunculus aquaticus, water Dragons.
 Dracunculus Henicophyllos, the lesser Dragons.
 Dracunculus polyphyllos, Serpentine the greater.
 Dracunculus minor, the lesser Serpentine.
 Dracunculus major, the greater Serpentine, or Dragons.
 Dragma, *a drachme*
 Dragantum officinarum, Tragacantha, vel Tragacanthum, the gum of Tragacanth.
 Dragontea, Dragontium, Dragons.
 Drangea Nicolai Mirepsi, Tragea, Tragea, *a powder used for sauce.*
 Drosera Herbariorum, and Drosium Alchimillæ, *Savile the great.*
 Drosomeli, Honeydew.
 Dryocolaps Hefychii, and of others Dryocolaptos, Picus martius, *a Star.*
 Dulcichinum, Trasum, Cyperus esculentus, *sweet Galangal.*
 Duodenum, the stomach gut.
 Duracinum, Persicum, *a Peach.*
 Dura mater Barbatorum, Pericranium, the skin that is next to the brain pan.
 Dyspnœa, Spirandi difficultas, *purse-ness.*
 Dyspnoici, they that are purse, or have a streightness of breath.
 Dyspepsia, Concoctio depravata, ill concoction.
 Dysenteria, Cruenta alvi dejectio, the bloody flux.
 Dysofmon, Scordium, water Leeks.
 Dysuria, Urinæ difficultas, *a stopping of the urine.*

E.

E Bifcus, Althæa, marsh mallows.
 Ebenotrichon, Adiantum, Venus, Mayden, or our Lady hair.
 Ebor, dens Elephantis, Elephants tooth, or Ivory.
 Ebulus. Dane or Bloodwort.
 Ebur, Ivory.
 Echetrofis Hippocratis, Vitis alba, Bryony.
 Echidna, Vipera, *a Viper.*
 Echinus, Erinaceus, *a Hedgehog or Irchin.*
 Echis, Vipera.
 Echioglossum, Ophioglossum, *Adders tongue.*
 Echium, Buglossa sylvestris, wilde Buglosse.

Eclegma, Illinctus, Ecligma, *a lick or confession, which is licked up without any chewing.*
 Ecligma de papavere, vide Diapapaver.
 Ectamum Hippocratis, Veratrum album, the white Ellebor, or Neseewort.
 Edera, Hedera, Ivy.
 Effluxio, *a flux of the seed or sperm.*
 Egleria Herbariorum, Rosa canina, *A bryer bush, or wilde Rose.*
 Egne Dioscoridis, Igne Hippocratis, Ifatis, Wood, or new Ash of Jerusalem.
 Eilbagus Arabum, Cardamomum majus officinarum. Greins.
 Elaphoboscum, Cervicocellus, *a kinde of Parsnep.*
 Elate, Abies, *a Firr tree.*
 Elaterium, the juice of wilde Cucumbers.
 Elcratis Arabum, Cartamus, wilde Saffron.
 Electarium, Electuarium, *a Confection, an Electuary, or compounded medicine.*
 Electrum, Succinum, Amber.
 Electrum aureum, Chryseletrum, yellow Amber.
 Electuarium Arantiorum, *an Electuary of Oranges.*
 Electuarium Aureum, Electuarium de ovo, *An Electuary called the golden Egg.*
 Electuarium de baccis lauri, *An Electuary of Bayberries.*
 Electuarium Bezoarticum, Electuarium veneno resistens, *an Electuary of the Bezoar stone for poyson.*
 Electuarium de Calamintha, *an Electuary of Horse Mints.*
 Electuarium de castoreo, *A confection of the Bevercod.*
 Electuarium Catholicum, vide Diacatholicon.
 Electuarium de Citro, *an Electuary of Citrons.*
 Electuarium de corticibus Arantiarum, *An Electuary of Orange peels.*
 Electuarium de Epithymo, *A confection of Dodder.*
 Electuarium lenitivum, *A lenitive Electuary.*
 Electuarium de passulis, *An Electuary of Raisins.*
 Electuarium ad melancholiam Avicennæ, *An Electuary of Avicenne against Melancholy.*
 Elect. Mirobalanorum, *a confection of Mirobalans.*
 Elect. Montagnanæ oculistæ, *an Electuary to comfort the sight.*
 Electuarium de ovo, vide Electuarium aureum.
 Electuarium Plirisarchicon, vide Diapliris.

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- Electuarium de Psillio, *an Electuary of Flea-wort.*
 Electuar. ex Prunis, *vide* Diaprunum.
 Electuar. de scoria ferri, *A confection of Iron.*
 Electuar. Nucum, *an Electuary of Wal-nuts.*
 Electuar. vitæ Pauli Rixii.
 Elenium, *Elecampane.*
 Eleoselinum, Paludapium, *Smallage.*
 Elitis, Parietaria, *Pellitory of the wall.*
 Elephantiasis, Elephantia, *the Lepry.*
 Elleborastrum, *a kind of Neeffwort.*
 Elleborus Veratrum, *Neeffwort.*
 Elleborus albus, *the white Ellebor, or Neeff-wort.*
 Elleborus niger, *the black Ellebor.*
 Eluxatio, Exarthrema, *luxation, or putting out of joynt.*
 Elymus, Panicum, *Panick.*
 Emblici, *vide* Mirobalani Emblici.
 Emmanes, Hyoscyamtus, *Henbane.*
 Emphysodes, *vide* Febris Emphysodes.
 Empelitici, *vide* Mirobalani Emblici.
 Emplastros, Emplastrum, *a plaister or salve.*
 Emplastrum album coctum officinarum, *or Emplastrum de Cerussa, a salve or plaister made of Ceruse or white Lead.*
 Emplastrum Apostolicum officinarum, Emplastrum tripharmacum, *vulgo Apostolicum.*
 Emplastrum Diaquilon officinarum, Emplastrum diachilon, *a salve so called.*
 Emplastrum diaquilon cum gummis officinarum, *or Emplastrum diachilon magnum, the same salve with the gums.*
 Emplastrum de crusta panis, *a salve of the crust of bread.*
 Emplastrum de baccis lauri, *a salve of Bay-berries.*
 Emplastrum de Galbano, *a salve of the gum Galbannum.*
 Emplastrum griseum, *or Emplastrum de lapide Calaminari, a Salve made of Calamine stone.*
 Emplastrum de Meliloto, *a salve of Melilote.*
 Emplastrum de Muscilaginibus, Emplastrum de muccaginibus, *a salve made of Muscilagines.*
 Emplastrum de pelle Arietis, *a salve made of a Rams-skin.*
 Emplastrum Tripharmacum, *vide* Emplastrum Apostolicum.
 Emplastrum viride Chirurgorum, *a green salve of the Chirurgeons.*
 Emprostotonos, pronus raptus, *A kind of Cramps.*
 Empneumatosis, Condensatio Spiritus plurimi in ventriculo, *ventosity or windiness in the Stomach.*
 Empyema, Purulenta excreatio, *A spitting of corrupt matter out of the chest of the body.*
 Endivia, Intubus, *Endive.*
 Eglerteria, Rosa sylvestris, *Eglantine.*
 Enneaphyllon, Consiligo.
 Entonium, Helleborus albus, *Neeffwort.*
 Ephemera Febris, *a light fever that continueth but one day.*
 Ephemerum Colchicum, *or Ephemerum deleterium, Ephemerum hethale, Hermodactyls.*
 Ephialtia, *or Ephialtum Aetii, Præonia mascula, a kinde of Piony.*
 Ephialtes, *or Epialtes, Suppressio nocturna, A disease called the Mare.*
 Ephydron, Cauda equina, *Horse tayl.*
 Epialtes, *vide* Ephialtes.
 Epiglottis, Sublinguium, *the cover of the throat, the flap.*
 Epiglossum, Uvularia, *Horse-tongue.*
 Epiceras Hippocratis, Fœnum græcum, *Fenegreek.*
 Epidemia, Pestis, *the Plague, or Pestilence.*
 Epiphyllocarpon, Hippoglosson, *double tongue.*
 Epilepsia, Comitialis morbus, *the falling sickness.*
 Epilepticus, *he that hath the Falling sickness.*
 Epithymum *or* Epithymus, Dodder, *that is, Cassia thymi.*
 Equapium, *Smallage.*
 Equicauda, Hipparis, *Horsetail.*
 Equisetum, *the same.*
 Equitium, Hippuris, *Horsetail.*
 Eracantha, Carduus amoris, *Wilde Saffron.*
 Erstedanum, Theophrasti, Centimorbia, *herb two pence.*
 Ergasima, *A kinde of Mirrhe.*
 Erica, *Heath.*
 Erisitales, Cauda muris, *stone crop.*
 Eruca, Euzonium, *white Mustard seed.*
 Eruca sylvestris, *wilde Rocket.*
 Ervum, Orobus, *Tares, or bitter Vetches.*
 Eryngium, *Sea holm, or Sea holly.*
 Erygium marinum, *Sea holm.*
 Eryngium minus, Coronopus Rondoletii, Spina Stellæ, *Eryngus the lesser.*
 Erysinum Theophrasti, Camelinea Herbariorum.
 Erysipelas, *An inflammation called the Rose.*
 Erysisceptrum, Ciperus, *wilde Galangal.*
 Erytreus, Lapis Luciani, Margarita, *a pearl.*
 Erythro-

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Erythrodanum, Rubia, *Madder.*
 Esula, Tithymalus, *Spurge.*
 Esula, Amygdalina, Cataputia sylvestris.
wilde great Spurge.
 Esula arborefcens, *great Spurge.*
 Esula camofa, *wilde Spurge.*
 Esula lactariola, *fea Spurge.*
 Esula major, Pityufa, *the great Spurge.*
 Esula dulcis, *a kinde of Spurge.*
 Esula latifolia, *broad leaved Spurge.*
 Esula marina, *fea Spurge.*
 Esula minor, *the lesser Spurge.*
 Esula papaveracea, *a kinde of Spurge.*
 Esula petraea, *stone Spurge.*
 Esula folifequa, or folfequia, *A kinde of Spurge.*
 Esula vallis, *the common Spurge.*
 Esula, Cicuta, *Hemlock.*
 Euphrasia, *Eyebright.*
 Euphrasia carulea, *Myofitis.*
 Eunuchium, *beaded Lettice.*
 Eupatorium, *Agrimony.*
 Euphorbium, *the juice or gum of an herb also called Euphorbium.*
 Euphrosynon, Buglossa, *Buglosse.*
 Euphrosine, Euphrasia, *Eyebright.*
 Eupetalon, *Lorel, or Laury.*
 Euphrosium, *Burage, or Buglosse.*
 Eupteron Apuleii, Trichomanes, *Maden hair.*
 Eureos, lapis Judaicus, *a kinde of stone.*
 Eusine, Parietaria, *Pellitory of the wall.*
 Eutaticon, Stryrion Erythronium, *a kinde of Rugwort, or Dogs stones.*
 Eutyglycea Theophrasti, *Licorice.*
 Euzomum, or Euzomus, *Rocket.*
 Exarthrema, *luxation, vide Eluxatio.*
 Exerta, Vipera, *a Viper.*
 Exuvia Vipera, *a Vipers skin.*

F

Faba, cyanyus, *a Bean.*
 Faba Jovis, Hyoscyamus, *Henbane.*
 Faba lupina, Lupinus, *Lupines.*
 Faba fuilla, Hyoscyamus, *Henbane.*
 Fabium, Chelidonium, *Celandine.*
 Fabulum, Hyoscyamus, *Henbane.*
 Fagus, *a Beech tree.*
 Falernum, Vinum Apianum, *Muscadel.*
 Far clusinum, *ruffard wheat.*
 Farfara, Bechium, *Falefaat.*
 Farfargo, Tuffilago, *the same.*
 Farfarella, *the same.*
 Farina volatilis, *mill dust.*
 Farrago, Secale, *Rye.*
 Fasciculus manualis, *a handfull.*
 Fafeolus, *French Beans.*
 Fafeanus, *a Feasant.*

Fastidium, Fastidium stomachi Ciceroni, Ci-
 borum horror, Aureliano, Fastidium in
 cibis, Plinio, Anorexia, *loking of meat.*
 Febres effrunda, or erraticæ, *a wandring Ague.*
 Febres languidæ, *a faint or lither ague.*
 Febres phrycodes, *Agues that come with heat about the shoulders.*
 Febres putridæ, *Agues which are caused of putrifaction of the blood in the veins.*
 Febris, in Greek Pyretos, *an ague.*
 Febris ardens, Causos, Causon, Causodes, *a very hot and burning ague.*
 Febris astringens, *an ague that bindeth the body.*
 Febris continua, or continuata Seneches, *A continual Ague.*
 Febris Diaria, or Febris Ephemera, or Ephe-
 meros vide Ephemera.
 Febris Emphysodes, *An Ague, which by rea- son of heat raiseth blisters in the mouth.*
 Febris Icteriades, *An ague that bringeth the yellow Jaundise.*
 Febris Hepiala, or Epiala, by Actuarius,
 Epialus, *A flegmatick ague.*
 Febris Hemitritæa, *A bastard Tertian Ague.*
 Febris Hectica, *A Consuming Ague.*
 Febris Lippyria, *An Ague with an extreme outward cold, and violent inward heat.*
 Febris marasmodes, marcor, Febris hectica
 cum marcure, *a pining Ague.*
 Febris quartana, *A Quartane or fourth dayes Ague.*
 Febris quotidiana, *A continual Ague.*
 Febris Rhoodes, *An ague with a flux.*
 Febris tertiana, *A Tertian or third daies ague.*
 Febrifuga, fel terræ, *Centory.*
 Fecula, Alumen fecis, *Calcined wine Lees.*
 Fel Draconis, Chymistarum, *A kinde of Quick silver.*
 Felicula, Polypodium, *Polypody.*
 Ferraria minor, Sanicula, *Sanicle.*
 Ferri rubigo, *the rust of Iron.*
 Ferri sex, or Ferri scoria, or Ferri stercus, *the refuse of Iron.*
 Ferrugo, *the rust of Iron.*
 Ferrumen cementorum, *white lime.*
 Ferrula sylvestris, Thapsia, *Fennel giant, or herb Sagapene.*
 Fescera Arabum, vitis alba, *White Bryony.*
 Fesirin Arabum, vitis alba, *the same.*
 Fex vini, *wine lees.*
 Fex vini usta, vide Fecula.
 Ficulna folia, *Figtree leaves.*
 Ficus, *a Figtree.*
 Ficus passæ, *dried Figs.*
 Ficus, Marisca, Sycon and Sycolis, *the pyles or hemorrhoides in the Fundament of a man.*

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Felicula, Polypodium, *Polypody*.
 Filicula asellorum, Onopretium, *Maiden hair*.
 Filipendula, Oenanthe, Saxifraga rubra, *Dropwort*.
 Filius ante patrem, Lyfimachia corniculata, or Siliquosa, *loose strife, or water Willows*.
 Filix, Pteris, *Fern*.
 Fisticum, a kinde of nut called also Pistacium.
 Fistula, *A continual issue*.
 Flammula officinarum, Ranunculus rotundus, vide Flammula.
 Flammula Gazæ, Herba trinitatis, *Harts ease*.
 Florecaulis flowered Cabbage.
 Flos angelicus, auricula muris mior, the lesser *Monsear*.
 Flos anserinus Bdelium majus, *Daisies*.
 Flos divi Johannis, *S. Johns wort*.
 Flos Jovis, *Harts ease*.
 Flos Garyophyllorum officinarum, *Gillifers*.
 Flos lactis, *Creame*.
 Flos divæ Magdalene, Spica romana, herb *Magdalene*.
 Flos regius, *Larks spur*.
 Flos maris, *Parmacity*.
 Flos Rosarum, Anthera, the yellow seed within the *Rose*.
 Flos tunicus, *Gillifers*.
 Foeniculum, *Fennel*.
 Foeniculum porcinum, Peudanium, *Dog-Fennel*.
 Foenum græcum, *Fenegræke*.
 Folia lauri, *Bay leaves*.
 Folium Indicum, Malobathrum or Malabathrum, Betrum, Batrum, or Betrum Indicum, seu Batrum Indicum. This is called of the *Arabians* Tembul, or Tembutum, of the *Greeks* Malabathron, phyllon, phyllon Indicum, of *Aetius* phyllon Scylmatos, *Indian leaf*. It is a smelling leaf of *India*, which there is found in the standing pools, and driveth on the water without any root. The inhabitants there gather them, and dry them. Our *Apothecaries* use the leaf of the *Cinamon* tree in stead of it, although the right Malobathrum may easily be gotten: but the common error will hardly be amended.
 Folium Indicum, vide Folium.
 Folliculus bombycis, *Silk-worms nests*.
 Fontannella, a *Fontanel*.
 Formica, an *Ant*.
 Formica, Herpes, a *corroding ulcer*.
 Formica miliaris, Herpes miliaris, the same.
 Fragaria, *Strawberry leaves*.

Fragula, the same.
 Fragum, a *Strawberry*.
 Frassinula, or Frassinella, or Frassinella germanica, *white Diptamer*.
 Frassinula Italica, Polygonatum, *Solomons Seal*.
 Franus, an *Ash tree*.
 Fraxinus montana, the lesser *Beech*.
 Fraxinus pumila, *Diptamer*.
 Frons, the *forehead*.
 Fuga dæmonum *S. Johns wort*.
 Fuligo camini, *soot of the chimney*.
 Fumaria, *Fumitory*.
 Fumus terræ, the same.
 Fungus Abietis, *A Mushrome of the Firre tree*.
 Fungus laricis, *A Mushrome of the Turpentine tree*.
 Fungi, *Toadstooles*.
 Fungi Juniperi, the *Mushrome of the Juniper tree*.
 Funis arborum, *Ivy*.
 Furfur, *Branne*.
 Furfures capitis, the white dust of a mans head.
 Furunculus, a *byle*.
 Fuscus agrestis, Atractylis, *wilde Saffron*.

G

GAgates, *Jeat*.
 Gaiaicum lignum, vel Guaiacum, *A tree growing in the new found Iles*.
 Galbanum, or Galbanus, in *Greek* Chalbanc, of *Pliny* Stagonitis, of the *Arabians* Chene, and *Bezard*; of the *Apothecaries* Galbanum: it is the juice or gum of the herb *Metopium*, which groweth in *Syria*.
 Galanga, Cyperus Babylonicus, *Galangal*.
 Galanga major, the great *Galangal*.
 Galanga sylvestris, *wilde Galangal*.
 Galanga sylvestris rotunda, the round *wilde Galangal*.
 Galanga sylvestris longa, long *wilde Galangal*.
 Galeobdolon, Galiopsis, a kinde of dead nettles.
 Galbalus, Pilula, Nux Cupressi, a *Cipresse Nur*.
 Galia, Galls, the fruit of an oak: but those that grow on our Oaks will not be dried, they are called of *Galen* Onicicidæ, and Galæ Asininæ.
 Galli crista, *Clary*.
 Gallia muscata, a sweet smelling confection of the *Apothecaries* so called.
 Gallicus morbus, the *French Pocks*, the great disease, the *Crinkomes*, or *Venus badge*.
 Gallitricum, *Clary*.

Galli-

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- Galliericum sylvestre, *Wilde Clary.*
 Gammarus, *A crab.*
 Gangytes, *Gagates, feat.*
 Garyophyllata officinarum, *herb bennet, herb blessed, or hares eye.*
 Garophyllus officinarum, *Cloves.*
 Gariophyllata Herbariorum, *herb Bennet.*
 Gariophyllea Herbariorum, *little or single Gelofer.*
 Gariophyllum, or Gariophyllus, *Cloves.*
 Garemantites, Granatus, *a kinde of Ruby.*
 Gaster Nicandri, Brassica capitata, *headed Cabbage.*
 Gaster, Ventriculus, *the stomach.*
 Gararia, Napita felina, *Nep.*
 Galatina cidoniorum, *Marmalade.*
 Gemelli, Parotides, *Impostumes behinde the eares.*
 Gemma, Lapillus pretiosus, *a Gem.*
 Genicularis, *Valerian.*
 Geniculata, Polygonatum, *Solomons seal.*
 Genichella, *the same.*
 Geniculum, or Geniculus, *the same.*
 Geniculum latifolius, or Geniculus major, *the greater Solomons seal.*
 Geniculus angustifolius, or Geniculus minor, *the lesser Solomons seal.*
 Genitale cervi, *a Harts pisle.*
 Genitalis, Gladiolus, *Flags.*
 Genista, *Broom.*
 Genitura Martis, *Spurge.*
 Genitura Herculis, *a Box tree.*
 Gentiana, *Gentian or bitterwort.*
 Gentiana cruciata, *the same.*
 Georgiana, *a kind of Valerian.*
 Geositis, *the lesser Houseleek.*
 Geranium alterum Dioscoridis, *Pes columbinus, Pigeons foot.*
 Geranium Robertianum, *Storks bill, Pinknede, Shepheards bodkin.*
 Gethyllis or Getium, *Leeks.*
 Gethyum, *the same.*
 Geum Plinii, *herba benedicta, herb bennet.*
 Gieduar, Zedoaria, Anthora, *Seduary.*
 Gigartho, Vinacea, *the kernels that are in the Grapes or Raisons.*
 Gingiber, Zingiber, *Ginger.*
 Gingidium, Cerefolium Hispanicum, *a kind of Chervil.*
 Gith, Nigella, *the herb Giste.*
 Githago, Pseudomesantium, *Cockle.*
 Gladiolus, *Sedge or Gladen.*
 Gladiolus Arvensis, *the same.*
 Gladiolus luteus, Iris lutea, *the yellow Flower-deluce, or Gladen.*
 Gladiolus palustris angustifolius, *the lesser Gladen.*
 Gladiolus palustris latifolius, *the greater gladen.*
 Glæos, Viscum, *Birdlime.*
 Glandis calix, or Glandis putamen *the outward Acorn husk.*
 Glans Dryobalanus, *an Acorn.*
 Glans Ægyptiaca, or Glans unguentaria, *the fruit of a tree also called Ben.*
 Glans Jovis, *a Chestnut tree.*
 Glans sardonis, *the same.*
 Glan quercina, *an Acorn.*
 Glans unguentaria, *vida Glans Ægyptiaca.*
 Glans, *a Suppository.*
 Glastum, *Ilatis, Woad.*
 Glastum minus, *Wilde wood.*
 Glastum sativum, *woad.*
 Glastum sylvestre, *wilde woad.*
 Glancium, *is called of the Arabians Memithe: it is the iuyce of a strange herb growing in Syria, it is used onely in this in Sief Memithe, which is called of the Greeks Collyrium diaglaucion.*
 Glebra armena, *Bole Armoniack.*
 Glechon, Pulegium, *Penniroyal.*
 Glechon agrion, *Wilde Mints.*
 Glessum, Succinum, *Amber.*
 Gleucos, Mustum, *new wine.*
 Globulus Cyparissus, *a Cypress nut.*
 Gluten, *common glew.*
 Gluten avium, or Gluten aucupum, *Birdlime.*
 Gluten auri, Chrysocolia, *Boras.*
 Gluten ligni, *foyners glew.*
 Gluten taurinum, or Glutinium, *glew.*
 Gludis, Pæonia, *a Piony.*
 Glyceraton, Glycyrrhiza, *Licorice.*
 Gylephyron, *the same.*
 Glycyrrhiza, *Licorice.*
 Glycis Pausaniæ, *sodden wine.*
 Glycyside or Glycisis, *Piony.*
 Glycysites, or Glycysidites, Vinum ex Pæonia confectum, *wine made of Pionyes.*
 Glythris Althenæi, *sodden Wine.*
 Gobius Apuleii, *Wilde Spurge.*
 Golsonium, Rapum, *a Rape root.*
 Gongyle, or Gongylis, *the same.*
 Gongylis agria, Rapum sylvestre, *a wilde rape root.*
 Gonorrhæa, *the running of the reins.*
 Gorgonia, Corallium, *a Coral.*
 Gorgonium, *Millet.*
 Gorgylon, Pauli Turcylium, *the same.*
 Gossipium, or Gossipitium, *Cotten.*
 Gramen, Agrostis, *Grasse.*
 Grana, vulgo Granum tinctorium, *Conchil.*
 Granata acidodulcia, or Granata musa, *a kind of Pomgranat.*
 Grana tordorum, *Juniper-berries.*
 Granatum officinarum, or Granatum malum, *a Pomgranat.*
 Granatus officinarum, Garbunculus garbanticus, *Granum*

The third Index.

Granum chermesinum, *Couchenil.*
 Granum infectorium, *the same.*
 Granum maris rubri divi Hieronimi, *Margarita, a Pearl.*
 Granum paradisi, Cardamomum officinarum majus, *Grains.*
 Granum tinctorium, *Couchenil.*
 Guaiacum lignum, *a tree growing in the new found Isles so called.*
 Ginguedes Arabum, *the veins in the neck.*
 Gula, *the throat.*
 Guilioco, Cortex exterior nucum, *the outward shell of a Walnut.*
 Gummi Arabicum, *Gum Arabick.*
 Gummi Cerali, *the Gum of a Cherry tree.*
 Gummi Juniperi, *the gum of the juniper tree.*
 Gummi Sarcocolla, *vide Sarcocolla.*
 Gynacium, Stimmi, *Antimony.*
 Gypsum, or Gypfus, *a plaister.*
 Gkrenia, Ruscus, *Kneeholme.*

H

Habilla, or Habiola Herbariorum, *Lupulus, Hops.*
 Hamoptois, or Hamaptisis, *a spitting of blood.*
 Hamorrhoids, Sanguinis profluvium pervenas ani, *the bleeding of the Hamorrhoids, or Piles.*
 Hamorrhoides verrucalæ, *the Piles.*
 Hamorrhoides nasi, *an ulceration of the nose.*
 Hamostasis Democriti, Symphytum, *Comfrey.*
 Hamagonum, Pæonia, *a Piony.*
 Hamictinos, Scordium, *water Leeks.*
 Hamatites, sanguinarius lapis, *a blood-stone.*
 Halica, Chondrus, *a kind of Corn.*
 Halicacabites, *winter Cherries.*
 Halicastrum, *Wheat.*
 Halinectera, *Olives.*
 Halicacabus, Solanum rubeum, *winter Cherries.*
 Halipastos, Oliva conditanea, *Olives.*
 Halmas, *the same.*
 Halsionæum, and Halsionum, Spuma maris, *the froth of the sea.*
 Halos anthos, *Parmacity.*
 Harmala, Ruta sylvestris, *wild Rue.*
 Harmagion, Dracunculus, *Dragon.*
 Harmel, Befasa, *the same.*
 Harpax, Succinum, *amber.*
 Harundo Enodis, Calamus fistularis, *kind of reed without joints, which hath been used in head of quills to make pens.*
 Harundo Sepiaria, or Harundo Sepicularis, *a kind of reed.*

Hartanita officinarum, Cyclamirus, *Sowbread.*
 Hastula regia Apuleii, Rosa Autumnalis, *winter Roses.*
 Hastula Dioscoridis, Asphodelus, *the same.*
 Hedera humilis vel terrestris, *Alehoof, or hghoe.*
 Hectica, *a wasting or consuming fever.*
 Hedera pluvialis, *vide Hedera humilis.*
 Hederalis, Asclepias, *Swallow wort.*
 Hedypnois, *Dandelion, or yellow Cichory.*
 Hedyosmus, *Garden mints.*
 Heilbague, or Heilbane Arabum, Cardamomum majus officinarum, *Grains.*
 Heilbane, *the same.*
 Helenium, *Elecampane.*
 Heliobarane Etii, *Knotgrasse.*
 Heliotropius lapis, Jaspis viridis, *a Jasper stone.*
 Helix, Capreolus vitis, *the little tendrils of vines.*
 Helleborum, or Helleborus, *Neeswort.*
 Helleborum, nigrum, *the black Neeswort.*
 Helmintoborne vide Zeduaria.
 Helxine, Perditium, *Pellitory of the wall.*
 Hemerocallis, *Daffodil.*
 Hemisrania, or Hemicrane, *a kind of headach, when but one side of the head is grieved.*
 Hemionium, Asplenium, Scalfern, or Fingerfern.
 Henne, Arabum, Cyperus, *alcanna.*
 Hepar *the Liver.*
 Hepaticus, *one that is diseased in the Liver.*
 Hepatis oppilatio, *an obstruction, or oppilation of the Liver.*
 Hepatica, *the Liver vein.*
 Hepatica herba, *Agrimony.*
 Hepatica fontana, *Liverwort.*
 Hepatica saxatica, *Stone Liverwort.*
 Hepiala, *vide Febris hepiala.*
 Hepsema, Mustum coctum, *sodden new Wine.*
 Heptapluron, *broad Plantaine.*
 Heptaphyllon, Tormentilla, *Tormentil.*
 Heracleotis Calamachi, or Herachea Galeni, *the Load stone.*
 Herba divi Anthonii, *Self-heal.*
 Herba Apoplectica.
 Herba Apostematica, *Scabious.*
 Herba apum, Melissa, *Baulm.*
 Herba Arthritica, *Comflips.*
 Herba Basilica, Ocimum, *Basil.*
 Herba benedicta, Valeriana, *Valerian.*
 Herba calicularis, *Henbane.*
 Herba capillaris, *Venus, Maiden, or Lady hair.*
 Herba capillaris Apuleii, *the same.*
 Herba calta, Pæonia, *Piony.*

Herba

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Herba clavellata, *Harts ease*.
 Herba crinita Apuleii, *Maiden hair*.
 Herba cinnamalis, *Vervein*.
 Herba columbaris, *wilde Cipresse*.
 Herba cochlearis, *Brassica marina*, *sea-Cole*.
 Herba centonica officinarum, *Abfinthium marinum*, *sea Wormwood*.
 Herba divæ Mariæ Magdalenaë, *Phu ponticum*, *a kind of Valerian*.
 Herba divæ Otiliæ, *Consolida regalis*, *Larks spur*.
 Herba divi Petri, *the lesser Gentian*.
 Herba divi Quirini, *Horsehoof*.
 Herba divi Georgii, *Phu ponticum*, *a kind of Valerian*.
 Herba divi Ruperti.
 Herba divi Valentini, *pæonia alba*, *a kind of Piony*.
 Herba flammea, *Harts ease*.
 Herba flavea, *Melilotum nobile*, *Melilote*.
 Herba fortis, *Consolida Saracenicæ*.
 Herba fullonum, *Teasel*.
 Herba cederalis, *Asclepias*, *swallow-wort*.
 Herba hircundinaria minor, *the lesser Celandine* or *Hylewort*.
 Herba inguinalis, *Bubonium*, *an herb called After*.
 Herba Jovis, *Sedum*, *Honfleeck*.
 Herba lactaria, *Tithymalus*, *Spurge*.
 Herba lanaria.
 Herba leporina, *a kind of Mallows*.
 Herba Mercurii, *Mercurialis*, *herb Mercury*.
 Herba margarita, *Daisies*.
 Herba militaris, *Millefolium*, *Yarrow*, or *Nosebleed*.
 Herba mula, *Asplenium*, *Fingerfern*.
 Herba muralis Celsi, *Pellitory of the wall*.
 Herba ocularia, *Eye-bright*.
 Herba ophthalmica, *the same*.
 Herba orbicularis, *Cyclaminus*, *Rape violet*.
 Herba panaricii, *Herbariorum*, *Lamium album*, *a kind of dead nettles*.
 Herba paralytis, *Cowslips*.
 Herba pavonis, *Perficaria*, *Ars smart*.
 Herba pedicularis, *Staphisagria*, *Licbane*.
 Herba perdicalis Apuleii, *Perdicium*, *Perficary*.
 Herba pulicaris, *Perficaria*, *Ars-smart*.
 Herba primi floris, *herba paralytica*, *Primroses*.
 Herba pyrifolia, seu perifolia *Herbariorum*, *Pyrola*, *wilde Beets*, or *Winter green*.
 Herba Roberta, and herba Ruperti, *herbe*

Robin.
 Herba regia, *Basil*.
 Herba sanguinalis, *Polygonum*, *Knotgrasse*.
 Herba sanguinalis mas, *the male Knotgrasse*.
 Herba sanguinalis fœmina, *Polygonum fœmina*, *Knotgrasse female*.
 Herba sardonis, *Ranunculus*, *Crowfoot*.
 Herba scelerata, *Idem*.
 Herba scorbuti, *Brassica marina*, *Scurvy-grasse*.
 Herba salutaris Apuleii, *Rosemary*.
 Herba solis *Herbariorum*, *St. Johns wort*.
 Herba solis, *Ætii polygonum*, *Knotgrasse*.
 Herba Sophiæ *herbariorum*.
 Herba sortis, *Consolida saracenicæ*.
 Herba stataria, *Peucedanum*, *Hogs fennel*.
 Herba sacra, *verbena*, *Vervein*.
 Herba Trinitatis, *harts ease*.
 Herba toparia, *Bearfoot*.
 Herba tonitruum, *Sedum*, *honfleeck*.
 Herba tunica officinarum, *Gelosers*.
 Herba tunica Gordonii *Ocimastrum*.
 Herba tunica Minfridi, *Gelosers*.
 Herba turca, *Carduus benedictus*, or *blessed thistle*.
 Herba Thymiana *Herbariorum*, *Thyme*.
 Herba vermicularis, *Sedum minus*, *Prick-madam*.
 Herba virginea, *Parthenium*, *Feverfew*.
 Herba vitraria, *Pellitory of the wall*.
 Herba vitri Avicennæ, *Perdicium*, *the same*.
 Herba urinaria *Herbariorum*, *Hedipnois*, *Dandelion*.
 Herba urceolaris, *Pellitory of the wall*.
 Hercules morbus, *the falling evil*.
 Hermodactylis Arabum, *Dogsbane*.
 Hermodactylus Dioscoridis, *Pentaphyllon*, *a kind of Dogsbane*.
 Hermodactylus Actuarii, *the root of Behen*.
 Hermodactylus Nicolai Myrepsi, *of the same*.
 Hermodactylus albus, *white Behen*.
 Hermodactylus Rubens, *red Behen*.
 Hernia, *Ramex*, *a rupture*.
 Hernia Osceano, *a great rupture*.
 Hernia Oscealis, *the same*.
 Herpacantha, *Acanthus* *Bearfoot*.
 Herpes, *a corroding ulcer*, or *wolf*.
 Herpes exedens, *the same*.
 Herisypila, *Erisypelas*, *an inflammation called the Rose*.
 Herpillum, *Serpillum*, *wilde tyme*, or *Ladies bedstraw*.
 Hesperis, *Viola lutea*, *Wallflowers*.

Hibiscus

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Hibiscus, a kind of Mallow.
 Hieracopodium, *Lychnis sylvestris*.
 Hierapachii, a purging confection so called.
 Hierobotane Dioscoridis, Verbena, *Ver-*
vein.
 Hierobotane Scribonii, Betonica, *Beto-*
ny.
 Hieralogodion officinarum, or
 Hieralagadii, the name of a purging Confe-
 ction.
 Hiera picra, or
 Hiera picra simplex, a very bitter confection.
 Hiera Ruffi, a purging confection.
 Hiera Athenæi, and
 Hiera Theophrasti, the Flower-deluce.
 Hieromyrtus, Ruscus, *Kneeholme*.
 Hilbane, Granum paradisi, Grains.
 Hippocras fontis officinarum, Aqua Hip-
 pocratica, Hippocras.
 Hippocras officinarum, Vinum Hippocrati-
 cum, the same.
 Hippocraticum vinum, the same.
 Hippocistis officinarum, vide Hypoci-
 stis.
 Hippolapathium, a Water Dock.
 Hippoglossum, Adder's tongue.
 Hippomalache, Malva equina, horse Mal-
 lowes.
 Hipposelinum, Angelica.
 Hippopleuron, Hounds rib, a kind of Plan-
 tain.
 Hippuris, equisetum, Horse tail.
 Hirundinaria, Horseleech.
 Hirudo, the same.
 Hirundo, a Swallow.
 Hispanach Arabum, Spinachia, Spinage.
 Hordeum, Barly.
 Hordeum Galaticum, Rice.
 Hordei cremor, Ptisana, Barly husked and
 sodden in water.
 Humeralis vena, the shoulder vein.
 Humerus, the shoulder.
 Humor Scrupeus poetarum, Podagra, the
 Gout.
 Humulus, Lupulus, Hop.
 Hyacinthus, Helodias, Porphyranthes, a pur-
 ple flower that we call Crowtoes. There
 are four kinds of it, two of them (as the
 greater and lesser) are most in use: the
 other two sorts I will passe over for bre-
 vity sake. The first kind hath narrow
 leaves like the wilde Onion, with a stalk
 about one span in height: upon this on
 every side grow flowers of a light purple
 colour, much like the Amethyst, or Ja-
 cinct stone: on the top of all are the
 flowers somewhat lesser, and sadder in
 colour. This is the right *Hyacinthus* of

Dioscorides; it groweth commonly in
 tilled grounds, and of some is called hogs
 Onion, because Hogs greatly delight in
 eating of it: the Herbarists call it *Hy-*
acinthus major, and *Bulbus porcinus*. The
 other is somewhat lesse, and groweth in
 woods; it flowreth in March, and hath
 pretty little blew flowers, not much un-
 like the May Lillies, or Liriconfancy;
 the root is like little Onions. This is
 called in some places blew May flowers;
 of the Herbarists *Hyacinthus minor*, *Al-*
lium caninum, and *Bulbus caninus*, *Pal-*
ladius also maketh mention of a blew
Hyacinthus. In like sort is the yellow
 Lilly *Lillium luteum*, or *Hemerocallis*,
 the *Hyacinthus* of Ovid, which Theocritus
 calleth *Hyacinthus scriptus*, to make it
 differ from the right *Hyacinthus*: the
 Herbarists call it *Hyacinthus poetarum*.
Virgil calleth it *Hyacinthus suave rubens*,
 and *Hyacinthus mollis*; and Pausanias
 termeth it *Comosandalon*.
Hyacinthus major Herbariorum, or
Hyacinthus Dioscoridis, Crowtoes, vide
Hyacinthus.
Hyacinthus minor Herbariorum, vide *Hy-*
acinthus.
Hyacinthus Palladii, vide *Hyacinthus*.
Hyacinthus poetarum, *Hemerocallis*, vide
Hyacinthus.
Hyacinthus Ovidii, vide *Hyacinthus*.
Hyacinthus mollis Virgilii, yellow Lillies.
Hyacinthus scriptus Theocriti, vide *Hy-*
acinthus.
Hyacinthus suave rubens, vide *Hyacin-*
thus.
Hyacinthus, gemma, a Jacinct.
Hydrargyrum, Argentum vivum, Quick sil-
 ver.
Hydrargyrum nativum, vomica liquoris
 æterni & rerum omnium venenum Plinio
 vocatur, Quick silver of the Mine.
Hydrargyrum factitium, Quick silver which is
 made of Cinoper.
Hydrolapathum, *Lapathum palustre*, water
 Docks.
Hydromeli, aqua mulsa, Mead.
Hydrophobus, a rabido cane morsus, he that
 is bitten of a mad Dog: he that is afraid
 of water.
Hydropper, *Persicaria*, Arse-smart.
Hypposelinum, *Apium palustre*, Lovage,
Alisander.
Hyophthalmus, After atticus, the herb Ru-
 bonium.
Hyosciamus, Henbane.
 Hypericum

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Hypericum, *S. Johns Wort.*
 Hypericum petraeum, *is that which is now taken for Carpoblasum, but unjustly.*
 Hypochyma, *Pitch.*
 Hypocistis *is also called Barba hircina, and Orobetrum, it groweth at the root of the herb Cistus, much like the flower of the Pomgranat, and is full of juyce, which being wrung out and dryed, is also called Hypocistis, and of the Apothecaries Hippocistis or Hypoquistidos indeclinabiliter.*
 Hypogessum, *Sedum majus, Houseleek.*
 Hypopium, *Thapsia, Turbith.*
 Hysge Pausaniae, *Granum tinctorium, Couchenil.*
 Hyslopites, *wine of Hyssop.*
 Hyssopum, *or*
 Hyssopus, *Hyssop.*
 Hyssopus humida officinarum, *Oesypus, Wool of the flank of a Sheep.*
 Hysteta, *Uterus, Loci, Matrix, the mother in Women, or Matrix, or Womb.*
 Hysteralgia, *pain in the belly or matrix.*

I

Iarum, *Cuckopit.*
 Iacea, *Harts-case.*
 Iacea nigra, *Morsus Diaboli, Devils-bit.*
 Iamenum officinarum, *Alumen scissile, vide Alumen.*
 Iaspis, *a Jasper stone.*
 Iaspis, *green Iaspis.*
 Ichthiotheron, *Cyclaminus, Sows bread.*
 Ibiscus, *Althea, marsh Mallows.*
 Ictetiria, *the yellow jaundise.*
 Ictetitis Apuleii, *Libanotis coronulis, Rose-mary.*
 Icterus, *Morbus regius, the yellow jaundise.*
 Iecur, *the Liver.*
 Igne Hippocratis, *Ifatis, Wood.*
 Ignis divi Anthonii, *or*
 Ignis facer, *Erysipelas, the Rose.*
 Ileos, *or*
 Ileus, *or*
 Iliaca passio, *or*
 Iliaca, *a wringing in the small guts.*
 Illecebra, *Piper murinum, Stonecrop.*
 Illinctus, *Eclegma, a mepicine which is licked up, and not swallowed.*
 Imaginatio, *an imagination or conceit.*
 Imperatoria, *Angelica.*
 Impetigenaria arborea, *Lichen arboreus, a kind of Liverwort*
 Impetigenaria, *petraea, Lichen saxatilis, Liverwort.*
 Impetigenaria saxatilis, *Lichen, the same.*

Impetigo, *a Ringworm, or dry Scab.*
 Inanitio, *empriness of the body.*
 Incensum Thus, *Frankincense.*
 Incrementum, *the increasing of a sicknesse.*
 Incubus, *Ephialtes, Faunorum in quiete Judibrium, as Pliny saith, the Night-mare or Hag, it is a little falling sicknesse, and is a sign of madnesse to come, or of the falling evil, or Palsey, &c.*
 Infusio Senae, *the infusion or steeping of Sene leaves.*
 Inguinalis, *or*
 Inguinaria Dioscoridis, *the herb Bubonium.*
 Inguinari Plinii, *Anserina.*
 Intemperies, *untemperatnesse.*
 Intestina gracilia, *the little guts.*
 Intestina terrae, *Limbrici terrestres, Earth-Worms.*
 Intestinum duodenum, *Intestinum primum, Pylorus, the gut next to the stomach.*
 Intestinum jejunum, *Nestis, the empty gut.*
 Intestinum monoculum.
 Intestinum caecum, *the blind gut.*
 Intestinum primum, *vide Intestinum duodenum.*
 Intestinum rectum, *Longanum, the Arse-gut.*
 Intubum, *Endive.*
 Intubum sativum angustifolium, *a kind of Endive.*
 Intybus, *&c*
 Intibus sativus latifolius, *white Endive.*
 Inturis, *Copparis, Capers.*
 Inversio ventriculi, *Anastrophe, an inversion of the stomach.*
 Inula, *Helenium, Elecampase.*
 Inula rustica Apuleii, *Symphitum magnum, Comfrey.*
 Ion, *Viola, a Violet.*
 Ion porphyrium, *Viola purpurea, a marck Violet.*
 Ion melan Theophrasti, *viola nigra, the same.*
 Ion polyphyllon, *viola multiplex, double Violets.*
 Ion Agria, *Viola sylvestris, wilde Violets.*
 Ireos five Irios officinarum, *Iris, the Flower-deluce.*
 Iris, *the same.*
 Iris alba, *the white Flower-deluce.*
 Iris Apula, *the same.*
 Iris domestica, *the same.*
 Iris Florentina, *the same.*
 Iris Germanica, *the blew Flower-deluce.*
 Iris lutea, *yellow Flower-deluce.*
 Iris palustris latifolia, *a kind of Flower-deluce.*
 Iris Schlavonica, *Flower-deluce.*

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Isatis, Glaſtum, woad.
 Isatis minor, wilde Woad.
 Isatia ſativa, ſame Woad.
 Iſſopus humida officinarum, Oeſypus, Wool
 of the ſhank of ſheep.
 Iſchias, Coxarius morbus, Sciatica.
 Iſchiatica barbarorum, the ſame.
 Iſchuria, urinæ retentio, a ſtopping of urine.
 Itea, Salix, a Willow.
 Jujuba Arabum & officinarum Zizifum, a
 kind of fruit ſo called.
 Iva officinarum, Ajuga or Abiga, wilde Cy-
 pres.
 Juglans, a Walnut tree.
 Juglans equina, the great Walnut.
 Julebum or Julepum, a Julep.
 Junci flos, Schoenum Anthos, Squinan-
 thum.
 Juncus anguloſus Plinji, Cyperus, a kind of
 Galangal.
 Juncus odoratus, Squinanthum.
 Juncus odoratus Celſi, Cyperus, a kind of
 Galangal.
 Juncus triangulus Plinii, Cyperus, the ſame.
 Juniperus, a Juniper tree.
 Juniperus acuta, the greater Juniper tree.
 Juniperus major, the ſame.
 Juniperus minor, Juniperulus, and Jupicel-
 lus, the leſſer Juniper tree, or the Goſeber-
 rie buſh.
 Juniperi baccæ, vel,
 Juniperi grana, Goſeberries, or Juniper br-
 ries.
 Junonia, Roſa Plinii, Lilium, a Lilly.
 Juſquiama, officinarum Hyoſcyamus, Hen-
 bane

K

K Artam Arabum, Cnicus, Cartamus, wild
 Saffron.
 Kauroch Arabum, Chelidonium, Celan-
 dine.
 Keiri, Leucoium, wallflowers.
 Kerva Arabium, Ricinus, Palma Chriſti.

L

L Abrium Veneris, Diſſacus, Teaffel.
 Labruſca, vitis ſylveſtris, the wilde
 Vine.
 Labruſcæ flos, the bloſſomes of the wilde
 Vine.
 Lacamygdalinum, Almond milk.
 Lac acidum, Oxylacha, ſowre milk.
 Lac ebutteratum, Butter milk.
 Lac chalybatum, ſteeled milk.
 Lac ovillum, or ovinum, Ewes milk.
 Lactis cremor, Pingue, Flos, vel Pinguedo,
 Cream.

Lac ſciſtum, Curded milk.
 Lacca, Caucamum, a Gum ſo called.
 Lacerta, or
 Lacertus, an Eket.
 Lachryma draconis, a Gum called Sanguis
 draconis.
 Lachryma Jobi, Lithoſpermum majus, Gro-
 mil.
 Lachryma Juniperi, Sandaraca, the Gum of
 the Juniper tree.
 Lachryma Mariæ.
 Lachryma medica, Aſſa foetida, a gum ſo
 called.
 Lachryma Syriaca, the ſame.
 Lachryma vitis, Aqua vitis, Sap of a Vine.
 Lactaria Tithymalus, Spurge.
 Lactuca, Lettice.
 Lactuca cappadox Plinii, crumpled Let-
 tice.
 Lactuca aſinina, Anchufa, Orchanet.
 Lactuca Betica Columellæ, great Lettice.
 Lactuca Cæciliana, Columellæ, white Let-
 tice.
 Lactuca criſpa, curled Lettice.
 Lactuca caprina, or
 Lactuca marina, Tithymalus, Spurge.
 Lactuca marina Apuleii, Cataputia ſylve-
 ſtris, great wilde Spurge.
 Lactuca Laconia Plinii, or
 Lactuca ſeffilia, or
 Lactuca capitata, headed Lettice.
 Lacaturris Plinii, Braſſica lacuturrea, a kind
 of Cabbage.
 Lada, or
 Ladon, or
 Ladanum, or
 Laudanum, this is called of Dioſcorides, Le-
 dum, Laden, and Leden. In the Apo-
 thecaries ſhop it hath his common name Lau-
 danum. It is the dryed juyce of an herb ſo
 called. The Herbariſts call it alſo Ciſtum
 laudaniferum, and Fruticem laudanife-
 rum.
 Lætitia Galeni officinarum, vide Lætiſ-
 cans.
 Lagopodium, or Lagopus, Hares foot.
 Lagopus, the ſame.
 Lamium Plinii, dead Nettles.
 Lampſana, Rapiſtrum album, Cadlocke.
 Lampas.
 Lana ſuccida, unwashed Wool.
 Lanaria, Saponaria, the herb that Fullers uſe
 in ſcouring of cloth.
 Lana arborea, or
 Lana xylinea, Cotton.
 Lanceola, narrow Plantain.
 Lanugo arborum, Moſſe.
 Labdanum barbarorum, vide Lada.
 Lapathum Dioſcoridis, Oxalis, Sorrel.
 Lapathum

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- Lapathum Galeni, *Dock.*
 Lapathum acidum, *a kind of Dock.*
 Lapathum acutum, *a Dock.*
 Lapathum aquaticum, *water Dock.*
 Lapathum cepeon, *or.*
 Lapathum fativum, *Monks Rubarb.*
 Lapathum domesticum, *or*
 Lapathum latifolium fativum, *herbe patience.*
 Lapathum aquinum, *water Docks.*
 Lapathum latifolium.
 Lapathum non acuminatum.
 Lapathum platyphyllon, *the greater Dock.*
 Lapathum barbarorum, *vide Lada.*
 Lapillus Eritæus, *a Pearl.*
 Lapis calaminaris officinarum, *Cadmia nativa, the Oare of Brasse.*
 Lapis cæruleus, *an Azure stone.*
 Lapis corrosivus, *a Corrosive, or Corroding stone.*
 Lapis Cyaneus, *an Azure stone.*
 Lapis Indicus, *Margarita, a Pearl.*
 Lapis Judaicus, *a stone that purgeth Melancholly, or a Jewes stone.*
 Lapis Hepaticus, *a liver stone.*
 Lapis Lazulus officinarum, *the Azure stone.*
 Lapis Eritæus, *Margarita, a Pearl.*
 Lapis Lyncis officinarum, *Lapis phrygius, of some white Amber, of others a Thunderbolt, of others a stone that groweth in Phrygia.*
 Lapis Stellatus, *or Cæruleus, the Azure stone.*
 Lapis viridis, *an Hemeraude.*
 Lapis vini *Argyle.*
 Lappa major, *Bardana, the great Bur.*
 Lapsana, *Rapistrum album, a kind of Mustard seed.*
 Lasaron, *Galaeticon, Angelica.*
 Lascaphrum, *Naraphium, black Frankincense.*
 Laserpitium Gallicum, *Angelica.*
 Laser medicum, *or*
 Laser Syriacum, *Asa foetida.*
 Lasionalum, *Cydonium, a Quince.*
 Lathyrus, *Cataputia minor, the lesser Spurge.*
 Lathyrus sylvestris, *Wilde Spurge.*
 Lathyrus cicercula, *the fruit or seed of Spurge.*
 Lavacrum Veneris, *Teasel or Fullers Thistle.*
 Lavendula, *Lavander.*
 Laureola, *Laurel or Lovel.*
 Laurus, *a Bay tree.*
 Lauri bacca, *Bayberries.*
 Lauri folia, *Bay leaves.*
 Laurus Baccalis Plinii, *or*
 Laurus Baccifera, *or*
 Laurus femina, *the shee or female Bay tree.*
 Laurus mas, *or*
 Laurus virilis, *the he or male Bay tree.*
 Laurus rosea, *Nerion, Rose laurel, or Oleander.*
 Lecristicum, *Vitex, Agnus castus, the chaste tree.*
 Lemonium malum, *a Lemon.*
 Lens palustris, *or.*
 Lenticula aquatica, *water Lentils.*
 Lentiscus, *the Mastick tree.*
 Lentiscinum oleum, *oyle of Mastick.*
 Lentiscina, *resina, Mastick.*
 Lepra, *the Leapry, a disease that maketh the skin rough, with black wannish spots, and dry parched scales and scurffe.*
 Lepra leonina, *kind of Leapry in which the diseased groweth mad.*
 Leptocaryon, *Nux avellana, a Hasel nut.*
 Lethargus veteris, *the Lethargy, a heavy and drowsie disease, in which the senses and reason is self seemeth to sleep.*
 Leucena Galeni, *Castanea, Chestnut.*
 Leuce, *Populus alba, the white Poplar tree.*
 Leuce, *vitilago alba, of the Barbarians Morphaea alba, a white and dry and continual scurffe.*
 Leucanthemis, *or Leucanthemum, the herb Camomil.*
 Leucoicum Dioscoridis, *Viola lutea, the winter Gilloflower.*
 Leuconia, *Candidum ovi, the white of an Egg.*
 Leucophlegmatias, *Hydrops, Anasarca, a kind of Droppe.*
 Levesticum officinarum, *Levage.*
 Libadium, *Centauria minor, the lesser Centory.*
 Libanotides, *Wine made of Rosemary.*
 Libanotis Coronalis, *Rosemary.*
 Libanotis Ferulacea, *or Libanotis umbellifera Herbariorum, a kind of Rosemary.*
 Libanotis umbellifera, *the same.*
 Libysticum, *Lovnge.*
 Libanum, *or Libanus, Thus, Frankincense.*
 Libyestafon, *Glycyrrhiza, Licorice.*
 Lichen, *Hepatica, Liverwort.*
 Lichen, *infectio, & asperitas summæ cutis, cum maxima prurigine, a Tetter or Ring-worm.*
 Lichen Arboreus, *Pulmonaria officinarum, Longwort.*
 Lichen petraeus, *or Saxatilis, Liverwort.*
 Lien, *Splen, the Spleen or Milt.*
 Lienteria, *Intestinorum levitas, a kind of flux of the stomach, when the meat and drink runneth from a man as he took it, utterly without concoction or alteration.*
 Lignum Aloes, *a kind of sweet wood so called.*
 Lignum guaiacum, *or Guaiacum, a tree growing*

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growing in the new found Isles.
 Lignum Indicum, Lignum sanctum; a kind
 of wood so called.
 Lignum paradisi, Lignum Aloes, a kind of
 sweet wood so called.
 Ligamenta, sinewes.
 Lignum sanctæ Crucis, Agollochum, a kind
 of wood.
 Ligusticum, Lovage.
 Ligula, Uvula, a little peece of flesh in the roof
 of the mouth.
 Lignum, Cyprus, Privet, Prinprint
 tree.
 Lilium, Crinon, a Lilly.
 Lilium album, a white Lilly.
 Lilium cœleste, sylvestre, flower-deluce.
 Lilium convallium, Lirioconsancy, or May
 Lillies.
 Lilium cæruleum, the blew Flowerdeluce.
 Lilium caprinum, Percilymenum, woodbind.
 or Honyuckle.
 Lilium inter-spinas, the same.
 Lilium luteum, Hemerocallis, vide Hya-
 cinthus.
 Lilium palustre Herbariorum, a water Rose.
 Lilium Saracenicum, Lilium sylvestre, the
 Daffodil.
 Lilium vernum Theophrasti, Lilium con-
 vallium, May Lillies.
 Limnatis, Hirudo, and Horfleeche or blood suc-
 ker.
 Limnæstis Apuleii, Centaurium majus, the
 greater kind of Centory.
 Limonium malum, Lemon.
 Linctus, Eclegma lambetivum, medicine or
 confection that is not chewed, but licked in,
 and is called of the Apothecaries by an Ara-
 bian name Lohoch.
 Linæleon, Oleum Lini, oyl of Flax.
 Lanaria, wilde Flax.
 Lingavæ Anserina, Goose tongue.
 Lingua Arietis, Arnoglossum, water Plan-
 tain.
 Lingua Bovis, Buglosse.
 Lingua Canina, Cynoglossum, Hounds
 tongue.
 Lingua Cervina, Phyllitis, Harts tongue.
 Lingua Ovina, Sheeps tongue.
 Lingua pagana, Hypoglossum, a double
 tongue.
 Lingua Ophioglossum, Serpents tongue.
 Lingua Serpentina, Lingua Viperina, Echio-
 glossum, the same.
 Lingua vulneraria Herbariorum, the same.
 Lingulaca, or Lingua Plinii, the same.
 Linodys, Chamedrys, the herb Germander, or
 English Treacle.
 Linostraphon, Marrubium, Horehound.

Linozostis, Mercurialis, French Mercu-
 ry.
 Linum Flax.
 Lippitudo, Ophthalmia, blearednesse of the
 eyes.
 Lipothymia, defectus animi, Deliquium
 animi, a swooning, wherein one seemeth
 to be dead.
 Liquiritia, Officinarum Glycyrrhiza, Lico-
 rice.
 Liquor medicus, and Liquor Syriacus, Assa
 fatida.
 Lirium, Litium, a Lilly.
 Listatium, a kind of nuts commonly at the
 Apothecaries called Fistic.
 Lithargyrium, Spuma argenti, Litharge or
 white Lead.
 Lithargyrum argenti, the same.
 Lithargyrium Auri, a kind of Litharge.
 Lithiasis, Calculus renum, & Vesicæ, the di-
 sease of the stone in a mans body engen-
 dred.
 Lithodendron, Corallium, Coral.
 Lithontribon, Confectio calculum frangens,
 a confection of the Apothecaries so called,
 which driveth away, and breaketh the stone
 in a mans body.
 Lithospermum nigrum, Lithospermum syl-
 vestre, wilde Gromel, or Graymil.
 Lithospermum sylvestre, the same.
 Loch Arabum, Linctus, Lambetivum, Ecleg-
 ma, a thin confection, of the Arabians called
 Lohoch in plurali numero, which is Ecleg-
 ma.
 Loch ad Asthma, a thin confection against the
 extreame and vehement stopping of the
 breath.
 Loch de Cancris, a confection made of Crevis-
 ses.
 Loch de Farfara, a kind of Confection so cal-
 led.
 Loch de Papavere, Diapapaver, a confection
 made of Poppies.
 Loch de Passulis, a confection of Raisons.
 Loch de Pino, a certaine confection so cal-
 led.
 Loch de Portulace, a confection made of Pur-
 slain.
 Loch ad Pthisin, Confection so called.
 Loch de pulmone vulpis, a confection made
 of the Lungs or Lights of a Fox.
 Loch sanum et expertum, a confection so cal-
 led.
 Loch de Scilla, a certain confection.
 Lohoch, Eclegma, vide Loch supra, a li-
 quid confection.
 Lonchitis altera, Asplenium majus Herba-
 riorum.
 Ceterach,

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Ceterach, Sealfern, or Fingerfern.
 Longanum, the Arfegut.
 Lotus alba, Claver, or three leaved grasse,
 also Melilot.
 Lotus cærulea, Lotus lutea, garden or tame
 Melilot.
 Lotus lutea, the same.
 Lotus lybica Diosc. Lotus sylvestris, wilde
 Melilot.
 Letrometra Apuleij, Nymphæa, the white
 water Lilly or Rose, white Nenuphar.
 Lucumbra, Longwort Woolblade, or
 Torch herb.
 Lues, a Plague or Pestilence.
 Luf Arabum, Dracontium, Dragonwort, or
 Dragons.
 Lumbricus and Lumbricus terræ, a certain
 long worm in the earth, or in mans bo-
 dy.
 Luparia officinarum, lycoctonum, a kind of
 Aconitum.
 Luph planum Arabum, Dracontium, Dra-
 gons.
 Luph planum Herbariorum, Dracontium,
 minus, the lesser Dragonwort.
 Luph crispum Herbariorum, Dracontium
 majus, the greater sort of Dragons.
 Lupinus, a kind of pulse so called.
 Lupulus, Hops.
 Lupus reptitius, and Lupus salictarius, Lu-
 pnus, the same.
 Luscius or Luscitiosus, Nyctalops, it is one
 that seeth very little in the night or in
 the morning.
 Lutum Armenum, Bolus nrmenus, Bolear-
 menick.
 Luteum lemnium, and lutum sigillatum, is
 the right terra sigillata, which is brought
 unto us from the Isle Lemnos.
 Lychnis gemma, and Lychnites, Carbuncu-
 lus gilvus, a kind of Ruby.
 Lychnis agria, or Lychnis sylvestris, Rose
 Campion.
 Lycium, Pyxacantha, Spina buxea, and of
 Pliny Buxacanthus Chironius, medicine
 made of the juice or decoction of the
 Bramble root.
 Lycoctonum, one of the kinds of Aconi-
 tum.
 Lycoctonum cæruleum, the same.
 Lyncurium, and Lyncurius Lapis, Succinum,
 a precious stone congealed of the urine
 of the beast Lynx.
 Lymneum, and Lymnesium, Centaureum,
 Centory.
 Lypiria, vide Febris Lypiria.
 Lyfimachia, or Lyfimachium, Willow herb,
 Loofestrise, or water Willow.

Lyfimachia cernuta, a kind of water Wil-
 low.
 Lyfimachia lutea, yellow loofestrise.
 Lyfimachia Diofcoridis, the same.
 Lyfimachia Melina, the same.
 Lyfimachia Plinii, a kind of Willow herb.
 Lyfimachia purpurea, Punicea, and Spicata,
 the purple water Willow or Loofestrise.
 Lyfimachia punicea, the same.
 Lyfimachia filiquosa, brown Willow herb.
 Lytrum, Lyfimachia, Willow herb, Loofestrise,
 or water Willow.

M

M Acer, Macis, it is commonly taken for
 the spice called Macis.
 Macheronium, the Flower-deluce.
 Macia, Anagallis, white, or the Pimper-
 nel.
 Madon Plinii, Nymphæa, the white water
 Lilly or Rose.
 Madonais Theophrasti, Nymphæa, the
 same.
 Magistrantia officinarum, Masterwort, An-
 gelica.
 Magnes, and of Galen Magnetis, the Load-
 stone.
 Magudaris sive Magydaris, a certain herb so
 called.
 Majorana Sampsyches, French Marjoram.
 Mala armeniaca, an Apricock, or hasty Peach
 tree.
 Mala præcocia, the same.
 Malabathrum, vide Folium Indum.
 Malache, Malva, Mallows.
 Malache agria, Malva sylvestris, wilde Mal-
 lows.
 Malacia, Pica, a corrupt appetite by reason
 of humors gathered about the mouth of
 stomach, that is the affection of longing,
 especially in women.
 Malacocissus, a kind of herb like unto Ivy so
 called.
 Mali corium, Cortex mali punici, the outward
 shell or rinde of a Pomgranat.
 Mali punici corium, the same.
 Malobathrum, a certain Indian leaf.
 Maltum, Manlt, such as Brewers put in their
 Beer.
 Malva, Mallows.
 Malva arborea, or Malva arborescens, Hol-
 libocks or marsh Mallows.
 Malva agristis, wilde Mallows.
 Malva Anserina, Chenomalache, cut Mal-
 lows.
 Malva caballina, or
 Malva equina, wilde or Horse Mallows.

M m m

Malva

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Malva crispa, crisped Mallows.
Malva hortensis, or Malva sativa, garden Mallows.
Malva Leporina, a kind of Mallows.
Malva major, Malva equina, the great wilde Mallow.
Malva pumila, or
Malva minor, the lesser Mallow.
Malva Romana, Malva crispa, romish Mallows.
Malva transmarina, Hollibocks.
Malva sativa, vide Malva hortensis.
Malva sylvestris, wilde Mallows.
Malvaviscus, Althea, Hollibocks.
Malum, pomum, an Apple.
Malum Assyrium, a Citron.
Malum aureum, an Orange.
Malum canum, a Quince.
Malum Citrium, vel Citreum, a Citron.
Malum Citoneum, a Quince.
Malum granatum, a Pomgranat.
Malum Cydonium, a Quince.
Malum Hesperium, a Citron.
Malum Lanatum, a Quince.
Malum Lemomum, a Lemon.
Malum Milvianum, a Quince.
Malum punicum, a Pomgranat.
Malum sylvestre, a Crab or Wilde Apple.
Malum Nerantium, an Orange.
Malus, an Apple tree.
Malus Cidonia, or Malus Cotonia, a Quince tree.
Malus granata, a Pomgranat tree.
Malus Nerantia, an Orange tree.
Malus punica, a Pomgranat tree.
Man Arabum, a certain kind of dew.
Mania, Furor, Rabies, madnesse.
Maoia, Herba, Apollinaris, Henbane.
Mandragora, the Mandrage.
Manna, a kind of sweet dew.
Manna bomicina, or
Manna Calabrina, a kind of Manna or dew which is brought from Calabria: this is the common Manna of the Apothecaries.
Manna Brianfona, a more excellent kind of Manna then the foresaid.
Manipulus, Fasciculus manualis, a handful.
Manus Christi, Radix Palmæ Christi, a kind of Ragwort.
Manus Christi, Frutex, Ricinus, Palma Christi.
Marasmodes, vide Hectica.
Marassus, Vipera, an Adder.
Marathrum, Fœniculum, Fennel.
Marchasita officinarum, Pyrites, a kind of stone.
Margarita, or Margarites, a Pearl.
Marinella, Valeriana, Valerian.

Mariscus, Ficus, Sycosis, Turberculum in ano adfici similitudinem, the Piles.
Maro, Centaurium magnum, the greater Centory.
Marrubium, Prassium, Horehound.
Marrubium aquaticum sive palustre, water Horehound.
Maspeta, folia Silphii, the leaves of the herb Silphium.
Mastiche, Resina Lentisci, Mastick.
Mater Caryphillorum, or Caryophillorum, Mothercloves.
Mater Herculanea Apuleii, Nymphaea, wa-eer Roses.
Matricaria, Feverfew.
Matrisalvia, Scarlea, Clary.
Matrisylva Herbariorum, Caprifolium, Honyfuckle.
Matrix, Mediana vena, the Median vein.
Matrix, Uterus, the womb.
Matronaria, sive Matronella, Feverfew.
Mattiaca-pila, Matialis, Sapo, Sope.
Mauriaria, Dracontium, Dragons.
Mecon, Papaver, Poppy
Meconitis, Cataputia sylvestris, Wilde Spurge.
Meconrhœas, Papaver erraticum, a Corne rose.
Mediana, the Median vein.
Medicamen de Turbith, a purging medicine.
Medulla, Marrow.
Mehezeregi Avicennæ, Pityusa, Spurge.
Melanphyllon, Acanthus, Bears claw.
Melampodium, Veratrum nigrum, the black Neesewort.
Melampelos, Helcine, Pellitory of the wall.
Mel aerium, Hony dew.
Melancholia, Mentis alienatio ex atra bile nata, mœstitia metu conjuncta, Melancholy, kind of madnesse.
Melanium Theophr. Viola nigra, a kind of Violet.
Malanthium, Nigella, Nigel, Gitta.
Mel, Hony.
Mel Anacardinum, the Hony of Anacardium.
Mel cedrinum Hippocr. Manna liquida. Hony dew.
Mel Mirobalanorum, the Sirupe of Mirobalans.
Mel roreum, Hony dew.
Mel rosaceum, sive Mel rosarum, Hony of Roses.
Melaga, sorghum, a kind of Millet brought from India.
Meli Calaminon Arriani, Saccarum, Sugar.
Melia,

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- Melia Fraxinus, an Ash tree.
 Melicratum, wine and hony soddn together.
 Melica Herbariorum, Indian Miller.
 Melilotum, or Nelilotes, Melilot.
 Melilotus Avicennæ, great Melilot.
 Melilotus alba officinarum, white Melilot.
 Melilotus coronata a kind of Melilot.
 Melilotus lutea officinarum, yellow Melilot.
 Melilotus minor, the lesser Melilot.
 Melilotus nobilis Herbariorum, a kind of Melilot.
 Melilotus Serapionis, a kind of Melilot.
 Melilotus Catonis, or
 Melilotus Dioscoridis, Italian Melilot.
 Meline, or
 Melinus, Panicum, Panick.
 Meline Varronis, Melium, Mill or Millet.
 Meliphyllon, Melissa, Baulme.
 Melissa, Citrigo, the same.
 Melissa Cretica, or
 Melissa Turcica Herbariorum, Turkish Balme.
 Melisschoortes Nicolai Myrepsi, or
 Melissophyllum, Baulm.
 Melitites, honied wine.
 Melitæna, and
 Melittæa Melissa, Baulm.
 Melizoron, Mulsun, sweet wine or Mead.
 Melium aquaticum, a kind of Ragwort.
 Melligo, Manna, Hony dew.
 Melo, and.
 Melon, a Melon.
 Melocarpon, Aristolochia longa, Long Hartwort.
 Melopepo, Melo, a Melon.
 Melothrum, Vitis alba Briony the white.
 Menianthes, trifolium bituminosum, water Claver.
 Menium, Pæonia, Piony.
 Menogonium, Piony flowers.
 Meninges, involucri duo Cerebrum circum-
 quaque contegentia, quorum exterius,
 quod adversus cranii impressiones cerebri
 veluti propugnaculum est, tegumentum,
 Crassa sive dura Meninx appellatur, &
 Chirurgis dura mater. Aliud quod tenu-
 issimum est, & cerebro penitus conjun-
 ctum, Choroides appellatur, Chirurgis
 Pia mater: the two skins that compasse
 or wrap the brain.
 Menses, or
 Menstruum, the flowers, or terms in wo-
 men.
 Menstruum album, the whites in wo-
 men.
 Menthai Mintha, Mints.
 Mentha aquatica, water Mints.
 Mentha, caballina, or Mentastrum, horse
 Mints.
 Mentha crispa, rumpled Mints.
 Mentha equina, horse Mints.
 Mentha felina, Nepeta felina, Nep.
 Mentha rubra, a kind of Mints, red
 Mints.
 Mentha sativa, garden Mints.
 Mentha sylvestris, wilde or horse Mints.
 Mentagra, Menti impetigo, a scabbiness of
 the face.
 Mentastrum, Mentha sylvestris, wilde or horse
 Mints.
 Mentastrum acutum Herbariorum, a kind of
 wilde Mints.
 Mentastrum Apuleii, or
 Mentastrum Plinii, Pulegium agreste, wilde
 Mints.
 Mentis error, Madnesse.
 Mercurialis, Linosotis, herb Mercury.
 Mercurius Chimistarum, Hydrargyron,
 Quick silver.
 Mercurius præcipitatus, Precipitate.
 Mercurius sublimatus, sublimat.
 Meris, Tripolium, a kind of Turbith.
 Meri Arabum, Oesophagus, the mouth of the
 stomach.
 Meseraica vena, certain little veins in the Li-
 ver.
 Mespilum, a Medlar, or Open-arse.
 Mispilus, a Medlar or an Openarse tree.
 Metallum, Metal.
 Metopium, Ferula galbanifera, the herb of the
 which the gum Galbanum is made.
 Metra Hippocratis, Uterus, the Womb.
 Meu Arabum,
 Meon, or
 Meum, Mew.
 Mezereon Arabum, Lorel or Laurel.
 Mica thuris, Mantia thuris, the fragments of
 Frankincense.
 Micancalus, flos githaginis, a Corn rose.
 Michleta, a confectiion so called.
 Milax barbarorum, Smilax, Taxus, a tree like
 Fir.
 Milium, Millet.
 Milium Indicum, five,
 Millium saburrum, Indian Millet.
 Milium solis, Lithospermum, Gromil.
 Millifolia, or
 Millifolium, Yarrow, Noseblood, or Mil-
 foile.
 Millimorbia, or
 Millimorbium, Figwort.
 Milos, Taxus, a tree like Fir.

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- Miltos Plinii, Cinnabaris nativa, *natural Cinoper.*
 Milvus, *or*
 Milvus, a Kite.
 Minii gleba Celsi, Terra lemnia, Terra sigillata, *or sealed earth.*
 Minium, *red lead.*
 Minium Dioscoridis, *or*
 Minium Plinii, Cinnabaris metallica, Cinoper.
 Minium lemnium, terra lemnia, *sealed earth.*
 Minium artificiale, *artificial Cinoper.*
 Minium nativum, Cinnabaris metallica nativa, *natural Cinoper.*
 Minium officinarum, *or*
 Minium secundarium, *red or burnt lead.*
 Mintha, Mentha, *Mints.*
 Mintha agria, Mentastrum, *horse Mints.*
 Miserevivium Apuleii, Polygonum, Knot-grasse.
 Mithridatium Dioscoridis, Trixago palustris, *water Germander.*
 Mithridatium, antidotus Mithridatis, *Mithridate.*
 Mithridatium, *or Mithridatia* Apuleii, Scordium, *water Germander.*
 Miva Cydoniorum, *and Miva* Cydoniorum simplex officinarum, Syrupus Cydoniorum simplex, *the sirup of Quinces.*
 Miva Aromatica officinarum, Syrupus Cydoniorum Aromaticus.
 Mnion, Muscus, *Mosse.*
 Mola, *a piece of flesh without shape growing in a womans Womb.*
 Molge, Salamandra, *a Salamander.*
 Molocho, Malva major, *the great Mallow or Hollihock.*
 Molotriculum Veneris.
 Moly Galeni, Ruta montana, *wilde Rue.*
 Molybdæna Plinii, persicaria major, persicaria maculata, *the greater sort of Arse-smart.*
 Molybditis Plinii, Spuma plumbi, Litargium, plumbi, *Litargie, or white Lead.*
 Monembasites, Nicolai Myrepsi, Vinum Malvaticum, *wine made of Mallows.*
 Monoceros, Unicornium, *an Unicorn.*
 Montulmus Gazæ, Ulmus montana, *a kind of Elme.*
 Mora, poma sive fractus mori, Mulberries.
 Mora bati, *Bramble berries*
 Mora Celsi, *Mulberries.*
 Mora rubi, *Bramble berries.*
 Mora rubi, Idæi, *Frambois.*
 Morbus arquatus, Morbus regius, *the yellow Jaundise.*
 Morbus caducus, Morbus comitialis, Her-
- culeus, lunaticus, *the falling sicknesse.*
 Morbus comitialis, *vide Morbus caducus.*
 Morbus Divi Fiacari, Condyloma, *the Em-
rods.*
 Morella Herbariorum, Solanum, *Night-
shade.*
 Morea, *Mulberry tree.*
 Morsus Diaboli *Divels bit.*
 Morsus gallinæ, *running Bur Wheat.*
 Morsus mulierum, *Germander.*
 Moron, Morum, *a Mulberry tree.*
 Morus, Morea, *the same.*
 Morus vaticana, *Blucherry Bush.*
 Moscus, Muscus *Musk.*
 Moschocaryon, Muschocarydion, *a Nut-
meg.*
 Mucago, Mucilago, *and of the Apothecaries*
 Mucilago: *it is a slime or juyce which is
drawn either out of herbs, roots, or seeds.*
 Mula herba Gazæ, Hemionium, *Harts
tongue.*
 Mulsum, *sweet wine.*
 Multinervia, Plantago major, *the great Plan-
tain.*
 Multinodia, Polygonum, *Knotgrasse.*
 Multinodia minor, *the lesser Knotgrasse.*
 Mumia Arabum, Pissasphaltum factitium,
Mummy.
 Mumia Græcorum, Pissasphaltum, *the
same.*
 Mumia sepulchrorum, *the same.*
 Muria, *Salt water, pickle, or brine.*
 Muria Colymbadum, Muria Olivarum, *the
liquor of Olives.*
 Muria Lemoniorum, *the brine of the Lemons.*
 Muria Olivarum, *Olive brine.*
 Muralium, Helxine, *Pellitory of the Wall,*
 Muscatellum vinum, *Muscadel.*
 Muscus arborum, *Mosse.*
 Mustum, *new wine, or Must.*
 Mustum coctum, *sodden wine.*
 Myacantha, *a Palme tree.*
 Myacantha Aeginetæ, Asparagus myacanthinus, *Sperage.*
 Myces, Fungus, *a Toad stool, or Mushrome.*
 Myositis, Eufrasia cærulea, *blew Eyebright.*
 Myrmex, Formica, *an Ant, Emmet, or pis-
mire.*
 Myrapia, *or Myrapidia,* Pyra muscatella, *a
kind of pleasant and odoriferous
Pears.*
 Myrica, Tamarix, *a Tamarisk tree.*
 Miricites, Uinum Miricinum, *or Tamarici-
rum, wine made of Tamarisk.*
 Myrobalanus, Bellerica, *a kind of fruit grow-
ing in India.*

Myrobalanus

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Myrobalanus Cepula, vel Chebula, the same.

Myrobalanus citrinus officinarum, Myrobalanus flava.

Myrobalanus Empelutica, or imblica.

Myrobalanus Inda, Myrobalanus nigra.

Myrobalanus Gæcorum, myrobalanus unguentaria, a strange fruit called Ben. Look for Ben, in the second Index.

Myrrha, a sweet gum called Myrre.

Myrrha Troglodytica, a very excellent gum so called.

Myrrhis Cicutaria, Kex Cax, Assè Parsly, mock Chervil.

Myrsine, Myrthus, or Myrtus, the Myrtle tree.

Myrsine agria, Ruscus, Kneeholme.

Myrsionides, Unieordia, Perwinckle.

Myrtillus officinarum, Bacca myrti, the berries of the Myrtle tree.

Myrthacantha, Ruscus, Kneeholme.

Myrtus, a Myrtle tree.

Myrtus aculeata, myrtus acuminata, a kind of Myrtle.

Myrtus humilis, the same.

Myrtus terrestris, Ruscus, Kneeholme.

Myxa, or Myxaria, a kind of fruit so called.

N

NAocaphton Pauli, Naocauton, Nardaphton, black or common Frankincense.

Naphta, Petroleum, Bitumen liquidum, and Bituminis Calamentum, a kind of maunde or chalkie clay.

Napellus. Tota.

Napellus Moysis, Avicennæ Napellus saluteris, Antithora, it is a root much like unto Zeduary, but yet is not the right Zeduary, but an other unknown root.

Napi, Sinapi, Mustard seed, or the herb it self.

Napus, sive Napum, a Turnep.

Narce, Gentiana, and Centaurium magnum, Gentian, Bitterwort.

Narcissus, the white of Daffodil.

Narcissus Autumnalis, Flos Colchici, a Daffodil.

Narcissus luteus, a yellow Daffodil.

Narcissus Roseus, Rhodionarcissus Herbariorum.

Narcissus verus, a Daffodil.

Narcissus officinarum, Lenconium Theophrasti, an Italian Daffodil.

Narcissus Virgilii, Narcissus Theophrasti.

Narcotica, or Narcoticapharmaca, medicamenta, quæ frigiditate torporem adferunt, it is a certain medicine which maketh people stupefactive, or some of their members insensible.

Nardinum, Oyl of the Spikenard.

Nardus, Nardus, or Spica from India, Nardus indica.

Nardus Celtica, Nardus Romana, Nardus Gallica, a kind of Spikenard.

Narcaphtum, Thymiana, a kind of Frankincense.

Nascaphtum, the same.

Nasturtium, Nasturtium hortense, towne Cresse garden Cresses, or Nosemart.

Nasturtium aquaticum, water Cresses.

Nasturtium album, Raphanus marinus, Horse-radish.

Nausea, a disposition or will to vomit.

Nebula oculorum, the dimnesse of the eyes.

Nectris, or Notris Pollucis, Oliva conditanea, an Olive.

Nephrytis, Renum dolor, a grief or sicknesse in the Reins.

Nepeta, or Nepita, Calaminta, Nep.

Nepenthes, Buglossum, Buglosse.

Nenuphar, or Nenuphar Arabum, Nymphaea the flower-deluce.

Neregil, Nux Indica, an Indian nut.

Nerantzia malus, an Orange tree.

Neranzion, or Narauzium malum, the seme.

Nerion, Nerium, Rhododendron, Rose lawrel, Bay Rose tree, Oleander.

Nervorum resolutio, or dissolutio, is a dissolving or weakening of the sinews, called Paralysis Nervus, a sinew.

Nesium Apuleii, Centaureum magnum, the grrat Centory.

Neurospaston Plinii, Oxyacantha Dioscoridis, the Berbery tree, sharp or Tartbery tree, the white Thorn tree.

Nigella, Melanthium, Coriander of Rome Narde, Pepperwort.

Nigella alba, Melanthium album, white Pepperwort.

Nigella Romana, Coriander of Rome.

Nigellastrum, Corn rose.

Nihili album officinarum, Pompholyx, Tutty

Nihili griseum officinarum, Spodium Græcorum, Tutia Arabum, gray Tutty.

Nil album officinarum, Tutty.

Nil griseum officinarum.

Nitrum, Salpeter.

Nonifolium Ennaphyllum, wild Neeswoort.

Nucis myristicae involucrum, Nucis muscatae involucrum, Macis, the spice called Mace.

Nucis regiae Juli, the blossoms of the nut tree.

Nuclei pinei, the kernel of a nut so called.

Nucleus ferri, Chalybs, Steel.

Numularia. Centummorbia, silver grassie.

Nursina, Pila Martialis, Napus, a Rape or Turnep.

Nux, Nut, and nut tree: by this word nut, is

M m m 3 under

The third Index.

understood all fruits having hard shels like
a Nut.
Nux avellana, a *Hazel nut*.
Nux aromatica, a *Nutmeg*.
Nux Basilica, a *Walnut*, or *Walnut tree*.
Nux castanea, a *Chestnut*.
Nux cyparissi, *Pilula cyparissi*, a *Cypresse nut*.
Nux equina, a *Horse nut*.
Nux Indica, an *Indian nut*.
Nux Juglans, a *Walnut*.
Nux Lungobardica, *Lombarby nuts*.
Nux Myristica, a *Nutmeg*.
Nux Moscata, or *Muschata*, a *Nutmeg*.
Nux Græca, *Amygdalus*, an *Almond*, or *Almond tree*.
Nux Heracleotica, a *Hazel nut*.
Nux Myrepica, a *Nutmeg*.
Nux Persica, a *Persian nut*, and *nut tree*.
Nux Pineæ, *Pingles*.
Nux Pontica, a *hazel nut*.
Nux Regia, the same.
Nux Tassia, an *Almond*.
Nux Vomica.
Nux ungeuntaria a *Nutmeg*.
Nyctalops, *Lusciosus*, one that is *purblind*.
Nycteris Ætii, or *Nycteritis*, a *Rearmouse* or *Bat*.
Nymphæa, the *yellow Flower-de-luce*, or *Water Lillie*.
Nymphæa alba, the *White Water Lillie*, or *Rose*.
Nymphæa Feraclea Plinii, the same.
Nymphæa lutea, *yellow water Lilly*, or *Rose*.
Nymphæa minor, the *lesser Nenuphar*.
Nymphæa lutea minor, the *lesser yellow water Lillies* or *Roses*.

O

OA, *Sorbus*, *Servis tree*.
Ocimum, vide *Ozymum*, and *Ozimum*.
Ocneron, *Ruscus*, a *kind of shrub* so called.
Oculus canis, *Conyza*, a *certain herb* so called.
Oculus leporis, *Gariophyllara*, *Avens*.
Oculus suis, *Aster Atticus*, *Share*, *Stirr*, or *Codwort*.
Ocymastrum, *Cardianthemum*, a *kind of Gil-loflowers* so called.
Ocymum, *Basilicum*, *Basil*.
Oedema, *Undinia chirurgorum* vulgo, an *impeftume* coming of *stegmatick matter* without *grief*.
Oenanthe, *Flos vitis sylvestris*, *Flos Labruscæ*, the *blossomes of the wilde Vine*.

Oenanthe herba, *Filipendula*, *Dropwort*.
Oenarum Pampinus, a *vine lease*, or *green branch*.
Oenomeli, *Mulsum*, *sweet wine*.
Oenolithos, *Lapis vini*, *Tartarus*, or *Tartarum*, *Argoyle*, or *Winestone*.
Oenorhodon, *Vina rosa*, *Wine Rose*.
Oenos, *Vinum*, *Wine*.
Oesophagus, *Stomachus*, *Orificium ventriculi*, the *mouth of the stomach*.
Oesipum, or *Oesipus*, the *filthy oyl* that is in the *flanks of a Sheep*.
Olea, *Oliva*, the *Olive tree*.
Olea sylvestris, *Oleaster*, the *wilde Olive tree*.
Oleaster, the same.
Olei sex, *Amurca Olei*, the *dregs of oyl*.
Oleander, or *Oleandrum*, *Bararorum Rhododedrum*, *Oleander*.
Oleum Olivum, *Oyl of Olives*.
Oleum Anisi, *Oyl of Annise*.
Oleum Antimonii, *Oyl of Antimony*.
Oleum Amygdalarum, or *Oleum Amygdalarum ducium*, *Oyl of Almonds*.
Oleum Amygdalarum amararum, *Oyl of bitter Almonds*.
Oleum balaninum, *Oleum glandis unguentaria*, *Oyl of Behen*.
Oleum Camelinum, *Oleum sesaminum officinarum*, *Oyl of Camomil*.
Oleum Chamemelinum, the same.
Oleum Nucleorum Persicorum, *Oyl of Peachkernels*.
Oleum Caryophyllorum, *Oyl of Cloves*.
Oleum Costinum, *Oyl of Costus*.
Oleum Cucurbitinum, *Oyl of Gourds*.
Oleum Cucumeris Asinini, *Oyl of wild Cucumbers*.
Oleum Cicinum, vide *Oleum Ricinum*.
Oleum cydoneorum, *Oyl of Quinces*.
Oleum Euphorbii.
Oleum Hyperici, *Oyl of Saint Johns wort*.
Oleum Irinum, *Oyle of the Flower-de-luce*.
Oleum florum nucis Juglandis, *Oyl of the blossome of the Walnut tree*.
Oleum de Kerva, *Oleum ricinum*, *Oyl of Palma Christi*.
Oleum de lateribus, *Oleum Philosophorum*, *Oyl of Bricks*.
Oleum Laurinum, *Oyl of Bays*.
Oleum ligustrinum, *Oleum cyprinum*, *Oyl of Priver*.
Oleum Liliorum, *Oyl of Lillies*.
Oleum

The third Index.

- Oleum Lini, *Oyl of Lin or Flax.*
 Oleum macis, *oyl of Mace.*
 Oleum mastichinum, *Oyl of Mastick.*
 Oleum matricariæ, *oyl of sweet Marjoram.*
 Oleum melinum, *oyl of Quinces.*
 Oleum de mentha, *Oyl of Mints.*
 Oleum menthaceum, *the same.*
 Oleum Myrtinum, *oyl of Mirtles.*
 Oleum myrtillorum officinarum, Oleum
 Baccarum myrti, *the same.*
 Oleum Narcissinum, *oyl of Narcissus.*
 Oleum nucum juglandium, *oyl of Wal-*
nuts.
 Oleum nucis Indicæ, *Oyl of Indian Nuts.*
 Oleum nucis muscatæ, Oleum nucis myri-
 sticæ, *Oyl of Nutmegs.*
 Oleum Nenupharis, or Oleum Nymphæa,
Oyl of Nenuphar, or White Water Rose.
 Oleum Olivarum, *Oyl of Olives.*
 Oleum Omphacinum, *Oyl of Olives not full*
ripe.
 Oleum Ovorum, *oyl of Eggs.*
 Oleum florum papaveris, *oyl of Poppy.*
 Oleum seminis papaveris, *oyl of the seed of*
Poppy.
 Oleum petræ, Petroleum, *an oyl that natu-*
rally runneth out of the stone.
 Oleum Philosophorum, *oyl of Bricks.*
 Oleum de pipribus, *oyl of Pepper.*
 Oleum Piperinum stillaticium, *oyl that is di-*
stilled out of Pepper.
 Oleum Ricinum, *oyl of Palma Christi.*
 Oleum Rosaceum, *oyl of Roses.*
 Oleum Syocinum, Oleum Cucumeris asini-
 ni, *oyl of wilde Cucumbers.*
 Oleum Sufinum, *oyl of Lillies.*
 Oleum Staphidis, agriæ, *oyl of Stavesa-*
cre.
 Oleum Sesaminum officinarum, *oyl of Cam-*
momil.
 Oleum sulphuris, *oyl of Brimstone.*
 Oleum scorpionum, *oyl of Scorpions.*
 Oleum Sinapis, or Oleum Sinapinum, *oyl of*
Mustard.
 Oleum Stimmios, Oleum Antimonii, *oyl of*
Stibium, a stone so called.
 Oleum viride, Oleum Omphacinum, *oyl of*
unripe or green Olives.
 Oleum Vitrioli, *oyl of Vitriol.*
 Oleum lumbricorum, Oleum vermium terre-
 strium, *oyl of earth-Worms.*
 Oleum cyprinum, Oleum ligustrinum, *oyl*
of Privet.
 Oleum Raphaninum, or Oleum seminis Ra-
 phani, *oyl of Radishes.*
 Oleum Rhabarbari, *oyl of Rubarb.*
 Oleum Sandaracæ, *oyl of Juniper gum.*
 Oleum vermium terrestrium, vide Oleum
 lumbricorum.
 Oleum seminis Raphani, vide Oleum Ra-
 phanium.
 Oleum Absinthii, *oyl of Wormwood.*
 Oleum Leuconium, Oleum cheyrinum, *oyl*
of Violets.
 Oleum Cheyrinum, Oleum leuconium.
 Oleum granorum Juniperi, *oyl of Juniper*
berries.
 Oleum Nardinum, *oyl of Spikenard.*
 Oleum ex immaturis Olivis confectum, *oyl*
of unripe Olives.
 Oleum Spicæ nardi, *oyl of Spikenard.*
 Oleum Tartari, *oyl of Tartar.*
 Oleum resinæ abietis, *oyl of Turpen-*
tine.
 Oleum Therebinthinæ officinarum, *oyl of*
Turpentine.
 Oleum Triticici, *oyl of Wheat.*
 Olibanum officinarum, Opolibanum, white
Frankincense.
 Olibanum testiculatum, a kind of Frankin-
cense.
 Oliva, Olea, an Olive tree.
 Oliva conditanea, Olives.
 Olivum, Oleum olivarum, *oyl of Olives.*
 Olus atrum, Alisander, or Lovage.
 Olus aureum, Atriplex, Orage, Arech, or
 or golden herb.
 Olus rubrum, Blitum rubrum, red Spin-
 age.
 Olus Hispanicum, five Olus Spinacium,
 Spinage.
 Olus agninum Plantago, Plantain, or Wey-
 bry.
 Omentum, vulgo Zirbus, the caul, or suet,
 wherein the bowels are lapt.
 Omphacinum, vulgo Agresta, succus è la-
 brusca, vel uvis acerbis, Verjuyce.
 Omphalecarpos, aparine, Goeshâtr.
 Omphax, tva immatura, uva acerba, an
 unripe Grape.
 Onicidæ, Gallæ asinina, a kind of Gauls.
 Oniscus, Afellus, a kind of fish so called.
 Onitis, Origanum Creticum, bastard Mar-
 joram, Spanish Origan.
 Onocardium, Dipsacus, Fullers Thistle, or
 Teazil.
 Onopretium Herbariorum, Felicula sello-
 rum Adiantum album, Maiden hair.
 Onoriganum Herbariorum, Origanum affi-
 ninum sic dictum, quod folium ejus affi-
 nis pabulo sit gratum, Onitis, ba-
 stard Marjoram, or Spanish Ori-
 gan.
 Onyx, Blattium Bizantium, vide Blacca Bi-
 zantia.
 Ophioctonum, Cerviosellas, a Parsnep.
 M m m 4 Ophio-

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- Ophioglossum, *Serpents tongue.*
 Ophiostaphylos; Uva anguina, *a kind of shrub so called.*
 Ophthalmia, Lippitudo, *blearednesse of the eyes.*
 Ophthalmica herba, Eufrasia, *Eyebright.*
 Opisthotonus, *a kind of Cramp.*
 Oppertitus, Iris, *Flower-deluce.*
 Oppilation, *a stopping of the breast.*
 Opion, Opium, Liquor, vel lacryma, è vulneratis, papaveris nigri Capitulis fluens, *a certain dried sap of the black Poppy, which of the Apothecaries is called Opium.*
 Opopanax, lacrima panacis, officinis opopanaxum, *the dried sap or gum which is pressed out of the root of the herb Panax, which as yet is so called of the Apothecaries.*
 Opobalsamum, laquor Balsami, Balsamum, Judaicum, *natural or Jewish Balsamum.*
 Opolibanum, Thus, *Frankincense.*
 Opopyra, *a confection so called.*
 Opos Medicos, and Opos Syriacos, hoc est, Succus medicus, & Syriacus, *a kind of juyce so called.*
 Opulus, *Dog tree.*
 Orbicularis, *Sowes bread.*
 Orchis, Testiculus, *Gandergrasse, Ragwort.*
 Orchis mas major, *the male Gandergrasse or Ragwort, with the broad leaves.*
 Orchis mas minor, *male Gandergrasse with the narrow leaves.*
 Orchis foemina minor, *the female Gandergrasse with the narrow leaves.*
 Orchis Odoratus, *sweet Ragwort.*
 Orchis Serapias, *a kind of Ragwort.*
 Origanum, Origanus, *bastard Marjoram, or Spanish Origane, Organy.*
 Origanum Afininum, Onitis, *vide Origanum.*
 Origanum Hispanicum, *vide Origanus Heracleotica.*
 Origanum Hircinum, Tragoriganum, *vide Origanum.*
 Origanum panaceum, Origanum sylvestre, *wilde or common Origane.*
 Oripelea, Montinhus, Ulmus montana, *an Elme.*
 Orminum officinarum, Gallitricum, *Clary.*
 Orobax, Pæonia, *Piony.*
 Orobelium, *the same.*
 Orobethrom, Hypogistis, *a certain juyce so called.*
 Orobuz, Erum, *a kind of pulse bigger then Vetches, bitter Vetches, Tares.*
 Orneoglossum, Lingua avis, & officinis semen fraxini, *the seed, or keyes of Ash.*
 Ornus, Fraxinus montana, *an Ash.*
 Orthophnæa, *a straightnesse of breath, by stopping of the Lighes, that one cannot breath but holding his neck upright.*
 Ortyx Theophrasti, Herbæ genus, *Plantago, Plantain.*
 Orvala, sive Orballa Herbariorum, *Clary.*
 Oryza, Risum, *Rice.*
 Os Sepiæ, *Cuttlebone.*
 Os de corde cervi, Ossea cartilago cordis cervini, est propago quædam nervia duriuscula, crucis similitudine, *the bone that is in a Stags heart.*
 Ostracium Indicum, Blattum Byzantium, *an Indian shell, vide Blatta Byzantia.*
 Ostracum Galeni, Cothleæ domus, *a Snail shell.*
 Osyris, vel Osyrias, *wilde Flax.*
 Othonium, Chelidonium majus, *Celandine the greater.*
 Oxalis, vulgo Acetosa, *Sorrel.*
 Oxalis arvensis, Oxalis minor, tenuifolia vervecina, *the lesser Sorrel.*
 Oxalis gallica, or Oxalis rotunda, *round Sorrel.*
 Oxalis sativa, *same Sorrel.*
 Oxyacantha Galeni, Officinis Berberis dicitur, *the Berbery tree.*
 Oxyacanthites, *Berbery wine.*
 Oxyarcentis, *the greater Juniper tree.*
 Oxycraton, sive Oxycratum, *water and vinegar together, called Posca in Latine.*
 Oxycroceum, *vide Emplastrum Oxycroceum.*
 Oxygonum, Papaver erraticum, *the red cornrose.*
 Oxydrus Theophrasti, Juniperus minor, *the Gooseberry tree.*
 Oxylapathum Dioscoridis, Lapathum acutum, *Docks.*
 Oxylapathum Galeni, Lapathum acidum, *Sorrel.*
 Oxymalon persicon Laconi, prunum, *a Prune.*
 Oxymel sive Oxymel simplex, *Sirupe made of Vinegar and Hony.*
 Oxymel compositum, Oxymel diureticum.
 Oxymel de radicib. *a kind of compounded sirupe.*
 Oxymel Scillinum, sive Scilliticum, *a sirup of sea Onions, Vinegar and Hony.*
 Oxymel simplex, *vide Oxymel.*
 Oxymyrfive, Ruscus, *Kneeholme.*
 Oxyphœnica, Palmulæ Indicæ Tamarindi, *the fruit of the tree Oxyphœnix.*
 Oxyrrhodinum, Oleum rosaceum aceto dilutum, *Oyl of Roses & Vinegar together.*
 Oxyfaccharum, Officinis Oxyfacchara, *a sirup so called.*

Oxyfac.

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Oxyfaccharum compositum, *a compounded
sirupe of Vinegar and Sugar.*
Oxytriphylum, Asphaltum, *wood Sor-
rel.*
Ozæna, five Ozæna, *a sore in the nose cau-
sing a stinking savour.*
Ozilete officinarum, or Ozylete, *perfu-
ming Candles.*
Ozimum, Ocimum, or Ozymum, *Ba-
sil.*
Ozymum aquaticum, *water Basil.*
Ozymum Caryophyllatum, or Ozymum mi-
nus, *the lesser Basil.*
Ozimum crispum, *crisped Basil.*
Ozimum minus, vide Ozimum Cariophylla-
tum.

P.

PAbulum anserinum, *Alsine; Chick-
weed.*
Pabulum camelorum, Scœnanthum, Squi-
nanthum.
Pabulum cervi, Elaphoboscum, *A kinde of
Sage.*
Pæderos, and Pæderotes, Acanthus, *Bears
foot.*
Pæderotes, vide Pæderos.
Pæonia, *Pyony.*
Pæonia alba, *White Pyony.*
Pæonia fœmina, *Pyony the Female.*
Pæonina fœmina altera, *red Pyony.*
Pæonia mascula Plinii, Pæonia promiscua,
the same.
Pæonia mascula Dioscoridis, Pæonia
alba.
Pæonia multiplex, *double Pyony.*
Pæonia promiscua, vide Pæonia mascula,
Plinii.
Pæonium Apuleii, idem quod Pæonia, *Py-
ony.*
Pææde, Pæonia, *the same.*
Pala marina Barbarorum, Balla marina
officinarum, *sea balls.*
Palimpissa, Pix excocta, *Pitch twice sod.*
Palatium leporis.
Palma, Phœnia, *the Date tree.*
Palma Christi, *a tree so called.*
Palma Christi minor, Satyrium Basilicum
minus Herbariorum, *three leaved Gan-
dergrasse. Ragwort, or Dogstones.*
Palma Veneris, Satyrium Basilicum, *the
same.*
Palma virginea herbariorum, Pervinca,
Perwinkle.
Palmos, *the panting of the heart.*
Palmulæ Dactyli, Phœnices, *Dates.*
Palmulæ acidæ, Palmulæ Indicæ, Palmulæ
nigra Tamarindi, *sower Dates.*

Palmulæ Indicæ, vide Palmulæ acidæ.
Palmulæ nigra, vide Palmulæ acidæ.
Palmula Veneris, Satyrium regium minus,
a kinde of Ragwort.
Palpitatio cordis, *the panting of the
heart.*
Palpebra, gena, Blepharon, *an eye lid.*
Paludapium, Eleoselinum, *wilde Parsly, Smal-
lage.*
Pampinula, Pimpinella, *Pimpernel.*
Panaritium Barbarorum Paronychia, *A
disease often breeding in ones fingers.*
Panada, Panatilla Practicorum, *A pap made
with bread.*
Panacca, Ligusticum verum, *Lovage.*
Pancarpus, *Milkehistle.*
Pandionia radix, Chelidonium majus, *Co-
landine the greater.*
Pancranum, Thapsia, *a kinde of Turbitb.*
Panicum, *Panick.*
Panicum Indicum, *Indian Panick.*
Panigo, Panicum, *Panick.*
Panion, Satyrium, *Dog stones.*
Panis alcarit Barbarorum, Cyclaminus,
Sowes bread.
Panis bis coctus, Panis nauticus, *Bis-
ket.*
Panis ciconiæ, Colchichum, *Hermodactyles.*
Panis cuculi, Trifolium acidum, *Cuckoebread,
wood Sorrel.*
Panis fauni Barbarorum, Cyclaminus, *Sowes
bread.*
Panis Divi Johannis, Carrubia, *Sili-
qua.*
Panis nauticus, vide Panis bis coctus.
Panis terræ herbariorum, Cyclaminus, *Sowes
bread.*
Panthiceratos, Pæonia, *Pyony.*
Papaver, Mecon, *Poppy.*
Papaver album, *white Poppy.*
Papaver caninum, Papaver erraticum, *wilde
Poppy.*
Papaver caducum, *red Poppy.*
Papaver erraticum, vide Papaver cani-
num.
Papaver erraticum minus, *the lesser red
Poppy.*
Papaver fluidum Gazæ, Papaver rhœas, *the
same.*
Papaver sativum, *white Poppy.*
Papaver hortense, *the same.*
Papaver palustre, Nymphæa, *the White water
Lilly, or Rose.*
Papaver nigrum, *black Poppy.*
Papaver puniceum, Papaver rubrum, *red
Poppy.*
Papaver rhœas, vide Papaver fluidum.
Papaver rubrum, vide Papaver puniceum.
Papaver sylvestre Dioscoridis papaver ni-
wilde Poppy.

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- Papaveralis*, red Poppy.
Papaveris minor, the lesser Poppy.
Papaveris caput Codia, the tops of Poppy.
Paralius, *Tithymalus marinus*, A kinde of Spurge.
Paralyfis, *paraphlegia*, *nervorum resolutio*, a discafe called the Palse.
Paralytica, or *Paralytica herba*, Cowslips.
Paralytica Alpina, Sanicle.
Paralyticus, one that hath the Palsey.
Paraphlegia, vide *Paralyfis*.
Paraphora, *Delirium*, vide *Mentis error*.
Pardalianches, a kinde of Wolfewort.
Parietalia, the Temples of the head.
Parietaria, and *Parietaria minor*, *Perdicium*, Pellitory of the wall.
Paron Itolorum, *Iliaca*, A pain in the guts.
Paronychia, *Panaritium Barbarorum*, A discafe growing in the fingers.
Parotes, *Abscessus secus aures*, An Impostume behinde the ears.
Parthenium, *Cotula foetida*, *Feverfew*, or *Motherwort*.
Paspahan, *Itolorum*, a powder so called.
Pascanthemum Herbariorum, *Bellis minor*, *Daisies*.
Paspale Hippocratis, *Millium*, *Miller*.
Pastinaca, a *Parsenep*.
Pastinaca alba, A white *Parsenep*.
Pastinaca cervina, *Elaphoboscum*, a kinde of *Parsenep*.
Pastinaca erratica, *Pastinaca vera*, wilde or yellow *Parsenep*.
Pastinaca nigra *Theophrasti*, *Pastinaca rubra*, A *Carrot*.
Pastinaca lutea, *Carotis lutea*, yellow *Carrot*.
Pastinaca sylvestris, *Pastinaca vera*, wilde *Parsenep*.
Pastinaca major Athenæi, *Careum*, *Cumin*.
Pastillum, *Isatis*, *Wood*.
Pastus Camelorum, *Scenanthum*, *Squinnanth*.
Passulæ officinarum, *Uvæ passæ*, *Raisons*.
Passulæ Chemesinæ, *Passulæ sine nucleis*, *Carans*.
Passulæ corinthiæ, vide *Passulæ siliciæ*.
Passulæ Damascenæ, *Uvæ Zizibæ*, vel *Zibebæ*, A kinde of *Raisons*.
Passulæ minores, *Currans*.
Patientia, the herb *Patience*.
Paverina Itolorum, *Alsine*, *Chickweed*.
Pavonaria Herbariorum, *Arsesmart*.
Pectis Apuleii, *Sympheicum magnum*, *Comfrey*.
Pedalium Apuleii, *Polygonum*, *Knotgrass*.
Pedicularia.
Pelagum Plinii.
Penidia, *Penidiorum*.
Pentapetes, *quinquefolium*, five leaved *grasse*.
Pentapleuron, *Hownds rib*, or the lesser *Plantain*.
Pentaphyllon, *Cinckfoyl*.
Pentorobon, *Peonia*, *Piony*.
Pentadactylon, *Ricinus*: *Palma Christi*.
Peplion, wilde *Purslain*.
Pepo, *Pepon*, A kinde of *Melons* called *Pompeons*.
Pepo muscatellinus, A kinde of *Pompeons*.
Pepo saccharinus, Another kinde of *Pompeons*.
Pepo saracenicus, A kinde of *Pompeons*.
Pepo Turcicus, the same.
Pera pastoris, *Bursa pastoris*, *Shepherds pouch*.
Perdicium, *Pellitory of the wall*.
Perfoliata, *Thorough wax*.
Perforata officinarum, *S. Johns wort*.
Pericardium, the skin that compasseth the heart.
Periclymenum perfoliatum, vide *Periclymenum Italicum*, sive *Periclymenum perforatum*, *Woodbinde*, or a kinde of *Hony-suckle*.
Perclymenum, *Periclymenus*, *Hony-suckle*.
Peristerion, *Columbaria*, *Vervain*.
Peripneumonia, An inflammation or impostume in the Lungs, with a vehement Fever.
Peristeropodium, *Pes columbinus*, *Storks Bill*.
Perla, *Margarita*, A kinde of pretious stone.
Perficaria Herbariorum, *Arsesmart*.
Perficum, a *Peach*.
Perficus, and *Perfica malus*, a *Peach tree*.
Perfites, *Tithymalus dulcis*, A kinde of *Spurge*.
Personatia, or *Personata*, *Clot*, or great *bnr*.
Pervinca, *Pervinkle*.
Pes Alexandrinus, *Pyrethrum*, *Bartrame*, or *Pellitory*.
Pes columbinus Herbariorum, *Pinckneedle*.
Shepherds bodkin, or *Storks bill*.
Pes gallinaceus, *Hartwort*.
Pes Leporinus, *Hares foot*.
Pes Leonis, *Pedalion*, or *Lions foot*.
Pes vituli, A kinde of *Cuckowpinte*.
Pestilentia, *Pestis*, A *Pestilence* or *Plague*.
Pestis, vide *Pestilentia*.
Petræleon, *Petroleum*, an oyl that naturally runneth out of a stone.
Petroselinum, a kinde of *parsly* growing on stones.
Petroselinum Alexandrinum, *Herbariorum*, *stone parsly*.
Petroselinum Macedonicum, the same.

Peuce,

The third Index.

- Peuce, Abies nigra, *A Firr tree.*
 Peucedanum, *Dog Fennel.*
 Phagadæna, *A running canker, or pock.*
 Pharmacon Suidæ, Petraleon, *An oyl naturally running out of a stone.*
 Phasganum, Gladiolus, *Sedge or Gladen.*
 Phaselus, five Phaseolus, *a kinde of pulse or long pease.*
 Phasiolus, Phaselus, *the same, a Turkish bean or pease.*
 Pheminalis, Pelomus, *a kinde of Primrose.*
 Philanthropus, Aparine, *a kinde of burrs that cleave mens coats.*
 Philonium, five Philonium Romanum, *A Confection so called.*
 Philonium persicum, *A Confection so called.*
 Philomedium, Chelidonium majus, *Celandine the greater.*
 Phlegma, *the humour in the body called Phlegme.*
 Phlegmone, inflammatio, *An Impostume, or bloud inflamed.*
 Phlogion, Viola Trinitatis, *herb Trinity, or Harts ease.*
 Phlomis, Verbasculum, *Cowslips.*
 Phlomos, Melanophyllos, Verbasculum nigrum, *Longwort, Woolblade, or Torch herb.*
 Phlomos agrios, Verbasculum sylvestre, *wilde Woolblade.*
 Phlox, *flower gentle.*
 Phoenix, Palma, *A Date tree.*
 Phoenicites, Lapis Judaicus, *Jewes stone.*
 Phrenitis, *A phrensie.*
 Phrycodes, *vide Febris phrycodes.*
 Phrygius lapis, *Amber.*
 Phehriasis, Morbus pedicularis, *the Louzy evil.*
 Phthirioctonum, Pedicularia, *Licebane.*
 Phthisis, *a kinde of Consumption.*
 Phthisicus, *one that hath a Consumption.*
 Phu, *Valerian.*
 Phu ponticum, *the same.*
 Phyleteria, five Phyleterium, Dictamus alba, *A certain herb so called.*
 Phylira, Tilia, *The Linden, or Fillet tree.*
 Phyllitis, Lingua cervina, *Harts tongue.*
 Phyllon, five Phyllon Indicum, *An Indian leaf, vide Malabathrum.*
 Phyllopharis, Marrubium, *Horehound.*
 Phyltrum, *Loveweed.*
 Phyrania, Fermentum, *sowr dough.*
 Physalis, Halicacabus, *Alkakeug.*
 Pia mater, *A little skin that covereth the brains, vide Meninges.*
 Pica, citra, Malacia, *A disease of longing unnaturally in a woman with childe.*
 Picea, Abies nigra, *a Pitch tree.*
 Picibitumen, Pissaspaltum, *Pitch, and the lime called Bitumen mingled together.*
 Pilula, Catapotium, Barbaris Pillula, *per duplex L. Pills.*
 Pillula cyparissi, Nux cupressi, *A Cypresse unt.*
 Pilulæ Alephanginæ Arabum, Pilulæ aromaticæ, *A kinde of Pills.*
 Pilulæ aromaticæ, *vide Pilulæ Alephanginæ.*
 Pilulæ aureæ, *a kinde of Pills.*
 Pilulæ de Agarico, *pills of Agaricus.*
 Pilulæ Assajereth, *pills so called.*
 Pilulæ de Aleo lota, *pills of washed Aloes, or Sengreen.*
 Pilulæ aggregativæ officinarum, Pilulæ Polychrestæ, *pills so called.*
 Pilulæ de Lapide Armoniaco, *pills of a stone so called.*
 Pilulæ de Bdellio, *pills made of the Gum Bdellium.*
 Pillulæ benedictæ, *certain pills so called.*
 Pilulæ cochix, *pills that purge the head.*
 Pilulæ communes, Pilulæ Ruffi, Pilulæ sine cura, *vide Pilulæ pestilenciales.*
 Pilulæ de Cynoglossa, *pills of Houndstongue.*
 Pilulæ de Euphorbio, *pills of the gum called Euphorbium.*
 Pilulæ Fœtidæ, *pills of Assa fœtida.*
 Pilulæ de Hiera, *pills of Aloes.*
 Pilulæ de Hiera composita, *pills of Aloes, and other things.*
 Pilulæ de fumo terræ, *pills of Pigeons, Cheruil, or Fumitory.*
 Pilulæ de Hermodactylis, *pills of Hermodactiles.*
 Pilulæ iliacæ, *pills for the Colick, or pain in the small guts.*
 Pilulæ Indæ, *pills of Indian Mirobalans.*
 Pilulæ de Hiera cum agarico, *pills so called.*
 Pilulæ de lapide Lazuli officinarum, Pilulæ de lapide Cyaneo.
 Pilulæ mastichinæ, *pills of Mastick.*
 Pilulæ de mezereo officinarum, *pills of Lovel.*
 Pilulæ de Chamelæa, *the same.*
 Pilulæ ophtalmicæ, *pills for the eyes.*
 Pilulæ de quinque generibus Mirobalanorum, *Pills of five kindes of Mirobalans.*
 Pilulæ de Opopanaco, *pills of the Gum Opopanacum.*
 Pilulæ polychrestæ, *vide Pilulæ aggregativæ.*
 Pilulæ pestilenciales, Pilulæ Ruffi, *pills against the plague.*
 Pilulæ ruffi, *vide Pilulæ communes, and Pilulæ Pestilenciales.*

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Pilulæ de Sarcocolla, *Pills of a gum called Sarcocollum.*
 Pilulæ sine quibus, five, sine quibus esse nolo, *Pills so called, which some call Pilulæ sine cura, because they may be taken or used without all fear.*
 Pilulæ de Sandaracha, *pills of the Gum of a Juniper tree.*
 Pilulæ de Serapino, *pills of the Gum Serapinum.*
 Pillulæ de succino, *pills of white Amber.*
 Pilulæ de tribus, *Pilulæ pestilenciales.*
 Pilulæ de Rhabbarbaro, *pills of Rhabarb.*
 Pilulæ sine cura, vide Pilulæ Alephanginæ, Pilulæ pestilenciales, Pilulæ communes, Pilulæ sine quibus esse nolo.
 Pilulæ Stomachicæ, *Pills for the stomach.*
 Pimpinella crispa, Pimpinella petræa, Pimpinella minor, *Burnet, or Pimpinel, Pimpinel the lesser.*
 Pimpinella Hircina, *a kinde of Pimpinel.*
 Pimpinella Italarum, Sanguisorba, *Pimpinel.*
 Pimpinella major, *the great Pimpinel.*
 Pimpinella minor, vide Pimpinella crispa.
 Pinaster, Pinus sylvestris, *the wilde Pinetree.*
 Pinestell, Pinestellum, *Dog Fennel.*
 Pineæ officinarum, Nux Pineæ, *the fruit of the Pine tree.*
 Pingue lactis, *Pinguedo lactis, Cream.*
 Pinguitudo succidarum Lanarum, Oesypus, *the oyl that breedeth in the flank, or neck of a sheep.*
 Pinus, *A Pine apple tree.*
 Pinus sylvestris, vide Pinaster.
 Pinus pumila, *A kinde of Pine tree.*
 Pinula, Tricomanes, *Maindenhair.*
 Piper, *Pepper.*
 Piper album, *White Pepper.*
 Piper agreste, Vitex, Agnus Castus.
 Piper Aquaticum, Hydropiper, *water Pepper, Arsnick, Kilridge, or Cntrage.*
 Piper caninum, *the same.*
 Piper Eunuchorum, Piper Monachorum, Agnus castus, vide Agnus castus.
 Piper longum, *long Pepper.*
 Piper monachorum, vide Piper Eunuchorum.
 Piper montanum, *Lorrel.*
 Piper nigrum, *black Pepper.*
 Piperitis, Lepidium, *Indish Pepper, Alecoste.*
 Pira muscatellina, *Musk pears.*
 Piraster, *wilde pear tree.*
 Pirola, five Pirula, or Pirola pratensis, *wilde Beers.*
 Pissahygra, Pix liquida, *Tarr.*
 Pissasphaltum, Picbitumen, *Pitch and the lime called Bitumen mingled together.*

Pissasphaltum Arabum, Mumia officinarum, *the same.*
 Pissasphaltum Græcorum, Pissasphaltum nativum, *the same.*
 Pistaceum, five Pistacium, Pistachium, *A kinde of nuts commonly of the Apothecaries called Fistici.*
 Pistaceus, *A kinde of nut tree.*
 Pistachium, or Pistacium, vide Pistaceum.
 Pisum, *A Pease.*
 Phititis, Papaver nigrum, *Black Poppy.*
 Pituita, Phlegma, *Phlegme.*
 Pityides, Pineæ nuces, *the fruit or nuts of the*
 Pityusa, Esula major officinarum, Esula, *Spurge.*
 Pix, Pissa, *Pitch.*
 Pix arida, Pix concreta, Pix excocta, *hard, or stone Pitch.*
 Pix Brutia, Pix græca, *A kinde of Pitch.*
 Pix Fluida, Pix Liquida, *Tarr.*
 Pix navalis, pix radulana, *ship, or saylers Pitch.*
 Plantago, Plantain, or Waybread.
 Plantago acuta, five Lanceolata, *sharp plantain.*
 Plantago Aquatica, Plantago Palustris, *water Plantain.*
 Plantago lata Apulei, Plantago latifolia, *broad leaved Plantain.*
 Plantago lanceolata, Plantago acuta, *prickle leaved Plantain.*
 Plantago latifolia minor, Plantago trinervia, Plantago sylvatica, *the lesser broad leaved Plantain.*
 Plantago major, *the great Plantain.*
 Plantago media Herbariorum, Plantago minor Dioscoridis, *Waybread, or Ribgrasse.*
 Plantago minor Dioscoridis, vide Plantago media.
 Plantago acuta, vide supra.
 Plantago rubea, Plantago major, *red Plantain.*
 Plantago trinervia, vide Plantago latifolia minor.
 Plantago rosea, *A kinde of Plantain.*
 Planta leonis, Alchimilla, *Ladies mantle.*
 Plantagonium, Folium papaveris, *the leaf of Poppy.*
 Plantanella Spondylium, *Bear's foot.*
 Plantanus, *A Plane tree with broad leaves, growing in Italy, whom some do take for Opulus.*
 Platyophthalmion Plinii, Stimmi, *A kinde of purging glasse called Stibium.*
 Pleuritis, *the Pleurisie.*
 Plectronia, five Pelethronia Apulei, Centaureum magnum, *Centory the greater, vide Rapontica.*
 Plectranthemum, Consolida regia, *Larkspur.*
 Pleuriticus, *one that hath the Pleurisie.*

Plum-

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- Plumbago Plinii, Perficaria maculata, *A kinde of Arsmart.*
 Plumbum, *Lead.*
 Plumbum ustum, *burnt Lead.*
 Podagra, *the Gout.*
 Prodagra lini Herbariorum, Cassyta, *Binde-weed.*
 Podex, *an Arsehole.*
 Polemonia, five Polemonium, vide Diptamus.
 Pollen, *Meal dust.*
 Polyanodynos, Cicuta, *Hemlock.*
 Polyanthemum Plinii, Ranunculus multiplex, *A kinde of Butter flower.*
 Polycarpon, Polygonum, *Knotgrasse.*
 Polycraton Hippocratis five Polycriton, *Arsmart.*
 Polygonoides, pervinca, *Perwinkle.*
 Polygonatum, Sigillum Solomonis, *Solomons Seal.*
 Polygonatum angustifolium, Polygonatum minus Herbariorum, *Solomons seal the lesser.*
 Polygonatum latifolium, Polygonatum platyphyllon, *the great Solomons seal.*
 Polygonatum majus, *the same.*
 Polygoatum minus, vide Polygonatum angustifolium.
 Polygonatum platyphyllon, vide Polygonatum latifolium.
 Polygonum, multinodia, *Knotgrasse.*
 Polygonum Heracleum Herbariorum, Polygonum mas, *Knotgrasse the male.*
 Polygonum scemina, Hippurus minor, *Knotgrasse the female, or Horsetail.*
 Polygonum masculum, vide Polygonum Heracleum.
 Polygonum minus, vulgo ruella, *the lesser Knotgrasse.*
 Polyneuron, *broad Knotgrasse.*
 Polyominon, Perdicum, Parietaria.
 Polypodium, Felicula, *Polipody.*
 Polypus, *a certain Impostume in the nose.*
 Polytrichon officinarum, Trichomanes, *Maiden hair.*
 Polytrichum Apuleii, *the same.*
 Polytrichum Dioscoridis, Polytrichum verum, *a kinde of Venus hair.*
 Polytrichum aureum Herbariorum, *the same.*
 Polytrichum verum, vide Polytrichum Dioscoridis.
 Pomada, five Pomata, *a sweet smelling salve made of Apples.*
 Pomata, unguentum Pomatum, vide Pomada.
 Pomelæa Herbariorum, *Lungwort.*
 Pompholyx nigra, *gray Tussy.*
 Pompholyx, *Tussy.*
 Pomum Arangiæ, Pomum Nerantzium, *an Orange.*
 Pomum Lemonium, five Limonium, *A Lemon.*
 Pomum sylvestre, *a Crab or wilde Apple.*
 Poplitis vena, *the vein of a mans ham behinde the leg.*
 Populago, Bechium, Falefoot, Alehoof, or Horse-hoof.
 Populeum officinarum, unguentum populeum, *Poplar salve.*
 Populus, *the Poplar tree.*
 Populus humilis five Populus pumila, *a kinde of Poplar.*
 Porcellana, Herbariorum, Andrachne, *Purflain.*
 Poros, *that matter which consolidateth the broken bones within.*
 Porrum, *a Leek.*
 Porrum aricinum, Porrum Capitatum, *headed Leeks.*
 Porrum sectile, five Porrum sectivum, *Leeks.*
 Porrum Tarentinum, *Leeks.*
 Porrum sylvestre, five Porrum vineale seu Ampelorasum, *wilde Leeks.*
 Portentilla Herbariorum, Argemone altera, *wilde Tansie, or Silver herb.*
 Posca, Oxycraton, *a kinde of small household wine, mixed with water in the presse: vide Oxycraton.*
 Præmorfa Herbariorum, Morsus Diaboli, *Devils bit.*
 Prasitis gemma, *a kinde of Saphyre.*
 Prasilium, Marrubium, *Horsehound.*
 Priapeion, Viola nigra, *a kinde of Violets.*
 Priapicon, Satyrium Erythronium, *a kinde of Gändergrasse.*
 Priapismus, satyriismus, satyriasis, satyriasmus, *a disease whereby the privy member of a man standeth alway, without appetite or lust of generation.*
 Priapus Cervi, *Pisse of a Hart.*
 Primula veriflora Herbariorum, five Primula veris, *Primrose, or Cowslips.*
 Probatium, Plantago, *Plantain.*
 Proetium, Veratrum nigrum, *black neese-wort.*
 Proserpinaca, *Knotgrasse.*
 Prosopium, five Prosopis, *the great Barr.*
 Protopium, *wine new pressed out of the Grape.*
 Protea Apuleii, Nymphæa, *the white water Lilly.*
 Pruneola, Prunia sylvestria, *Sloes.*
 Prunella Herbariorum, *Selfe-heal.*
 Prunidaetyla, *Damask Prunes.*
 Pruna Avenaria, *a kinde of Sloes.*
 Pruna Asinaria, or Pruna Asinina, *great Prunes.*
 Pruna Cereæ, five Cerina, *a kinde of Prune.*
Pruna

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Pruna Cerina, five Cerea majora, great Italia Prunes.
 Pruna Damascena, Damask Prunes.
 Pruna Hiberica, Pruna Hispanica, Spanish Prunes.
 Pruna hordearia, White Prunes.
 Pruna equina, Horse Prunes.
 Pruna Syriaca, vel Pruna Syriacusana, Damask Prunes.
 Pruna Nana, harvest Prunes.
 Pruna sylvestria, Sloes.
 Prunum, A Prune.
 Prunum Passum, a dried Prune.
 Prunus, A plumtree.
 Prunus sylvestris, A Sloe tree.
 Prurigo, Prurigus, Itch.
 Pseudoacorus, Gladiolus luteus, sweet Canes.
 Pseudaristolochia, Capnos, Chelidonia, Swallows herb.
 Pseudoligusticum, Lovage.
 Pseudomelantium, Corn rose.
 Pseudonardus, Spica hortulana, & Lavendula, Spike.
 Pseudopastinaca, A Parsenep.
 Pseudomyrtus, vitis Idæa.
 Pseudoparthenium, Motherwort.
 Pseudorhaponticum, Centaureum magnum, great Centaury.
 Pseudofantalum, false Saunders.
 Psidium Herbariorum, Alchimilla, Sinnau.
 Psittachium Nicandri, Pistaceum, A kinde of nuts so called.
 Psilothrum, Vitis alba, Bryony.
 Psora Ætii, Scabiosa, Scabious.
 Psora Plinii, fera scabies, A certain kinde of scurvy Itch so called.
 Psyche, tripolium, A kinde of Turbith.
 Psychotrophon, Betonica, Betony.
 Psychuacos, Perdicium, Parietary.
 Psyllum, Fleawort.
 Psymmithium, Cerussa, White Lead.
 Ptelea, Ulmus, or
 Ptelea, an Elme tree.
 Pteris, Filix, Fern, herb Ofmund, or brake.
 Pterygophoron Dioscoridis, Lincurium, Electrum, Amber.
 Ptisana, Cremor hordei, A decoction of Barly Orgemond.
 Pugio Gaza, Gladiolus, Flower-deluce.
 Pulegium, Pennyroyal, or pudding grasse.
 Pulegium martis, Dictamum Creticum.
 Pulegium agreste, five sylvestre, wilde Pennyroyal.
 Pulicaria, five
 Pulicaris, Fleawort.
 Pulmonaria, Lungwort.
 Pulmonaria arborea, Lichen arboreus, a

kinde of Ludgwort, that groweth on trees like Mosse.
 Pulmonaria maculata, Sage of Jerusalem.
 Pulmonaria Gallica, Auricula muris major, the greater Mouseear.
 Pulmonaria Vegetii, wilde Neezwort.
 Pulvis Montagnanæ contra pestem, a certain powder for the Plague.
 Pulvis nihili officinarum, Tattay.
 Pulvis Senæ præparatus, the powder of Sene prepared.
 Pyon, pingue lactis, Cream.
 Pyra Apiana, or
 Pyra Muscatellina, or
 Pyra hordearia Plinii, A kinde of sweet Pearl.
 Pyrachya, the same.
 Pyrama, Ammoniacum impurum, the foul and impure gum Ammoniack.
 Pyrafter five
 Pyrus sylvestris, A wilde Pear tree.
 Pyrene Plinii, Tecolithus lapis, the stone calpis Lapis Judaicus.
 Pyretum, Pellitory of Spain.
 Pyretos febris, a burning ague.
 Pyrites, Pyrethrum, Pellitory of Spain.
 Pyrites lapis, lapis luminis, Marchasita, the Mine of Brasse.
 Pyrola, five
 Pyrula, wilde Beets, or Winter green.
 Pyrola pratensis, five
 Pyrula pratensis, wilde Beets.
 Pyrum, a Pear.
 Pyrum Cidoneorum, a Quince.
 Pyrus, a Pear tree.
 Pythonium Apuleii, Dracunculus major, Dragons.
 Pythonium Dioscoridis, Hyoscyamus, Henbane.
 Pyxantha, or
 Pyxanthus, Chironius Plinii, the Barberry tree.
 Pyxos, Buxus arbor, the Box tree.

Q

Quassamus barbarorum, Cyclaminus, Soves bread.
 Quartana, a Quartain ague.
 Quercula, Trixago, Chamedrys, German-der.
 Quercus, an Oak or an Acorn tree.
 Quinquefolium, Cinquefoil.
 Quinquenervia, Plantago minor, the lesser Plantain.
 Quotidiana, a Quotidian or daily Ague.

The Third Index.

R:

R Adicula, Raphanus, *A Radish.*
 Radix, Raphanus, *A Radish.*
 Radix barbarica, Rhabarbarum, *Rubarb.*
 Radix concava Herbariorum, *Hartwort.*
 Radix colophonix, *Scammony.*
 Radix consecatrix, Iris, *Flowerdeluce.*
 Radix pandeonia, *Celandine.*
 Radix pontica, Rhaponticum.
 Radix Scammonia, *the root of Scammony.*
 Radix Scythica, Glycyrrhiza, *Licorice.*
 Radix violacea vulgo dicta, *the Flowerdeluce.*
 Ramex varicosus, *A Rupture of swollen veins.*
 Ranunculus, *Crowfoot.*
 Ranunculus multiplex, Polyanthemum, *Bachelours buttons.*
 Ranunculus rotundus, Flamula, *the lesser Golden knap or Butter flower.*
 Rapa five
 Rapum, *the Rape root.*
 Rapaneolus Herbariorum, genus Rapi sylvestris, *A wilde Rape.*
 Raphanus condimentarius, five
 Raphanus obsoniorum, *An Horseradish.*
 Raphanus sylvestris, Armoracia, *A wilde Radish.*
 Rapocaulis Herbariorum, *Rape Coleworts.*
 Raponcellus, five Rapontium.
 Rapontium, vide Raponcellus.
 Raponcellus,
 Rapuntium, seu
 Rapunculum Herbariorum, *the same.*
 Rapuntium sylvaticum, *the wilde.*
 Rapontium Alopecurum Herbariorum, *the same.*
 Rapum porcinum Herbariorum, Cyclaminus, *Sowes bread.*
 Rapum sylvestre, *wilde Rape root.*
 Repulitia Barbarorum, Glycyrrhiza, *Licorice.*
 Repletio, *fulnesse of body.*
 Res non naturales.
 Refina, *Rosin.*
 Refina pinus, five refina pinea, *Gum of the Pine tree, or the Rosin of the Pine.*
 Refina Laricis, five Larigna, *the common Turpentine.*
 Refina Lenticina, Mastiche, Mastix, *Mastic.*
 Refina Therebentina, *Venetian Turpentine.*
 Rha Rheon, Rheum, Rhaponticum.
 Rhabarbarum, Rhebarbara, *Rubarb.*
 Rhabarbarum ponticum Herbariorum, *herb Patience.*

Rhacoma Plinii, five Recoma, *the same.*
 Rhapontica, five Rhaponticum, *the same.*
 Rhaponticum, five Rhaponticum officinarum, *the root of the greater Centory.*
 Rhæa, five Rhoa, *the Pomegranate trees.*
 Rhagadia, five Rhagades, *Chaps and clefts in the hands, and other parts of the body.*
 Rhagoides, *the third rinde or skin that compasseth the eye.*
 Rhaspe Nicolai Myrepsi, Rhaspatitium vinum.
 Rhecoma Plinii, five Rhacoma.
 Rheon, vide Rha.
 Rheon Barbaricon, five Rheon Barbarum, *Rubarb.*
 Rheuma, *A Rheume or distillation of humors.*
 Rheum barbarum Monachorum, Rumex-sativus, *Monkes Rubarb, Patience.*
 Rhododendrum, five Rhododendrum Nerion. *Oleander.*
 Rhodionarcissus, Narcissus Roseus, *red Narcissus.*
 Rhododaphne, Laurus rosea, Nerion, *A kinde of Oleander.*
 Rhodon, Rosa, *A Rose.*
 Rhodium, Oleum rosarum, *oyle of Roses.*
 Rhodosantalum, Santalum rubrum, *Red Saunders.*
 Rhodes, vide Febris Rhodes.
 Rhopalon Apuleii, Nymphæa, *white water Lilly.*
 Rhyte, Ruta, *Rue.*
 Rhyte montana, Ruta montana, *a kinde of Rue.*
 Ribes officinarum, *Raspes.*
 Ricinus, Cici Palma Christi.
 Risum, vel Rizum *Rise.*
 Rob Arabum, est succus medicatus qui solis calore densatur, Latinis sapa dicitur, Anglis, *A certain confection, which the Arabians call in plurali numero, Robub, which is Sapa the juice of any herb or fruit defecate.*
 Rob de agresta, succus medicatus de Omphacio, *Verjuice.*
 Rob de Berberibus officinarum, succus medicatus ex Baccarum Oxycanthæ succis, *a confection of Berberies.*
 Rob Cornorum, five rob de Cornis, *A confection made of Dogtree.*
 Rob de Cydoniis, five rob Cydoniorum, *a confection of the juice of Quinces without Sugar.*
 Rob granatorum, succus medicatus ex succo malorum Punicorum, *A Confection made of the juice of the Pomgranate without Sugar.*

Rob

The Third Index.

Rob mororum officinarum, Diamoron, *the juice of Mulberries.*

Rob nucum officinarum, Diacaryon, *five Diacarydion, A certain Confection made of the juice of a kinde of Nut, with sugar sodden with it till it be a thick Sirupe.*

Rob de ribibus officinarum, *the juice of a certain berry with Sugar sodden together like a sirupe.*

Rob Uvarum, *A Confection of Grapes with Sugar sodden like a sirupe.*

Robertia herba five Robertiana, *a kinde of Crowfoot.*

Robertiana, *vide Robertia herba.*

Robub, Sapa, *vide Rob.*

Robus Columellæ, Triticum, *Wheat.*

Roportiana, *Crowfoot.*

Rorastrum Apuleii, Vitis alba, *Bryony.*

Ros Syriacus, Manna, *Honey dew, or Manna.*

Rosa, Rhodon, *A Rose.*

Rosa Egyptia, *A yellow Rose.*

Rosa Alabandica Plinii, *A kinde of Rose so called.*

Rosa alba, *A white Rose.*

Rosa Africana, *A yellow Rose.*

Rosa Arvensis, five Rosa Avenaria, *a kinde of Corn Rose.*

Rosa Autumnalis, *A winter Rose.*

Rosa Alexandrina, *A kinde of Rose so called.*

Rosa Basilica, *vide Pæonia.*

Rosa benedicta, *vide Pæonia.*

Rosa Asinorum Averrhois, Pæonia, *Pyony.*

Rosa canina, *Brier bush, or Hep tree, or Bryer tree.*

Rosa Campestris, *A wilde or field Rose.*

Rosa Cinamomina vel Cinnamomea, *a kinde of Rose so called.*

Rosa Caroneola, *A Damask Rose.*

Rosa Divæ Mariæ, *Ladies Rose, some there are that take it to be Rose of Jericho, vide Rosam Hierichuntis.*

Rosa Damascena, *A Damask Rose.*

Rosa Sativa, Pæonia, *Pyony.*

Rosa Hierichuntis, five rosa Divæ Mariæ, *Rose of Jericho.*

Rosa Hyemalis, *Winter Rose.*

Rosa incarnata Herbariorum, *Carnation Rose.*

Rosa Junonis, five Rosa Junonia, *A white Lilly.*

Rosa lutea, *A kinde of yellow Rose.*

Rosea milefia Plinii, *purple Rose.*

Rosa muscata five Moscata, *Musk Rose.*

Rosa purpurea officinarum, *purple Rose.*

Rosa palustris, *A water Rose.*

Rosa punicea, *A kinde of Rose.*

Rosa regia, Pæonia, *Pyony.*

Rosa pumila, *A field Rose.*

Rosa rubra, *A red Rose.*

Rosa sancta, Pæonia, *Pyony.*

Rosa Syriaca, *A Musk Rose.*

Rosa Trachinia Plinii, Rosa rubra, *the red Rose.*

Rosa vulpina, *A yellow Rose.*

Rosago, Nerium, *Oleander.*

Rosarum apices, *the yellow seed which is within the Rose.*

Rosata novella, *A Confection of Roses so called.*

Rosea arbor, Rhododendrum, *Oleander.*

Rosella Herbariorum, Papaver erraticum, *wilde Poppy.*

Rosmarinum, five Rosmarinus, seu Rosmarinum Coronarium, *Rosemary.*

Rosmarinum Coronarium, *Rosemary.*

Rosmarinum Mauritanorum, Sticas Arabica, *French Lavender, or Lavender gentle.*

Rostrum Ciconiæ, *Storks bill.*

Rubia, Erythrodarum, *Madder.*

Rubia tinctoria five tinctorum, seu rubia Infectoria, *A kinde of Madder.*

Rubinus, Gemma, *A Ruby, or precious stone.*

Rubrica armenie, Bolus armenius, Bolearmoniack.

Rubrica lemnia, Rubrica sigillata, Terra lemnia, Terra sigillata, *Sealed earth.*

Rubus, *the Bramble, Blackberry, or Bryer-bush.*

Rubus Cervinus, Rubus Idæus, *A kinde of Bramble.*

Ruella, Polygonum minus, *A kinde of Swines grasse.*

Rucula Aquatica, five Rucula marina, *Rocket.*

Ructus, *A belching or breaking of winde upward.*

Rumex, *Sarrel.*

Rumex aquaticus, five palustris, Hydrolapathum, *A kinde of water Sorrel.*

Rumex palustris, *vide Rumex aquaticus.*

Rumex sativus, Rhabarbarum Monachorum, Monks Rubarb, *Patience.*

Rupertiana, Herba Ruperti, *Storks bill.*

Ruscus, *A certain rough and pricking shrub so called, Butchers broom, or Pettigrew.*

Ruta, *Rue.*

Ruta montana, *A kinde of Rue so called.*

Ruta muraria, Adiantum candidum, Venus; *Maiden, or our Lady hair.*

Ruta sylvestris, *wilde Rue.*

Ruta solis, Hypericum, *S. Johns wort.*

Rutinalis,

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Rutinalis, Spondylium, Bears foot, or Bears
claw.

S.

Sabina, Savina, the herb called Savine.

Sacchar, Saccharon, vel Saccharum,
Sugar.

Saccharum Cantium, Candum, five Candi-
dum, Sugar candy.

Saccharum Cibale, common kitchen Su-
gar.

Saccharum Canariense, Canary Sugar.

Saccharum Christallinum, white Sugar Can-
dy.

Saccharum finum, seu refinatum, five Sac-
charum Valentinum, fine Sugar.

Saccharum Maltanum, five Melitæum, kitchen
Sugar.

Saccharum Maderiense, five Mederiense, A
kinde of Sugar so called.

Saccharum Miscellaneum, A kinde of Su-
gar.

Saccharum Ponidium, A kinde of Sugar so
called.

Saccharum Tabartzet Arabum, Saccharum
purissimum, & albissimum, Saccharum fi-
num, fine Sugar.

Saccharum Thomasinum, five Thomæum,
Saccharum rubrum officinarum, S. Thomas
Sugar.

Saccharum seu Conserva florum Caryllo-
phyllæ, a conserve of Gillofers.

Saccharum florum Lavendulæ, A conserve of
Lavender flowers.

Saccharum florum Melissæ, a conserve so cal-
led.

Saccharum Buglossatum, A conserve of Bug-
losse.

Saccharum Borriginatum, conserve of Bar-
rage.

Saccharum florum Hyssopi, Conserve of Hy-
sop.

Saccharum florum Nymphææ, conserve of
water Roses.

Saccharum florum Pseudonardi, conserve of
Spike.

Saccharum florum Persici, A conserve so
called.

Saccharum Rosatum, Conserve of Roses.

Saccharum florum Rosemarini, conserve of
Rosemary.

Saccharum Salviatum, Conserve of Sage.

Saccharum Trifolii acidi Conserve of Cuc-
koes bread.

Saccharum florum verbasculi, Conserve of
Comslips.

Saccharum violarum, Josaccharon, conserve
of Violets.

Sacerdotis vitile, Aurum, Cuckepit.

Sacra herba, Venbena, Vervain,

Sagupenum, Serapinum officinarum, a cer-
tain kind of stinking gum growing in Syria,
which the Apothecaries call, Serapinum.

Saggina Italorum, Sorgium, an herb so cal-
led.

Sahafaran Arabum, Crocus, Saffron.

Sal Ammoniacus, five sal Hammoniacus,
a kind of Salt, the which hath heretofore been
digged of the land in Africa, and hath been
brought hither, which as yet is used amongst
us.

Sal Armoniacum officinarum, a certain com-
pounded Salt of the Alchymists, the which of
some men have falsly been taken for the right
Salt of Africa, and is called Sal Armoni-
ack.

Sal Cristallinus, Sal nativus, Sal Fossitivus,
fine and Clear, or Christal salt.

Sal fusilis, melting salt,

Sal gemmæ officinarum, Sal gemmeus, chris-
stal salt.

Sal Indus, a kind of Sugar.

Sal marinus, Sea salt.

Sal popularis, common Salt.

Sal palustris, sea Salt,

Sal saxeus, stone salt.

Sal Absinthites, Wormwood salt.

Salicharia, Lyfimachia Dioscoridis, five fa-
licaria lutea, yellow Water Willow or Loose-
strife.

Salicaria cornuta Herbariorum, a kind of
water willow.

Salicaria punicea, five purpurea, Lyfimachia
Plinii seu salicaria Spicata Herbariorum, a
kind of brown Loosestrife or Water Wil-
low.

Saliva Syderum Plinii, Manna, Honey dew, or
Manna.

Saliunca, Spica, Celtica, vide spica Celtica.

Salix, Itea, the Sallow tree.

Salix Amerina, salix Marina, for Sallow
tree.

Salix marina, vide salix amarina.

Saltus leporis, an herb so called.

Salvatella, the Liver vein.

Salvia, Eleliphacos, Sage.

Salvia auriculata, salvia acuta, salvia minor,
salvia nobilis, salvia cruciata, the lesser or
eared Sage.

Salvia acuta, vide salvia auriculata.

Salvia Boschi, seu Boschi salvia Herbario-
rum, wilde Sage.

Salvia cruciata, vide salvia auriculata.

Salvia major, great Sage.

Salvia sylvestris, wilde Sage.

Salviavita, five salvia vitæ, Adiantum album
Venus, Maiden or our Ladies hair.

N n Sambu-

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- Sambucus, Elder, or Bometree.*
Sambucus Arvensis, sambucus humilis five sambucus pumila, Ebulus, wilde Elder.
Sambucus humilis, vide sambucus arvensis.
Sambucus pumila, wilde Elder.
Sampfucus, Marjorana, Marjoram.
Sanamunda, Avenge.
Sanctonicum officinarum, Santonicum, a kind of Southernwood.
Sandaracha Græcorum, Auripigmentum rubrum, red Arsenick.
Sandaracha Vitruvii, minium secundarium, Sinople, red Lead, or Vermillion.
Sandaracha Arabum, Gummi Juniperi Sandarax, the gum of the Juniper tree.
Sandrax Arabum, vide sandaracha Arabum.
Sandalum, Sandalus, the spice called Saunders.
Sandalum album, white Saunders.
Sandalum Citrinum officinarum, Sandalum flavum, yellow Saunders.
Sandonicum officinarum, fantonicum, a kind of Southernwood.
Sanguinalis mas, Polygonum mas, the male Knotgrasse.
Sanguinalis fœmina, Polygonum fœmina, the female Knotgrasse.
Sanguinalis minor, Ruella, Knotgrasse the lesser.
Sanguinaria, Knotgrasse.
Sanguinaria mascula, the same.
Sanguinaria fœmina, the female Knotgrass, or Horsetail.
Sanguinariu lapis, Hæmatites, the blood-stone.
Sanguis Draconis, Lachryma Draconis, Dragons blood.
Sanguis Draconis herba, an herb so called.
Sanguis Herculis Apuleii, Centaureum magnum, great Centory.
Sanguis Herculis Dioscoridis, Crocus, Saffron.
Sanguis milvi Apuleii, Scordium, a water Leek.
Sanguisorba, the herb Burnet.
Sanguisuga, a Horfleece.
Sanies vini, Wine Lees.
Sanicula, Diapensia, Sanicle.
Sanicula Alpina Herbariorum.
Sanicula cathartica Herbariorum, fanicula fœmina.
Sanicula fœmina, vide sanicula cathartica.
Sanicula quinquefolia, five sanicala vitiginea Herbariorum.
Sanicula major, Alchimilla.
Sanicula vitiginea Herbariorum, vide fanicula quinquefolia.
Sanilum, Scammonium, Scammony.
Santalum, Santalus, Saunders.
Santalum album, white Saunders.
Santalum Aromaticum, santalum flavum, yellow Saunders.
Santalum machosiri, vel mazanari, seu machazari Arabum, santalum flavum the same.
Santalum machazari Arabum, vide santalum machosiri.
Santalum machaziri, vide santalum machosiri.
Santalum odoriferum, santalum flavum.
Santalum rosaceum, santalum rubrum, red Saunders.
Santalum rubrum, vide santalum rosaceum.
Santalum spurium, santalum adulterinum, Pseudosantalum, bastard Saunders.
Santonicum, Ablynthium santonicum, five marinum, sea Wormwood.
Santolina Herbariorum, Abrotonum fœmina, Southernwood the female.
Sapa, new wine boiled to the third part.
Sapana, Anagallis, Chickweed.
Saphea, saphena Barbarorum, the womb vein, or the vein of the Matrix.
Saphena Barbarorum, vide saphea.
Sapphyrus, vide sapphirus.
Sapo, smegma, Sope.
Saponaria, Fullons grasse, Crowsope.
Sapphyrus, sapphyrus, a saphyre stone.
Sapphyrus aureus, Chrysites, a yellow saphyre.
Sapphyrus candidus a white saphyre.
Sapphyrus cæruleus, five sapphyrus cyaneus, A blew Saphire.
Sapphyrus Chrysitis, sapphyrus aureus, A yellow Saphyre.
Sapphyrus prafitis, vel
Sapphyrus viridis, a green Saphire.
Sarcocolla, gluten carnis, Carniglutinum, a kinde of Glem.
Sarcotica, Incarnating salves.
Sarda, vel
Sardius lapis, Cornelius, a hard red Stone.
Sardonias herba Crowfoot.
Sardonix, Sardius onychinus, a stone of the colour of the nail of a mans hand.
Sarmentum, a branch of a vine growing on the tree.
Satyrion, Dogs stones, Gändergrafs, or Ragwort.
Satyrion basilicum, satyrium regium, Ragwort the male.
Satyrion basilicum majus mas, the greater male Ragwort.
Satyrion basilicum majus fœmina, lacryma Mariæ, the greater Ragwort female.
Satyrion basilicum minus, the lesser male Ragwort.
Satyrion Erythron, or
Satyrion Erythronium, red Ragwort.
Satyrion Triphyllon, or
Satyrion Trifolium, Ragwort.
Satyrion odoratum, a kinde of Ragwort,
Satyrion

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- Satyrium regium, vide Satyrium basilicum.
 Satyrium regium minus, Satyrium odoratum
 a kinde of Priestspittle or Ragwort.
 Satyrifmus Apuleii, Satyrium erythronium,
 red Ragwort.
 Satyriscus, a disease whereby the privy mem-
 bers of man standeth alwaies.
 Satureia, five
 Saturegia, Savory.
 Sauchromatum, Dragonium, Dragons.
 Savina, sabina, the Savine tree.
 Saxifraga, five
 Saxifraga, Saxifrage.
 Saxifragia alba, white Saxifrage.
 Saxifraga lutea, yellow Saxifrage.
 Scabies, a scab, or itch.
 Scabies Hispanica, the Pox.
 Seabiosa, Scabiosa, *not found*.
 Scala cœli, sigillum Salomonis, Solomons
 seal.
 Scambonia, radix, Scammony.
 Scammonia, five
 Scammonium, Scammony.
 Scammonia præparata, prepared Scammo-
 ny.
 Scandulaca, Rope Weed, or Windweed.
 Scariola officinarum, Seriola, Endive.
 Scarlea Herbariorum, Gallitricum, Clary.
 Scarlea sylvestris, wilde clary.
 Scebram majus Mesues, Tythimalus major,
 the greater Spurge.
 Scebram minus Mesues, Tythimalus minor,
 the lesser Spurge.
 Sceiles, the veins of the Milt or Spleen.
 Scelerotes barbarorum, *not found*.
 Scelerotes Græcorum, durities, Schyrhus, a
 hard impostume, kernel, or swelling, which
 yieldeth not being pressed, and is commonly
 called Schirrus.
 Schoenanthum, Squinantum.
 Schoenoprasum porrum sectivum, Garlick.
 Schoenostrophon, Cannabis, Hemp.
 Schoenus, schoenanthum, squinantum,
 Scinus, lentiscus, the Mastick tree.
 Scinus Plutarchi, *not found*.
 Scia barbarorum, Ischias, an ach in the Hip.
 Scingus, Ruscus, Kneeholme.
 Scinchus, Crocodilus terrestris, vide Stincus.
 Seincus Herba Ruscus, Kneeholme.
 Scilla, Cepa marina, sea Onion.
 Sciosebina, stechas, Lavender gentle.
 Sclarea Herbariorum, Scarlea, Clary.
 Sclarea sylvestris, wilde Clary.
 Scleros, Durus, in hoc libro pro schyrro in-
 telligitur.
 Sclerotes, schyrus,
 Scolibrocon Apuleii, Trichomanes, Maiden
 hair.
 Scolopendra, five scolopendrium, Harts
 tongue.
 Scolopendria vera, or Scolopendria minor,
 the herb called Ceterach.
 Scolopendrium majus, Lonchitis altera, the
 greater Harts tongue.
 Scolopendrium sylvestre Herbariorum, A
 kinde of Harts tongue.
 Scolymus, Cynara, the Artichoke.
 Scordialtrum herbariorum, Scordotis Plinii,
 Marsh garlick, or water Germander.
 Scordiana Herbariorum, or
 Scordonia, or Scordiana herbariorum, salvia
 sylvestris, wilde Sage.
 Scordilum Apuleii, Scordium, Chamædris
 aquatica, water Germander.
 Scordium, Trixago palustris, marsh Gar-
 lick.
 Scordium alterum Plinii, a kinde of marsh
 Garlick.
 Scordium majus, the same.
 Scordium minus, the lesser marsh Garlick.
 Scordium Plinianum, vide scordium alterum
 Scoria ferri, the refuse of Iron.
 Scordotis, marrubium palustre, marsh Garlick
 Scorodon, Allium, Garlick.
 Scorpinaca Apuleii, Knotgrasse.
 Scorpio, a Scorpion.
 Scorpion, a kinde of Spurge.
 Scotomia, or
 Scotoma, a giddinesse of the head.
 Scrophularia, five scrophularia, &
 Scrophularia major, the greater Celandine, or
 the greater Figwort.
 Scrophularia minor, Chelidonium minus, the
 lesser Figwort, or Pilewort.
 Scrotum, the coe or skin wherein be the stones
 of a man.
 Scrupus humor, the Gout.
 Sebel Arabum, the skin of the ruddy eyes.
 Sebeste, five
 Sebestena Arabum, Myxaria, the fruit also
 called Myxa.
 Secale, Briza, Rye.
 Secundina, the secundine or skin wherein the
 childe is wrapped in the Womb.
 Sedum, sempervivum, Houseleek.
 Sedum minus, Crassula minor, Prickmadam.
 Seditertium genus Dioscoridis, Illecebralis-
 the Thrift or Stone Stonecrop.
 Segatolis, Gladiolus arvensis, Flags.
 Selinastrum Herbariorum, Ranunculus a-
 quaticus, water Crowfoot.
 Selenitis, Corona terræ, Aleboof.
 Selinoide, Brassica crispa, wrinkled Cab-
 bage.
 Selinon, five
 Selinum, Apium, Smallage.
 Selinophyllon Apuleii, Trichomanes Diof-
 coridis, Maidenhair.
 Selinusia, the lesser Cabbage.

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- Semen simplex, Zea monococcus, *Beer-barly or Spelt.*
- Semen Alexandrinum officinarum, alias, semencina, sementina, sive Semenzina, *Wormseed.*
- Semencina officinarum, vide semen Alexandrinum.
- Semen leoninum, milium solis, *Gromel.*
- Semen lumbricorum officinarum, semen Absynthii marini, *Wormwood.*
- Semen de papaga, Averrhoi dicitur Cartami semen, aliis semen papagalli, & semen psittaci, *wilde Saffron seed.*
- Semen sanctum officinarum, *Wormseed.*
- Semen Zedoariae officinarum, semen Absynthii marini, *sea Wormseed.*
- Seminalis Apuleii, Polygonum masculum, *Knotgrasse.*
- Seminalis minor Herbariorum Ruella, *A kinde of Knotgrasse.*
- Sempervivum, Aizoum, *Honfleeke.*
- Semura, Pseudomelanthium, *red Poppy.*
- Sena, senna, *Sene.*
- Senæ infusio, vide infusio Senæ.
- Sena Egyptiaca Syriaca, Alexandrina, Orientalis, *the lesser Sene, or Alexandrian Sene.*
- Sena Florentina, Italica, provincialis, *common or great Sene.*
- Senecta viperæ, Exuvium viperæ, *the skin of a Viper.*
- Senicula, fanicula, *Sanicle.*
- Septinervia, Plantago major, *the greater or broad Plantain.*
- Septifolium, Tormentilla, *Tormentil.*
- Serapion Apuleii, Orchis serapias, *a kinde of Gandergrasse.*
- Serapium, vide Syrupus.
- Serapium officinarum, vide sagapenum.
- Serica, Zizipha, *a kinde of fruit so called.*
- Seriphium, seu Seriphon, Absinthium marinum, *a kinde of Wormwood growing in the sea.*
- Seris, Cichorum, *Cicory, or Endive.*
- Seris lativa angustifolia, *the lesser Endive.*
- Seris sativa minor, *the same.*
- Seris somnifera, sive seris urinaria, *a kinde of Endive.*
- Serpentaria Dioscoridis, Dracontium, *Dragons.*
- Serpentaria officinarum, Bistorta, *Dragons.*
- Serpentaria minor, *the lesser Dragons, of some it is also called Aron, serpentaria minor.*
- Serpentaria rubra Herbariorum, Bistorta, *Dragons.*
- Serpentaria minor, Numularia, *Silvergrasse, or Dragons.*
- Serpillum, sive serpillus, *wilde Thyme.*
- Seratula major Herbariorum, Betonica, *Be tony.*
- Seracula minor, Chamædrys, *Germander.*
- Serta campana Catonis, sertula campana Dioscoridis, Melilotus, *Melilot.*
- Serum, *Whay.*
- Sesamum, sesama, *it is an unknown seed, for the which the Apothecaries use the seed of Camelina.*
- Sesamum officinarum, Camelina.
- Sesamum agreste, sesamum agrion, Ricinus, Palma Christi.
- Seseli, seselium, & seselis, *Silvermountain seed.*
- Seseli Æthiopicum, *black Silvermountain.*
- Seseli Æthiopicum herbaceum, *the same.*
- Seseli cervinum album, seseli Peloponnesiacum, *white Silvermountain.*
- Seselium, seseli, *Silvermountain.*
- Seselium Peloponnesiacum, vide seseli cervinum album.
- Seseli Cyprion, Palma Christi.
- Setanias, sive setanium, *a kinde of wheat.*
- Setialis, viola martia, *a kinde of Violet.*
- Seutlomalache, sive Seutlomalachon, Spina-chea, *Spinage.*
- Seutlon, Beta, *Beets.*
- Sicla officinarum, Beta sicula, *Beets.*
- Sycis, Syeios, Cucumis, *a Cucumber.*
- Sicys agrion, Cucumer sylvestris, Cucumer asininus, *a wilde Cucumber.*
- Sideritis, Magnes, *the Loadstone.*
- Sidia, malus punica, *the Pomgranate tree.*
- Sidion, Malicorium, *the Pomgranate husk.*
- Sief Arabum, Collyrium, vel Collyrium sicum dicitur latinis, Græcis, Xerocollyrium, *a medicine for the eyes.*
- Sief de Fellibus, Collyrium de Fellibus, *A medicine for the eyes made of Galls.*
- Sief de Plumbo, Collyrium de Plumbo, *A medicine for the eyes, made of Lead.*
- Sief de Rosis, Collyrium de Rosis, *a medicine for the eyes, made of Roses.*
- Sief de Thure, Collyrium de Thure, *a medicine for the eyes, made of Frankincense.*
- Sief viride, Collyrium viride, *a medicine for the eyes of a green colour.*
- Sigillum Christi Herbariorum, Herba paris, *a kinde of Liberty or Wolfesbane.*
- Sigillum lemnium, Terra sigillata, *A sealed earth.*
- Sigillum Salamonis, Polygonatum, *Solomons seal.*
- Sigillum Veneris, Herba Paris, *Wolfesbane.*
- Signigialium, *Dragons.*
- Siler, salix pumica, salix aquatica, *a kinde of Willow or wythy Osier.*

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Silvermontanum officinarum, fefeli Massiliense, a kinde of Silvermountain.
 Silex, a Flintstone.
 Sili Hippocratis, fili, vel fefelis Plinii, Silvermountain.
 Sili Plinii, Sili Hippocratis.
 Silicia Plinii, Fœnum Græcum, Fenegreek.
 Silicula Varronis, Fœnum græcum, the same.
 Silphanthemum, Amaranthus luteus, Cudweed, or Chaffeweed.
 Sili Cyprion Herodoti, Ricinus, Palma Christi.
 Siliqua arbor, the Sillick tree.
 Siliqua Egyptia, Cassia Fistula, round Cinnamon pipes.
 Sinapi vel sinapis, Mustard.
 Sinapi Persicum, Raphanus marinus, a kinde of Mustard.
 Singultus, vexing or sobbing.
 Spinalus Carbunculus candidus, a kinde of Carbuncle.
 Sifelos officinarum, fefeli, Silvermountain.
 Sifarum, vel sifer, the Skirret, the White Carret, or yellow Parsenep.
 Sifer, vide sifarum.
 Sirupus, vide syrupus.
 Sisybrium, water Mints.
 Sisybrium aquaticum, the same.
 Sitanium, Saint Peters wheat.
 Smilax, Taxus, Bindeweed, or Ivy.
 Smilax levis, Ropeweed, or Weedbinde.
 Smyrna, Myrrha, Myrrhe.
 Smyrnium, Lovage.
 Soda Arabum, capitis dolor, Headach.
 Solanum, Styrchnus, Nightshade, or deatbes herb.
 Solanum sativum, the same.
 Solanum vesicarium, Halicacabus, winter Cherry, or Alkakengy.
 Solanum rubeum, the same.
 Solatrum officinarum, Solanum, Nightshade.
 Solatrum rubrum, Halicacabus, Alkakengy.
 Solbastrella, five Sorbastrella, Pimpernell.
 Soldana, five soldanella officinarum, Volubilis marina, Seacole.
 Solidago, Consolida, Walwort.
 Solidago media, Sengreen.
 Solsequium aureum, a Marigold.
 Solidago sarsenica, a kinde of Walwort.
 Solucia continuitatis, a dissolving of that which necessarily belongeth to another.
 Sonchus, Cicerbica, Sowbistle.
 Sonchus aspera, sonchus sylvestris, wilde Sowbistle.
 um, sperba, the Service tree.

Sorbus, the same.
 Sorgum, five sorghum, Millet of India.
 Sophia, Thalictrum.
 Spanachia, spinacea, Spinage.
 Sparagus officinarum, Asparagas, Sparage.
 Spasmus, Convulsio, the Crampe.
 Spacula odorata, Iris, the Flower-deluce.
 Species Diambra, A powder of Ambergreece.
 Species Dianisi, a powder of Annis seeds.
 Species Dianthus, five Dianthos, a powder of the flowers of Rosemary.
 Species Aromatici Rosati, A powder of Roses.
 Species Aromatici Cariophyllati, a powder of Clowes.
 Species Diacalaminthon, a powder of wilde Mints.
 Species Diacroci, five specis Diacurcumæ, five Diacrocomæ, a powder of Saffron so called.
 Species Diacosti, a powder so called.
 Species Diacymini, a powder of Curmin.
 Species Diatragacanthi frigidi & calidi, A powder so called.
 Species Diacinnamomi, A powder of Cinnamon.
 Species Cordiales, A powder for the heart.
 Species Ducis, a powder so called.
 Species Diagalangæ, A powder of Galangal.
 Species de Gemmis frigidæ, A powder so called.
 Species de gemmis calidæ, A powder so called.
 Species de gemmis temperatæ, A powder of tempered Pearles.
 Species Hieræ simplicis, A powder so called.
 Species Daiiris, five Diaireos, A powder of Flower-deluce.
 Species Justinæ, a powder so called.
 Species Dialaccæ, a powder so called.
 Species Lætificantes, a powder whereby the heart is made glad and joyfull.
 Species lætitia Galeni, the same.
 Species lithontribon, a powder so called.
 Species liberantes, a preservative powder.
 Species Diamargariton frigidæ, a very cooling powder made of Pearls.
 Species Diamargariton calidæ, a warming powder made of Pearls.
 Species Diamenthæ, a powder of Mints.
 Species Diamosci amari, & dulcis, a powder so called.
 Species Neræ, a powder so called.
 Species Diaolibani, A powder of Frankincense.
 Species de Papavere, a powder of Poppy.
 Species Diapendii, a powder so called.

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- Species Diapconii, *A powder of Piony roots.*
 Species Diaphoenicon, vide Diaphoenicon.
 Species Philanthropon, *a powder so called.*
 Species pliris Arcoticon officinarum, five species Diaplrifarcoticon, *A powder so called.*
 Species Diaprasii, *a kinde of powder.*
 Species Diarrhodon Abbatis, *a powder of Roses.*
 Species Electuarii de succo Rosarum, *a powder of the sap of Roses.*
 Species rosata novellæ, *a powder of Roses.*
 Species de seminibus, *A powder of certain seeds.*
 Species Diatrionpipereon, *A powder of three kinde of Pepper.*
 Species Triasandalon, *A powder so called.*
 Species Diaturbith, *A powder of Turbith.*
 Species Bartholdi, *A powder so called, which is used to be eaten with Fish, and with cold Hens and Capons.*
 Species Diaxyloaloes, *a powder so called.*
 Spelta, Zea, Spelt.
 Sperma Balenarum, *the spawn of a Whale.*
 Sperma ceti, *the same.*
 Speronella, Aparine, *Gooshart.*
 Sphacelus Theophrasti, *a kinde of Sage.*
 Sphæra marina, sphæra Thalassia, *sea balles.*
 Spharion, Sphæritis, Mux Cyparissi, *A Cyresse nut.*
 Sphagnon, Museus arborum, *Mosse.*
 Specle, lees of wine.
 Sphocle, *the same.*
 Sphondilium, *Bearbreck, or Bears claw.*
 Sphrargis, figillum lemnium, *Sealed earth.*
 Spica Celtica spica Romana, spica Gallica, *the long Spikenard.*
 Spica hortulana, *a kinde of Lavander.*
 Spica Indica Nardus Indica *a kinde of Spikenard*
 Spica Romana, vide spica Celtica.
 Spicantum Herbariorum, Lonchitis altera, *An herb so called.*
 Spinacea, spinaceum, Spinachla, *Spinage.*
 Spina Divæ Mariæ, *A kinde of Rose so called.*
 Spina Buxea, Pyxacantha, *the Berberry tree.*
 Spina murina, spina vespertilionis, *Butchers broom.*
 Spinalus, Carbunculus candidus, *A Carbuncle.*
 Spinus Vergilii, Prunus sylvestris, *a wilde plumtree, or Sloetree.*
 Spiritus vitales, *the lively breath.*
 Splenium, *Harts tongue.*
 Splen, Lien, *the Milt.*
 Splenetica, *the Milt vein.*
 Spodium Græcorum, Pompholix nigra, *a kinde of foot.*
 Spolium viperæ, *the skin of a viper.*
 Spongiola, Rosæ caninæ, spondogos Marcelli, Bedegar, *that groweth on a sweet Bryar or other trees like a sponge.*
 Spondylia, *ridge bones.*
 Spongites, Lapis spongiæ, *Sponge or Jewell stone.*
 Spuma auri, *yellow Lithargy.*
 Spuma argenti, *silver drosse, or white Lithargy.*
 Spuma Batava martialis, Lixivium, *Lee.*
 Spuma Caustica martialis, Lixivium, *Lee.*
 Spuma maris, *sea foam, or froath.*
 Spuma Plumbi, *Lithargy, or white lead.*
 Squinanche, & squinantia Barbarorum, *the inflammation of the muscle of the inner gargil, the squince, alias, Angina.*
 Squilla, and squilla officinarum, *a certain herb so called.*
 Stachyites, Tripodium, *a kinde of Turbith.*
 Staete, styrax liquidus, *the flower of Myrrhe,*
 vide storax liquida.
 Stachas Galeni, stichas Dioscoridis, *French Lavander, or Lavander gentle.*
 Stachas citrina herbariorum, Amarantus luteus, *Mandlenwort, Cudweed, or Chaffe-weed.*
 Stasis agria officinarum, staphys agria, *Stavesacre, or Licebane.*
 Stagonitis, *a certain herb in Syria, from the which the Gum Galbanum cometh, vide Galbanum.*
 Staphylinus, Pastinaca, *a Parsenep.*
 Staphylinus albus, Pastinaca alba, *a white Parsenep.*
 Staphylinus erraticus, Pastinaca vera, *A wilde yellow parsenep.*
 Staphylinus luteus, Pastinaca lutea, *a yellow Parsnep.*
 Staphylinus ruber, Pastinaca rubea, *a kind of red Parsnep.*
 Staphylodendrum, *a kind of Nutt, so called.*
 Staphydes, vuæ passæ, *Raisons.*
 Staphys agria, *Stavesacre or Licebane.*
 Statumaria Apuleii, Polygonum, *Knot-grasse.*
 Stear, viscum, *Mistleto.*
 Stella Attica, Bubonium, *Codwort.*
 Stella Massilolica, Bubonium Massilioticum, *a kinde of the same.*
 Stelladia Italorum, *an Hypocrass drink in Italy called Stelladia.*
 Stellaria Herbariorum, Alchimilla, *Ladies Mantle.*

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Stelephuros Theophrasti, Plantago Augustifolia, narrow leaved Plantain.
 Stemphyla, uvarum expressarum retrimenta, pressed or dried Figs.
 Stercus caninum album, vulgò Album Græcum dicitur, the white dung or ordure of a dog.
 Stercus Diaboli officinarum, Assa foetida, A stinking Gum.
 Stergetron, sedum, Houseleek.
 Sternutatio, Sneezing.
 Stibi, stibium, Antimonium, a kinde of glasse so called.
 Stichas Dioscoridis, stichas Galeni, Lavander gentle.
 Sticas Arabica, Arabian Lavander.
 Stichas citrina Herbariorum, Amarantus luteus, Mandlenwort, Cudweed, or Chaffeweed.
 Stichas Gallica, a kinde of Lavander gentle so called.
 Stichas montana, Italian Lavander gentle.
 Stimmi, five Stimium, A glasse so called.
 Stincus officinarum, Scincus, Crocodilus terrestris, An earth Crocodile. Our doting fools use the water Evet for it, which is as like it, as an Apple is like an Oyster.
 Stiphonia, five Scyphonia, A kinde of Lavander gentle.
 Stomachus, the Stomach.
 Stomoma, Chalybs, Steel.
 Storax officinarum, & storax Calamintha, storax, five styrax Calamitis, A certain odoriferous and well smelling Gum, proceeding of a tree also called Styrax.
 Storax liquida officinarum, styrax liquidus.
 Staete, A sweet smelling juice of Myrrhe.
 Strangulatio, strangling, choaking, or stopping.
 Strangulator Medicorum, vulgò, Angina, the Squince.
 Stranguria, Urinæ stillicidium, the Strangury.
 Stratiotes, Millefolium, Milfoil, Yarrow, or Nosebleed.
 Strobilus, Conus, a Pine Apple tree.
 Strobili, nuclei Pini, A pine Apple.
 Strobilus, Cinara, An Artichock.
 Struthiomelum, Struthium, Burit, herb Philip, Fullons grasse, or Crowsope.
 Struthium, vide Struthiomelum.
 Struthos, Passer, a Sparrow.
 Strichnum, five strichnus, solanum, Nightshade.
 Stupefactiva, a dismayng medicine.
 Stupor, Paraplexia, sudden privation or lack

of sense or feeling.
 Suber, Phellus, Cork.
 Subeth Arabum, Charos, A kinde of sleeping disease.
 Subversio ventriculi, the turning upside down of the maw.
 Succinum, Electrum, Amber.
 Succinum Orientale, Ambarum, Amber.
 Succio Macobii, Persicum, A Peach.
 Succisa, Morfus Diaboli, Divels bit, or Remcope.
 Succotachos, Perditium, Pellitory of the wall.
 Succus Malorum Punicorum, five vinum Malorum Punicorum, the sap or juice of a Pomgranate.
 Succus medicus, succus Syriacus, Assa foetida, A stinking gum.
 Suffusio fellis, suffusio bilis, Icterus, the yellow jaundise.
 Sulphur, Sulfur, Brimstone.
 Sulphur vivum, Sulfur vive.
 Sulphur mortuum, sulphur factitium, Brimstone.
 Sulphur factitium, the same.
 Sumach Arabum, Rhus Græcorum, a kinde of seed which of the Apothecaries is called Sumach.
 Supercilium terræ, Adiantum, Venus, Maiden, or our Lady hair.
 Supercilium Veneris, Millefolium, Milfoil.
 Suppositorium officinarum, & Barbarorum Glans, Balanus, A Suppository.
 Suppressio nocturna, Ephialtes, Incubus, a disease in ones sleep when one is almost stifled, and cannot well fetch his breath nor speak. The Mare.
 Sutura capitis, the seam in the skul.
 Sycaminum, Morum, the Mulberry tree.
 Sycodes, Ficus, the Hemorrhoider.
 Sylva mater Scribonii, Honyuckle.
 Symphytum alterum, Symphytum minus, Walwort, Assc-car, or Comfrey.
 Synciput, the forepart of the head.
 Syncopalis fames, An extreame or cutting hunger.
 Syncope, A swooning for feebleness.
 Syncliopa, Stachas, French Lavander.
 Synochus, An Ague so called.
 Syraeum, Mustum ad tertias coctum, new wine or Must thrice sodden.
 Syreon Plinii, Tortyle, five Tordylum, the seed of the herb Sefelis.
 Syrium, Minium secundarium, Sinople, red Lead or Vermilion.
 Syrtites, Saphyrus lapis, A Saphire.
 Syrupus, sirupus, serapium, and of Nicolaus Mirepsius, it is called Drosatum, a Sirup.

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- Syrupus de absinthio, *syrup of Wormwood.*
 Syrupus Acetosæ, syrupus, de succo Oxalidis, *Syrup of sour Decks.*
 Syrupus Acetosus simplex, officinarum, syrupus acetatus simplex, *syrup of Vinegar.*
 Syrupus acetatus simplex, syrupus acetosus simplex.
 Syrupus acetosus compositus officinarum, vel syrupus osetosus de radicibus, syrupus acetatus compositus de radicibus, syrupus acetatus diureticus, *a kind of syrups so called.*
 Syrupus acetosus compositus.
 Syrupus acetosus de Cythoniis. officinarum, syrupus acetatus de Cydoniis.
 Syrupus acetatus de radicibus, vide syrupus acetosus compositus.
 Syrupus acetatus diureticus, vide syrupus acetosus compositus.
 Syrupus acetatus de Cydoniis, vide syrupus acetosus de Cydoniis.
 Syrupus acetatus Diarhodon, vide syrupus acetosus Diarhodon.
 Syrupus acetosus Diarhodon, syrupus acetatus Diarhodon, *syrup of vinegar and Roses.*
 Syrupus adiantinus, vide syrupus de Capillis Veneris.
 Syrupus de Arantiis, five Arantiorum, *syrup of Oranges.*
 Syrupus de Artemisia, *syrup of Mugwort.*
 Syrupus de Berberibus, syrupus de Oxycantha, *syrup of Berberies.*
 Syrupus de Betonica, *syrup of Betony.*
 Syrupus de Byzantiis, syrupus Danarii, syrupus Byzantinus, *a syrup so called.*
 Syrupus de Boragine, *syrup of Burrage.*
 Syrupus de Buglossa, *syrup of Buglosse.*
 Syrupus de Calamintha, *syrup of Calamint.*
 Syrupus de Cichorea, five de Cichoreo, *syrup of wilde Cicory.*
 Syrupus de Cichorio cum Rhubarbaro, *syrup of Cicory and Rubarb.*
 Syrupus Capillorum Veneris, syrupus Adiantinus, *syrup of Venus, Maiden, or our Ladies hair.*
 Syrupus de corticibus Citri, *syrup of the shells of a Citron.*
 Syrupus de Cucurbita, syrupus Cucurbitinus, *syrup of Gourds or Pompions.*
 Syrupus Cydoniorum, Miva Cidoniorum, *syrup of Quinces.*
 Syrupus de Endivia, syrupus de Intybo, *syrup of Endive.*
 Syrupus de Epithymo.
 Syrupus de Eupatorio, syrupus de Agrimonia, *syrup of Agrimony.*
 Syrupus Danarii, vide syrupus de Byzantiis.
 Syrupus de Agrimonio, vide syrupus de Eupatorio.
 Syrupus de Fumuria, syrupus de Fumo terræ, *syrup of Fumitory.*
 Syrupus de fumo terræ vide supra.
 Syrupus de Glycyrrhiza, officinis syrupus de liquiritia dicitur, *syrup of Licorice.*
 Syrupus granatorum, syrupus ex succo Malorum Punicorum, *syrup of Pomegranats.*
 Syrupus de Hyssopo, *syrup of Hyssop.*
 Syrupus de Intybo, *syrup of Endive.*
 Syrupus de Irios officinarum, syrupus de Iride, syrupus Irinus, *syrup of Flower-de-luce.*
 Syrupus de Jujubis, syrupus Jujubinus, syrupus Zzyphorum, or Zzyphinus, *a syrup so called.*
 Syrupus de Lemonibus, five syrupus aciditatis Lemoniorum, *syrup of Lemons.*
 Syrupus de Lupulo, syrupus Lupulorum, *syrup of Hops.*
 Syrupus de Mentha, *syrup of Minis.*
 Syrupus de Myrto, five syrupus Myrtinus, *syrup of Myrtles.*
 Syrupus Malorum Neranziorum, *syrup of Oranges.*
 Syrupus condituræ Mirobalanorum, *syrup of the confectiion of Mirobalans.*
 Syrupus de Nenuphare officinarum, vide syrupus de Nymphæa.
 Syrupus de Nymphæa, syrupus de Nenuphar officinarum, *syrup of Water Lillies.*
 Syrupus de Papavere, five syrupus Papaverinus, *syrup of Poppy.*
 Syrupus de Omphacio, vide syrupus de Agresta.
 Syrupus de Ozyacantha, vide syrupus de Berberies.
 Syrupus de succo Oxalidis, syrupus de succo Acetosæ.
 Syrupus Persicorum, *syrup of Peaches.*
 Syrupus de Plantagine, *syrup of Plantain.*
 Syrupus de Pomis, *syrup of Apples.*
 Syrupus de pomis Saboris Regis.
 Syrupus de Portulaca, *syrup of Purslain.*
 Syrupus de Prassio, *syrup of Horehound.*
 Syrupus de Pyris, *syrup of Pears.*
 Syrupus de radicibus, vide syrupus de quinque radicibus.
 Syrupus de duabus radicibus, *syrup of the two roots.*
 Syrupus Ribium, *syrup of Raspes.*
 Syrupus infusionis Rosarum, syrupus Rosarum, *syrup of Roses.*
 Syrupus Rosarum, vide syrupus infusionis Rosarum.
 Syrupus Rosarum solutinus, five syrupus incar-

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incarnatarum rosarum, *a laxative sirup of Roses.*
 Syrupus de Rosis siccis, *five syrupus Rosarum siccarum, sirup of dried Roses.*
 Syrupus Rosarum albarum, *Sirupe of white Roses.*
 Syrupus Saboris Regis, *five syrupus de pomis Sabonis Regis, a certain kinde of sirup so called.*
 Syrupus senæ, *five syrupus seniticus, a sirup of Sene.*
 Syrupes de liquiritia officinarum, *vide syrupus de Glycirrhiza.*
 Syrupus de Stachade, *sirupe of Lavander gentle.*
 Syrupus de Thymo, *sirupe of Thyme.*
 Syrupus Violarum, *sirupe of Violets.*

T.

TAbes, *Plithisis, a consuming and wasting of the body.*

Talus Leporis,
 Tamarindi, *sowr Dates.*
 Tamariscus officinarum, *a Tamarisk tree.*
 Tamarix, *the same.*
 Tamarus, *Vitis nigra, black Briony.*
 Tamnus, *five tamus, the same.*
 Tanacetum, *Tansie.*
 Tanacetum sylvestre herbariorum, *Anserina, wilde Tansie.*
 Tapins Barbatu, *Woolblade.*
 Tarantula, *Phalangium, a kinde of Spiders.*
 Taraxacon Arabum, *Cichorea, Intybus sylvestris, Cicory.*
 Taraxacon officinarum, *Aphaca Theophrasti, the same.*
 Tarbelodathium Dioscoridis, *Plantago, Plantain.*
 Tarum Plinii, *Agallochum Græcorum, A sweet Wood so called.*
 Tartarus, *the lees of wine.*
 Taxus, *Smilax, A tree like Firre, a kinde of Yew.*
 Tecolithus, *Lapis Judaicus, Jewes stone.*
 Telephium, *an herb so called.*
 Telephium Album, *A kinde of White Orpine.*
 Telephium Purpureum, *a kinde of Orpine.*
 Telis, *Fenegræck.*
 Tembul, *five tembulum Arabum, folium Indum, vide Malabathrum.*
 Tendones, *the cords or sinewes.*
 Tenesmus, *tinesmus, a disease so called.*
 Terbentina officinarum, *resina terebinthina.*
 Terebinthina, *Turpentine.*

Terebinthus, *the Turpentine tree.*
 Terebinthina resina, *Turpentine.*
 Terebinthizusa, *A kinde of yellow Jasper stone.*
 Tereniabin, *five tergebin Arabum, Manna liquida, Hony dew or Manna.*
 Terpentina officinarum, *Resina terebinthina, Turpentine.*
 Terra figularis Columellæ, *Argilla, potters earth.*
 Terra lemnia, *terra sigillata, sealed earth.*
 Terra sigillaria Ciceronis, *Argilla, Potters earth.*
 Terra viridis, *Borasse.*
 Terra Sancti Pauli, *an earth so called.*
 Tertiana, *a Tertian ague.*
 Tertiana exquisita, *A right Tertian Ague.*
 Tertiana extensa, *A tertian Ague of forty hours.*
 Tertiana duplex, *A double tertian Ague, which is also mixed with a quotidian Ague.*
 Tertiana notha, *five tertiana spuria, a bastard tertian ague.*
 Testiculus, *five testiculus Canis, Orchis, Dogstones.*
 Testiculus leporinus, *Satyrium, three leaved Gandergrasse.*
 Testiculus sacerdotis, *Chelidonium minus, the lesser Celandine.*
 Testiculus odoratus, *a kinde of Dogs stones.*
 Testiculus Satyri, *Satyrium erithronium, A kinde of three leaved Gandergrasse.*
 Testiculus vulpis, *Satyrium. A kinde of Ragwort.*
 Testidunaria, *Cyclaminus, Somes bread.*
 Teucrium, *great Germander.*
 Teutlomalache, *Spinacea, Spinage.*
 Teuthalis, *Polygonum, Knotgrasse.*
 Teutlis five Teutlon, *Beets.*
 Tetanus, *a kinde of Crampe.*
 Thalictrum, *Sophia.*
 Thapsia, *a kinde of Turbith.*
 Thaumastos, *Iris, Flower deluce.*
 Thelpede, *vel thalpide, Iris, the same.*
 Theliphonum, *an herb so called.*
 Thelyphtorium, *Abrotonum, a kinde of Southernwood.*
 Theriaca, *Treacle.*
 Theriaca Andromachi, *a kinde of the best Treacle.*
 Theriaca Diatesaron, *common Treacle.*
 Theriaca magna, *another kinde of the best Treacle.*
 Theriacaria, *Phu verum, A kinde of Valerian.*
 Theriophonum Apuleii, *Dragonium, Dragons.*

Theriophonum

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- Theriophonum Dioscoridis, Pardalianches,
Libarbs bane.
- Theriophonum Aconitum, Pardalian-
ches.
- Therium Apuleii, Dragonium, Dra-
gons.
- Therma sulphurea, Brimstone bathes.
- Thermus, Lupinus, Lupines.
- Thesarica, Plantago, Plantain.
- Thion apyron, sulphur fossile, seu ignem
non expertum, a kind of Brimstone.
- Thlaspi Croteva, thlaspi alterum Diosco-
ridis, Raphanus marinus, Rayfort, Trea-
acle, Mustard. boures or dish Mustard.
- Thorax, the Breast.
- Thraustma, five thrauston Plinii, Ammo-
niacum thymiaia, a certain kind of gum
Armoniack, vide Ammoniacum thymia-
ma.
- Thridax Lactuca, Lettice.
- Thridax agratia, Lactuca sylvestris, wilde
Lettice.
- Thronon, Homeri, Rosa, a Rose.
- Thryalles, the leaves of the herb called rose
Champion.
- Thus, Olibanum, Frankincense.
- Thus Corticosum, the refuse of Frankin-
cense.
- Thus adulterinum, bastard Frankin-
cense.
- Thus granulofum, crombed Frankin-
cense.
- Thus masculum, thus testiculatum, white
Frankincense.
- Thus terræ Plinii, Chamæpytis, Heath or
dwarfe Cypress.
- Thylacitis, Papaver album, white Pop-
py.
- Thymiaia, Narcaphtum officinarum, Thy-
miaia, black Frankincense.
- Thymiaia Herbariorum, Thymum,
Thyme.
- Thymum Candidum, Thymum capitatum,
thymum creticum, thymum siccum, thy-
mum Aromaticum, white Thyme, or
Thyme of Creete.
- Tilia, Phillyra, the Teyle tree.
- Tilia foemina, tilia sativa, the Linden
tree.
- Tilia mascula, tilia sylvestris, the wilde Tey-
let tree.
- Tilphantemum, Gold flower.
- Timoron, Cicuta, Hemlock.
- Tithymalus arborescens, wilde Spurge.
- Tithymalus Characias, a kinde of Spurge.
- Tithymalus Caryites, a Spurge so cal-
led.
- Tithymalus Cobius, wilde Spurge.
- Tithymalus Cometes, the same.
- Tithymalus Cupressinus, or Tithymalus Cy-
perissias, pine Spurge.
- Tithymalus Dendroides, five Dendroides,
stone Spurge.
- Tithymalus foemina, the female Spurge.
- Tithymalus leptophyllus, stone Spurge.
- Tithymalus latifolius, broad leaved Spurge.
- Tithymalus myrtifolius, five myrtiphillos,
or Tithymalus myrtaceus, a certain Spurge
so called.
- Tithymalus masculus, wolfs milk.
- Tithymalus petraeus, stone Spurge.
- Tithymalus paryphillos, a certain Spurge so
called.
- Tithymalus solisequius, five solsequius,
Wertgrasse, or Wertwoort.
- Tithymalus tenuifolius, narrow leaved
Spurge.
- Tithymalus vallis, wilde Spurge.
- Tonfillæ, the kernels growing within the
mouth.
- Topiaria, Italian Bearbrech, or Beaves
claw.
- Tordylum, tordylon, Sefeli Creticum,
Silver mountain of Candy.
- Tormentilla.
- Tormina, fretting or wringing in the belly or
guts.
- Torpor, a debilitation or feebleness of the
mind.
- Tota bona Herbariorum, a kind of Spi-
nage.
- Toxicum, a kind of venom or poyson, where
with the heades of arrowes are poyson-
ed.
- Trachea, the weasen or pipe of the lungs, the
windpipe.
- Tragacantha, tragacanthum, a kind of
gum.
- Tragea, tragema.
- Tragoriganum, five tragoriganus.
- Tragonatum, Cariophyllus Arvensis, Corn-
rose.
- Tragonia, Tarragon.
- Tragofelinum Herbariorum, Pimpinella al-
ba, white Pimpernel.
- Tragofelinum minus, Pimpinella major,
the greater Pimpernel.
- Tragofelinum majus, the lesser Pimpernel.
- Tremor, quaking, trembling or great
fear.
- Triapharmacum officinarum, Emplastrum
triapharmacum.
- Trisantal, triasandalon officinarum, Look
Diatrisandalon in the letter D.
- Tribulus aquaticus, tribulos, enydros, water
Chefnut.
- Tribulus marinus officinarum, tribulus aqua-
ticus, the same.

Tricho.

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- Trichomanes, *Maiden hair.*
 Tridactylum, Vitex, *Agnus castus.*
 Tripholium, Triphyllon, *three leaved grasse.*
 Trifolium acidum, five acetosum, *sowr Trifoly, or Woodsowr.*
 Trifolium acutum, Columellæ Asphaltium, *prickled Trifoly.*
 Trifolium album, *white Trifoly.*
 Trifolium felinum, Lagopus, *Hares foot, Hares cammin, Trinity grasse, or herb Trinity.*
 Trifolium græcum, *Fenegreek.*
 Trifolium incarnatum Herbariorum, *a kind of Trifoly.*
 Trifolium odoratum Vergerii, Asphaltium, *garden Claver.*
 Trifolium pratense, *three leaved grasse, or Trifoly the red.*
 Trifolium purpureum, *the same.*
 Trifolium sylvestre *wilde Trifoly.*
 Trifolium Trinitatis, Lagopodium, *Trinity grasse.*
 Trifolium urfinum herbariorum, Lotus sylvestris, *wild Meililot.*
 Trimithos Nicandri, Terebinthus, *the Turpentine tree.*
 Trinitatis herba, *herb Trinity or Harts-cuse.*
 Trionpiperon officinarum, vide Diatrionpiperon.
 Triorchis Aeginetæ, Orchis serapias Dioscoridis, *Gandergrasse.*
 Tripetalon Callimachi, trifolium pratense, *a kind of Trifoly.*
 Trifera magna, *a confectiõ so called.*
 Trifera fœnonis, *a certain confectiõ.*
 Trifera Persica, *a confectiõ so called.*
 Trifera Saracenica, *a certain confectiõ.*
 Tripodium, turpetum Serapionis, *a kind of Turbith.*
 Triflago, Chamedrys, Chamedrios, Triflago aquatica, five palustris, Chamædrys aquatica, vide Teucrium.
 Trifolia, vide Trifolia.
 Trithales, *a kind of Houseleek.*
 Triticum sylvestre, vel triticum terrestre, Chelidonium minus, *the lesser Celandine.*
 Tritum Apuleii, Tythimalus dulcis, *a kind of Spurge.*
 Trixago, Triflago, *Germander.*
 Trixago palustris, vide Teucrium.
 Trixis Plinii, Palma Christi.
 Trocisci pastilli, Gfficinæ nonihil depravata appellatione trociscos nominant sine aspiratione, *a certain kind of round cakes, which are prepared for medicines.*
 Trocisci Adulphi, vide trocisci de sulphure.
 Trocisci de absinthio, *little cakes of Worm-wood.*
 Trocisci de Agarico, *cakes of Agarick.*
 Trocisci de Alhandel, Trocisci de Colocinthide, *little cakes of Coloquintida, or Wilde Gourds.*
 Trocisci de Alkakengi, trocisci de Halicacabo.
 Trocisci de Berberis, five de Berberibus, trocisci de Oxacantha, *little cakes of Berberies.*
 Trocisci de Bolo Armeno, *cakes of fine Bolus.*
 Trocisci de Camphora, *cakes of Camphere.*
 Trocisci de Capparibus, five trocisci Capparum.
 Trocisci de Charabe, five trocisci de succino, *cakes of Amber.*
 Trocisci de Chelidonia, *cakes of Celandine.*
 Trocisci de Colacynthide, vide trocisci de Alhandel.
 Trocisci de Coralliis, *the cakes of Coarl.*
 Trocisci de Crocoma, vide Trocisci de Lacca.
 Trocisci de Eupatorio, *cakes of Agrimony.*
 Trocisci de Lacca, *cakes of Lacca,* five trocisci de Crocoma.
 Trocisci de Halicacabo, vide trocisci de Alkakengi.
 Trocisci de Gallia Moschata.
 Trocisci de Diarrhodon, *Rosescakes which do retain the name Diarrhodon, or cakes of Diarrhodon.*
 Trocisci de Myrrha, *cakes of Myrrhe.*
 Trocisci de Olibano, *cakes of Frankincense.*
 Trocisci de Oxyacantha, vide Trocisci de Berberis.
 Trocisci de Rhabbarbaro.
 Trocisci de Rosis, *Rosescakes.*
 Trocisci de Sandalis, *cakes of Lignum Aloes.*
 Trocisci de sulphure, five trocisci Adulphi.
 Trocisci de spica, *cakes of Spikenard.*
 Trocisci de spodio, *cakes made of a kind of soot so called.*
 Trocisci de terra sigillata.
 Trocisci de Violis, *Violet cakes.*
 Tricophyes Apuleii, Trichomanes, *Maiden hair.*
 Trichnus, Solanum, *Nightshade.*
 Trymphalites, Cyclaminus, *Sowes bread.*
 Turbetum, Turpetum, *the Turbith root.*
 Turbit, *the same.*
 Turpetum Actuarii duplex, nigrum, & album, *white and black Turbith.*
 Turpetum album, Alypum, *white Turbith.*
 Turpetum Alexandrinum, turpetum Orientale.

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tale, the same.
 Turpetum Cineritium, thapsia, a kind of Tur-
 bith.
 Turpetum Serapionis. tripolium Dioscori-
 dis, a certain kind of Turbith so called.
 Tussilago, Bechium, Foles foot.
 Tussis, the Cough.
 Tutia Arabum, Pompholix nigra, gray
 Tutty.
 Tutia officinarum, Cadmia, fornaria, Tut-
 ty.
 Tutia factitia, tutty counterfeited.
 Tuvesca, vocabulum ungaricum, Pruna Pas-
 sa, dried Prunes.
 Tympania, five tympanites, the Tympany.
 Typhodes, a kind of continual ague.
 Typonium Dioscoridis, Apolinaris, Henbane
 or Henquail.
 Typhonium Apuleii, Draguntium, Dra-
 gons.
 Typha Theophrasti, Typha aquatica, Ty-
 phalustris, Cats tail, or Water Torch.
 Tyrus, Vipera, a Viper.

V

Vaccinium, vitis Idæa Theophrasti, a
 Blackberrie.
 Valeriana, Marinella, Valerian.
 Varices, broken veins in the legs, or in any
 other part of a mans body.
 vena, a Vein.
 Vena cava, the great Liver vein.
 Vena Citrina, Cyperus Indicus, a kind of
 Cypresse root.
 Vena communis, the Median Vein.
 Vena corporalis, the same.
 Vena manifesta, the Mother Vein.
 Vena nigra, the Median vein.
 Vena pulsatilis, the pulse vein.
 Vena tinctoria, rubia infectoria, Madder.
 Vena universalis, Mediana, the Median
 vein.
 Venæ quietæ, the blood veins.
 Ventriculus, the stomach.
 Veratrum adulterinum, Pulmonari Vegetii,
 wilde Neesewort.
 Verbena, five verbenaca, Vervein.
 Verbasculum, Cowslips.
 Verbasculum album, white Cowslips.
 Verbasculum odoratum, Cowslips.
 Verbasculum mutiplex, double Cowslips.
 Verbasculum, Phlomis, Longwort, or Wool-
 blade.
 Verbasculum album, verbasculum fœmina, wool-
 blade the female.
 Verbasculum salvisolium, five verbasculum syl-
 vestre, wilde Woolblade.

Vermes terreni, Intestina terræ, a long Worm
 breeding in the earth.
 Vermicularis, crassula, minor, the lesser Hous-
 leek.
 Vernilagium, five vernilago, Chameleon
 niger, the common Thistle with a great long
 stalk.
 Vernix, Sandarica, the gum of the Juniper
 tree.
 Veronica, Pauls Betony.
 Verrucales, Hamorrhoides, the Pyles or He-
 morrhoides.
 Verrucaria quorundam, Marigolds.
 Vertebrae, Spondyla, the joints or Knots of
 the back bone, the Spondiles.
 Vertex, the top or crown of the head.
 Vertigo, a giddinesse of the head.
 Vesicaria, Halicacebus, winter Cherries.
 Veterus, Lethargus, a drowsie disease ran-
 sing a continual sleep.
 Vetonica, five Cetonica, Betony.
 Vicia, a Vetch.
 Victoralis.
 Victoralis longa.
 Victoralis mascula.
 Victoralis fœmina, five victoralis rotun-
 da.
 Vinca pervinea officinarum, Periwinkle.
 Vicetoxicum, Asclepias, Swallowwort.
 Vinciboscum Herbariorum, Periclymenum,
 Woodbind, or Honyfuckle.
 Vineago, Perdicium, Pellitorie of the wall.
 Vini rosa, a kind of wilde Rose or Eglantine
 smelling like Cinnamon, a Cinnamon
 Rose.
 Vinum ex Absynthio, Wormwood wine.
 Vinum aquosum, vinum Oligophorum, a
 small wine.
 Vinum ardens, vinum sublimatum, Aqua-
 vitæ.
 Vinum arvisium, Malmsey.
 Vinum Apianum, Muscadine.
 Vinum atrum, thick red wine Aligant.
 Vinum Buglossatum, vinum ex Buglossa
 Buglosse wine.
 Vinum Cerasorum, Cherry wine.
 Vinum Chium, Malmsey.
 Vinum Claretum, Hippocras.
 Vinum ex floribus. Cariophylleæ, wine of
 Gilloflowers.
 Vinum creticum, Malmsey.
 Vinum coactum, a kind of Must.
 Vinum dilutum, water and wine mixed toge-
 ther.
 Vinum Hippocraticum, Hippocrasse.
 Vinum Juniperinum, Juniper wine.
 Vinum mellicum, Honied wine.
 Vinum malviticum, Malmsey.

Vinum

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Vinum multiferum, strong wine.
 Vinum Granatorum, Pomgranat wine.
 Vinum Malvasianum, *Malmsey*.
 Vinum mulfum, sweet wine.
 Vinum Malorum punicorum, Pomgranat wine.
 Vinum Muscatellum, seu Muscatellinum, *Muscadine*.
 Vinum Marveffianum, *Malmsey*.
 Vinum Musteum, *Must*.
 Vinum Muriceum, a kind of Wine so called.
 Vinum Monenbafaticum, *Malmsey*.
 Vinum Nenupharinum, Wine of water Lilies.
 Vinum Oenodes, five vinosum, strong wine.
 Vinum Polyphorum, vinum multiferum, the same.
 Vinum pauciferum, Oligophorum, small Wine.
 Vinum ex Pœonia, five Pœonites, *Piony Wine*.
 Vinum ex floribus Pseudonardi, *Spikenard Wine*.
 Vinum ruffum, rubrum, vel rubeum, red Wine.
 Vinum rubellum, reddish Wine.
 Vinum Raspatitium, Wine of whole Grapes.
 Vinum sublimatum, Aqua vitæ.
 Vinum salviatum, Saged Wine.
 Vinum feniticum, vinum ex Sena confectum, *Vine of Sena*.
 Vinum temperatum, five vinum dilutum, *Vine mixed with water*.
 Viola, a Violet.
 Viola alba Dioscoridis, white yellow and brown Violets.
 Viola alba Theophrasti, a kind of Water Gillofer.
 Viola alba multiplex, white double Violets.
 Viola canina, a dog Violet.
 Viola fatua, a wilde Violet.
 Viola martia, a March Violet.
 Viola Martia alba, a white March Violet.
 Viola mortuorum, Perwinca, *Perwinkle*.
 Viola muraria, March Violets.
 Viola nigra, the same.
 Viola purpurea, idem quod Viola nigra.
 Viola purpurea multiplex, double Violets.
 Viola Quadragesimalis, March Violets.
 Viola sylvestris, wilde Violets.
 Violaria, March Violets.
 Vipera, Tyrus, a Viper, or kind of Ad-

der.
 Virga Cervi, Pryapus Cervi, the pisse of a Stag.
 Virga aurea, solidago saracenicæ.
 Virga pastoris, *Tassel*.
 Viride æris, *Ærugo, Verdigrase*.
 Viscago Hispanorum, Gingidium, Spanish Cher oil.
 Viscum, Ixos, Astylis, *Mistleto, or Mistle-den*.
 Viscum quercinum, *Mistleto of the Oaks*.
 Viscum, viscus pro glutine Aucupum, gluten aviarum, *Birdlime*.
 Vitalis, Sedum, Houseleek.
 Vitealis, lesser Hopeweed.
 Vitex, Agnus, Chast tree.
 Vitis, five vitis vinifera, a Vine.
 Vitiligo, Morphea alba Barbarorum, a foulness of the body with spots of divers colours.
 Vitis alba, Bryonia, white Briony.
 Vitis chironia, vitis nigra, a black Vine, or black Briony.
 Vitis Idæa, Vaccinium, a black berry.
 Vitis veneris.
 Vitis sylvestris, a wilde Vine.
 Vitis sylvestris flos, the blossoms of the wilde Vine.
 Vitriola, Parietaria, Pellitory of the Wall.
 Vitriolum, Chalcantum, blew Vitriol.
 Vitriolum Romanum, Romish Vitriol.
 Vitriolum ustum, burned Vitriol.
 Vitulipes, Aurum, Cuckopit.
 Ulcus, an ulcer, or Byle.
 Ulmus, an Elme.
 Ulmus campestris, a wilde Elme.
 Ulmus Montanus, Montiumus, a kinde of Elme.
 Ulophonium, Chameleon niger, a kinde of Thistle.
 Umbilicus Veneris, Cyclaminus, *Saves bread*.
 Undimia Chirurgorum, Oedema, a impostume so called.
 Unefera, five unephra, Centory the great, Rapontica.
 Ungula Alces.
 Ungula caballina, Bechum, *Hoofsfoot, or Coltsfoot*.
 Ungula odorata, Blata byzantia, vide Blaca Byzantia.
 Unguis muris, Polygonum, Knotgrass.
 Unguis Armaricus, the same that ungula odorata is.
 Unicordia, Clematis Daphnoides, *Perwinkle*.
 Unicornum, cornu monocerotis, the Unicorn

Unguent

The third Index.

- Unguentum Egyptiacum, an Egyptian
 salve.
 Unguentum Agrippæ Agrippas salve.
 Unguentum Altheæ, a salve of marsh Mal-
 lows.
 Unguentum album, unguentum de Cerusa, a
 salve of white Lead or Cerusse.
 Unguentum album Camphoratum, a salve of
 white Lead and Camphire.
 Unguentum Anodynum, a salve which easeth
 any pain.
 Unguentum Apostolorum, a salve so cal-
 led.
 Unguentum Aragon, a salve so called.
 Unguentum Aurantiorum, a salve of Oran-
 ges.
 Unguentum Alabastrinum, a salve of Ala-
 baster.
 Unguentum mundificativum de Apio, a
 salve of smallage.
 Unguentum de Arthanita, unguentum de
 Cyclamine, a salve of Sowes bread.
 Unguentum basilicon, a salve of Basil.
 Unguentum de Cerussa, vide unguentum al-
 bum.
 Unguentum de Cerussa Mesues, a salve of
 Cerusse after the description of Mesues.
 Unguentum Citrinum, a salve of Citrons.
 Unguentum Comitissæ, a salve so called.
 Unguentum infrigidans Galeni, a cooling
 salve.
 Unguentum de Gallia, a salve so called.
 Unguentum ex Gammaris, a salve of sea
 Crevise.
 Unguentum fuscum, a salve for wounds being
 yellow.
 Unguentum marciatum, a salve so called.
 Unguentum Mercuriale, a salve for the
 Pox.
 Unguentum nervinum officinarum, a salve
 for the sinewes.
 Unguentum nihili officinarum, a salve so
 called, good for blearing eyes.
 Unguentum de Pompholige, a salve made
 of ashes which the Apothecaries call
 Nyl.
 Unguentum pectorale, a salve for the
 breast.
 Unguentum Populeum, a salve of Poplar.
 Unguentum Rosatum, an oyntment of Ro-
 ses.
 Unguentum Rhodium, the same.
 Unguentum Sandalinum, vel Santalinum, an
 oyntment of Saunders.
 Unguentum sericinum, vel siricinum, a salve
 so called.
 Volubilis, Rapeweed, or Woodbind.
 Volubilis Antiochena, sive volubilis Colo-
 phonia, an herb so called.
 Volubilis magna, Hops.
 Volubilis media, Woodbind.
 Volubilis Mesues, Hops.
 Volubilis Syriaca, an herb so called.
 Volucrum majus, Caprifolium. Woodbind.
 Volvulus, Iliaca passio, a pain in the guts, of
 a Colike in the uppermost gut.
 Urania, Iris, the flower de luce.
 Urceolaris Helxine, Pellitory of the wall.
 Ureteres, the waterpipes, or Conduits by which
 the urine passeth from the reins to the bladder.
 Urinæ profluvium, the overflowing of urine.
 Ursus, a Bear.
 Urtica, a Nettle.
 Urtica foemina, urtica Romana, Italica, the
 Romish Nettle.
 Urtica foetida, a stinking Nettle.
 Urtica Herculana, sive Herculea, a kind of
 dead Nettles.
 Urtica Italica, vide Urtica foemina.
 Urtica iners, urtica labeo, urtica mortua,
 dead Nettles.
 Urtica lactea, Worm nettles.
 Urtica labeo, vide urtica iners.
 Urtica mascula, urtica major, the great
 sharpe and stinking Nettles.
 Urtica minor, the lesser Nettles.
 Urtica mortua, vide, urtica iners.
 Urtica odorata, a kinde of sweet smelling
 Nettle.
 Urtica hortulana, Romane Nettles.
 Urtica Romona, vide, urtica foemina.
 Urtica scarlata, a kind of dead Nettles.
 Urtica sylvatica, wilde Nettles.
 Urtica sylvestris, the same.
 Visnea, Muscus arborum, Mosse.
 Vterus, the Womb of a woman.
 Vulgago, sive Vulvago, Asaraback.
 Vulpes, a Fox.
 Vulva, uterus, the Womb of a woman.
 Vultur, a certain greedy creature so called.
 Uva a Grape.
 Uva acerba, uva immatura, an unripe Grape.
 Uvæ acerbæ conditæ, unripe Grapes comfi-
 ted.
 Uva anguina, uva serpentina, vitis alba,
 Briony.
 Uvarum expressarum retrimenta, the Husks
 of pressed Grapes.
 Uva immatura, vide, uva acerba.
 Uva lupi, uva vulpis, Nightshade.
 Uva serpentina, vide, uva anguina.
 Uva Taminia, vitis nigra, black Briony.
 Uva Vulpis, vide, uva Lupi.
 Vvæ passæ, Raisons.
 Vvæ Damascenæ, Zebeben, great Raisons.
 Uva passæ Ciliciæ, sive Corinthiæ, seu mi-
 nores, Currans.
 Vvæ passæ Corinthiæ, vide uvæ Damascen.
 Vvæ passæ majores, great Raisons.
 Vvæ passæ Massilioticæ, a kind of great Rai-
 sons.

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Uvæ Zibebæ, *great Raisons.*

Uvula, *a little piece of flesh in the roof of the mouth.*

Uvularia, *Horsetongue.*

X.

X Auster Arabum, Tithymalus, *a kinde of Spurge.*

Xerocollyrion, *vide Collyrium.*

Xylon, Gossipium, *Cotton.*

Xyphium, *Flower-deluce.*

Xyphium aquaticum, *the small blew water Flower-deluce.*

Xyphium arvense, *Flower-deluce.*

Xyloaloe, Xyloaloes, Xylumaloes, Lignum Aloes, *a kinde of sweet wood so called.*

Xyloaloes, *vide Xyloaloe.*

Xylobalsamum, *the wood whereof Baulm naturally cometh.*

Xylocassia, *a kinde of flower so called.*

Xylocaracta officinarum, Xylocerata, S. *Johns bread.*

Xylocolla, *a kinde of Lime.*

Xylon, Santalon, *Saunders.*

Xylophyton, *wild Comin.*

Xylum aloes, *vide Xyloaloe.*

Z.

Z Aduar, Zaduar, Zadura, Zadera, *five Zador, a kinde of Zeduary.*

Zadua, *vide Zaduar.*

Zador, *vide Zaduar.*

Zaffranum Barbarorum, *Saffron.*

Zaffranum fatuum, *five fatuorum, wilde Saffron.*

Zapetium, Zibetum, *Civet.*

Zea, Spelta, *Beer barley, or Spelt.*

Zea Dicoccos, *Spelt.*

Zea deglubita, *Corn.*

Zea monococcos, *Semen, Spelt.*

Zea simplex, *the same.*

Zedoaria officinarum, Zurumbetum, Zeduary

Zeduar, *the same.*

Zeliaurus, Anagallis, *Pimpernel.*

Zibebæ, *great Raisons.*

Zibetæ officinarum.

Zibethum, zibetum, *Civet.*

Zibethum, *vide Zibethum.*

Zina officinarum, Absinthium Seriphium, *A kinde of Wormwood.*

Zingiber, Gingiber, *Ginger.*

Zingiber conditum, *confited Ginger.*

Zingiber coctum, *five Tabulatum, baked Gin-ger.*

Zingiber tabulatum, *vide Zingiber coctum.*

Zingiber viride, *vide Zingiber conditum.*

Zingiber officinarum, Zingiber, *Ginger.*

Zirbus Barbarorum, Omentum, *the Call or suet wherein the bowels are lapt.*

Zizypha, *a kinde of fruit so called.*

Zoophthalmion, Sedum, *Honfleeke.*

Zopissa, *Pitch.*

Zuccarum, *five Zuccharum, Saccharum, Su- gar.*

Zuccarum penidium, *a certain kinde of Sugar.*

Zuccarum candidum, *Sugar of Candy.*

Zuccharum, *vide Zuccarum.*

Zulapium Nymphaeæ, Julep of *the white wa- ter Lilly.*

Zulapium Rosarum, *Rose Julep.*

Zulapium Violaceum, *Violet Julep.*

Zurumber, *five*

Zurumbetum, *Anthora.*

Zurumbetites, *Anthora wine.*

Zyme, fermentum, *Leaven.*

Zythum, Cervisia, *Beer.*

Many man
Finis

FINIS.

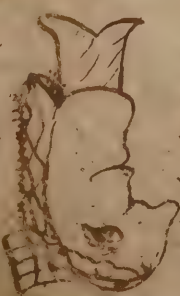
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name of the Father and of the Son
and of the Holy Ghost

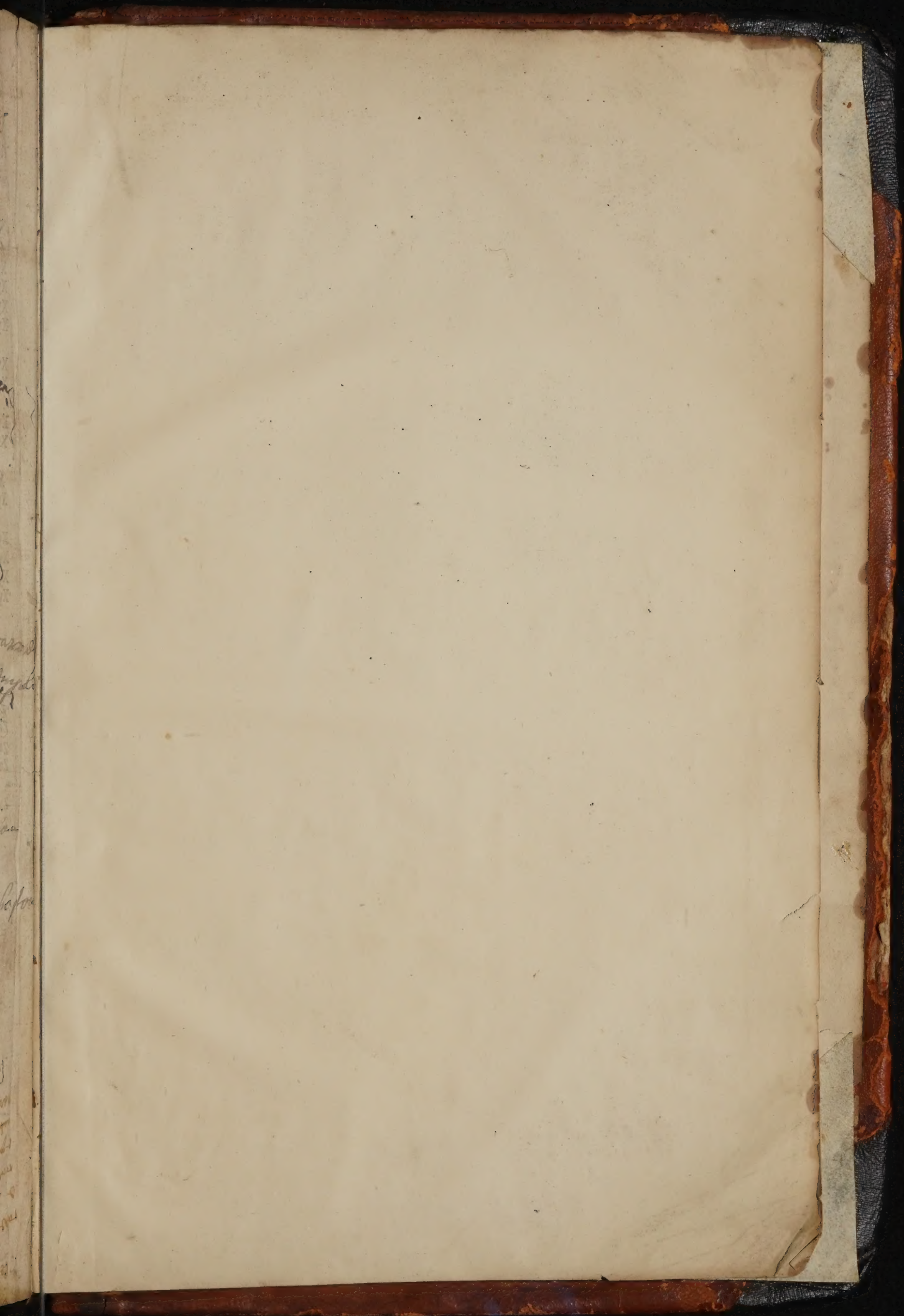
how can I live without
my jewel now with in
your shady bowers how can
I then be so cruel
whom I love her to Deceive
no I had rather lie beside
he on some pleasant
shady place
where she might behold
her favourite lie in
that place
O but that a lovely creature
from my breast
behold

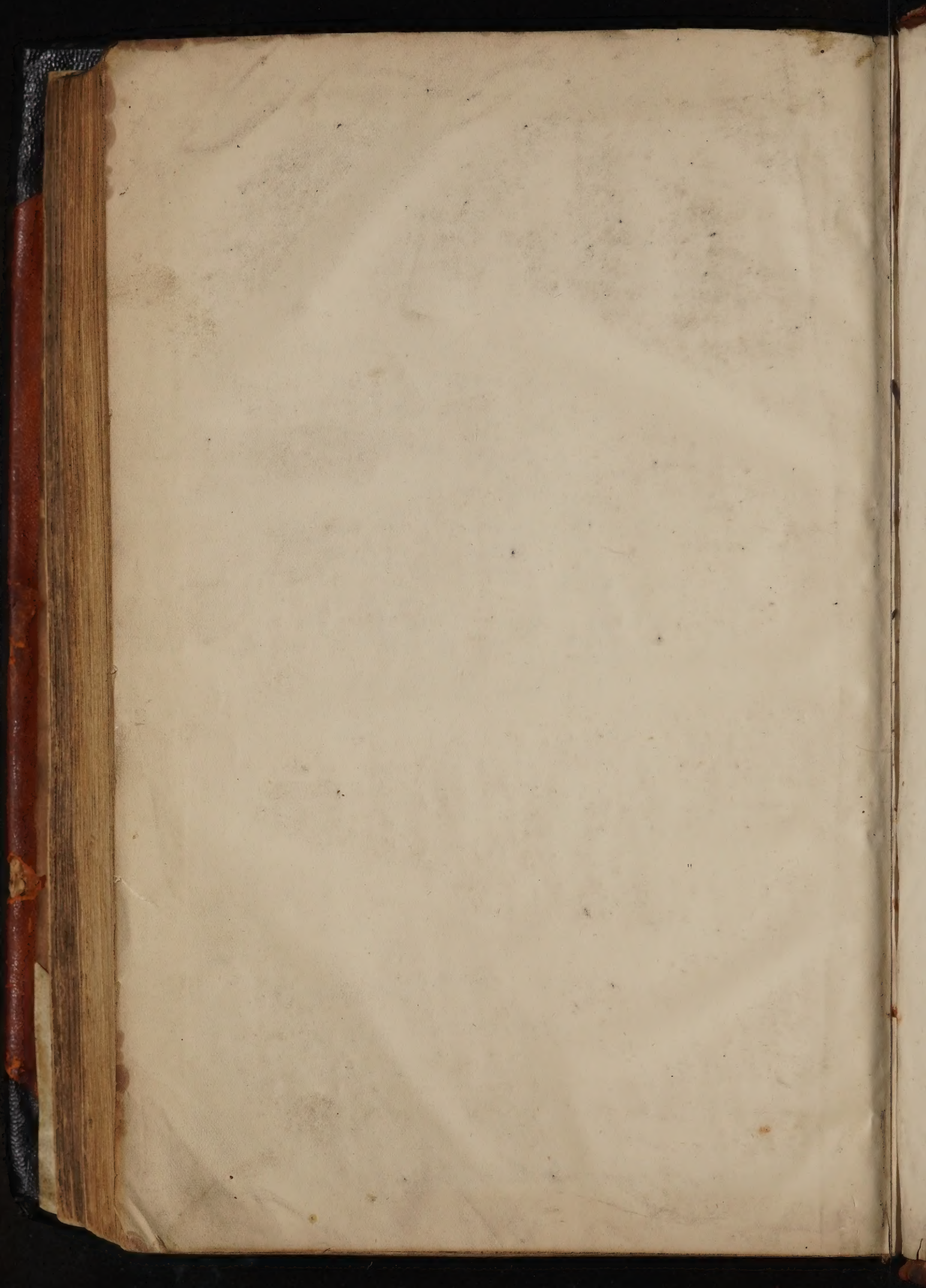
The waking hour

you it by William
Giles from
Flying boat in paper



[Faint, mostly illegible handwritten text and scribbles at the bottom of the page, including some numbers like '20' and '13']





9/8/09

